

## INTISARI

*Stick* merupakan makanan ringan termasuk bagian dari kue kering yang terbuat dari tepung terigu. Namun, konsumsi terigu dari beberapa tahun terakhir terus mengalami peningkatan, status terigu yang masih impor dari negara lain masih menjadi permasalahan. Untuk menekan penggunaan terigu dan mengangkat konsumsi pangan berbasis sumberdaya lokal diperlukan substitusi terigu dari bahan pangan lain, seperti terbuat dari bahan olahan turunan dari umbi-umbian yaitu tepung growol. *Cheese stick* growol merupakan makanan ringan (makanan cemilan) terbuat dari tepung terigu dan substitusi tepung growol dengan cara dicetak dan digoreng memiliki rasa asin atau gurih, tekstur keras dan renyah dan memiliki warna kuning kecoklatan. Akibatnya tekstur yang terlalu keras dan warna yang kurang menarik perlu perbaikan agar lebih baik serta disukai. Oleh karena itu, penelitian ini bertujuan untuk menghasilkan *Cheese stick* dengan substitusi tepung growol yang ditambahkan putih telur dan ekstrak wortel terhadap sifat fisik, serta mengevaluasi sifat kimia perlakuan terbaik dan tingkat kesukaannya. Metode yang digunakan adalah Rancangan Acak Lengkap (RAL) 2 faktorial dengan variasi penambahan putih telur 7%, 11%, 15% dengan ekstrak wortel 0%, 1,5%, 3%, 4,5% pada *cheese stick* growol. Analisis yang dilakukan yaitu tekstur, kadar air, warna, tingkat kesukaan dan analisa proksimat. Hasil yang diperoleh dilakukan analisa secara statistik dengan analisa varian (ANOVA) dengan tingkat kepercayaan 95%. Apabila beda nyata dilanjutkan dengan uji *Duncan Multiple Range Test*. Hasil penelitian menunjukkan bahwa dengan penambahan putih telur berpengaruh nyata terhadap sifat fisik yaitu tekstur, tetapi tidak berpengaruh nyata terhadap warna dan kadar air produk. Kemudian, penambahan ekstrak wortel berpengaruh nyata pada warna, namun tidak berpengaruh terhadap tekstur dan kadar air produk. Jumlah penambahan terbaik pada *cheese stick* growol terdapat pada putih telur 11% dengan 1,5% ekstrak wortel yaitu kadar air 2,54 %bb, kadar abu 1,79%bb, kadar protein 6,59%, kadar lemak 16,84%, karbohidrat *by different* 71,24%, nilai *red* 2,29 dan *yellow* 3, 29. Hasil penambahan ekstrak wortel dan putih telur yang paling disukai sudah memenuhi standar SNI kue kering.

Kata kunci: *Stick*, *Cheese stick* growol, ekstrak wortel, putih telur

**Effect of Carrot Extract and Egg Albumen Addition on Physical Properties,  
Preference Level of Growol Cheese Stick and Chemical Evaluation  
of the Best Treatment**

**ABSTRACT**

Stick is a snack including a part of pastries made from wheat flour. However, flour consumption in recent years has continued to increase, the status of flour which is still imported from other countries is still a problem. To suppress the use of flour and lift local resource-based food consumption, it is necessary to substitute flour for other food ingredients, such as made from derivative processed ingredients from tubers, namely growol flour. Cheese stick growol is a snack (snack food) made from wheat flour and flour growol substitution by printing and and fried has a salty or savory taste, hard and crispy texture and has a brownish yellow color. As a result, textures that are too hard and less attractive colors need repairs to be better and preferred. Therefore, this study aims to produce Cheese stick with substitution of growol flour which is added egg white and carrot extract to physical properties, as well as evaluating the chemical properties of the best treatment and his favorite level. The method used was factorial Randomized Complete Design (RAL) 2 with variations in the addition of egg albumen 7%, 11%, 15% with 0%, 1.5%, 3%, 4.5% carrot extract. on cheese stick growol. he analysis carried out was texture, moisture content, color, level of preference and proximate analysis. The results obtained were analyzed statistically with variance analysis (ANOVA) with a confidence level of 95%. If the real difference is followed by the Duncan Multiple Range Test. The results showed that the addition of egg white had a significant effect on physical properties, namely texture, but did not significantly affect the color and moisture content of the product. Then, the addition of carrot extract significantly affected the color, but it did not affect the texture and moisture content of the product. The best amount of addition on cheese stick growol is found in 11% egg albumen with 1.5% carrot extract namely water content 2.54% bb, ash content 1.79% bb, protein content 6.59%, fat content 16.84%, carbohydrates by different 71.24%, red values 2.29 and yellow 3, 29. The results of adding the most preferred carrot extract and egg albumen have met the SNI standard for pastries.

Keywords: Stick, Cheese stick growol, carrot extract, egg albumen