

INTISARI

Pangan fungsional merupakan produk pangan yang memiliki efek fisiologis yang baik untuk kesehatan. Efek fisiologis tersebut dapat diperoleh dengan mengurangi jumlah gluten dan menambah sumber antioksidan dalam pangan. *Stick* maizena-terigu merupakan camilan fungsional berbahan dasar tepung terigu dan tepung maizena dengan penambahan bubuk kunir putih sebagai sumber antioksidan. *Stick* maizena-terigu tergolong dalam makanan ekstrudat goreng yang disukai masyarakat.

Penelitian ini menggunakan bahan baku tepung terigu disubstitusi dengan maizena dan penambahan bubuk kunir putih dan *baking powder*. Orientasi yang telah dilakukan diperoleh rasio terbaik 50:50 untuk substitusi maizena dan terigu. Formula yang digunakan dalam penelitian ini meliputi pembuatan *stick* maizena-terigu dengan penambahan *baking powder* yaitu 0,15, 0,30, dan 0,45 g dan bubuk kunir putih 5, 10 dan 15 g. Keseluruhan formulasi yang dihasilkan dilakukan uji kesukaan untuk mendapatkan formula yang paling disukai. Formula 10 yaitu *stick* maizena-terigu dengan penambahan *baking powder* 0,45 g dan bubuk kunir putih 10 g merupakan formulasi terpilih. Analisis fisik dan kimia dilakukan untuk pengujian produk yang terpilih. Pengujian data dilanjutkan menggunakan ANAVA.

Secara umum penambahan bubuk kunir putih dan *baking powder* mampu meningkatkan tekstur dan nilai a^* dan b^* produk. Berdasarkan uji kimia nilai gizi kadar air 3,65%, kadar abu 1,63%, kadar protein 7,05%, kadar lemak 33,60% kadar karbohidrat 54,07%, aktivitas antioksidan 38,81 %RSA, dan fenol 32,55 mg GAE/g bk. Penambahan *baking powder* dan bubuk kunir putih dapat disimpulkan memberikan pengaruh yang nyata terhadap sifat fisik, kimia dan kesukaan *stick* maizena-terigu.

Kata kunci: *Stick*, maizena, bubuk kunir, *baking powder*

ABSTRACT

Functional food is a food product that has physiological effects that are good for health. These physiological effects can be obtained by reducing the amount of gluten and increasing the source of antioxidants in food. Cornstarch stick is a functional snack made from wheat flour and cornstarch with the addition of white turmeric powder as a source of antioxidants. Cornstarch stick is classified as a fried extrudart food that is liked by the public.

This study used wheat flour substituted with cornstarch and the addition of white turmeric powder and baking powder. The orientation that has been done, obtained the best ratio of 50:50 for cornstarch and flour substitution. The formula used in this study included making cornstarch-flour sticks with the addition of baking powder, namely 0.15, 0.30, and 0.45 g and 5, 10 and 15 g of white turmeric powder. All formulations produced were subjected to a preference test to obtain the most preferred formula. Formula 10, namely cornstarch-flour sticks with the addition of 0.45 g baking powder and 10 g white turmeric powder is the formulation of choice. Physical and chemical analysis is carried out for testing selected products. Data testing was continued using ANAVA.

In general, the addition of white turmeric powder and baking powder can improve the texture and the a * and b * value of the product. Based on the chemical test, the nutritional value of the water content was 3.65%, the ash content was 1.63%, the protein content was 7.05%, the fat content was 33.60%, the carbohydrate content was 54.07%, the antioxidant activity was 38.81% RSA, and phenol 32 , 55 mg GAE / g bk. The addition of baking powder and white turmeric powder can have a significant effect on the physical, chemical properties and preferences of cornstarch-flour sticks.

Key words: Stick, cornstarch, turmeric powder, baking powder.