

# **PENGARUH PENAMBAHAN RAGI DAN KUNIR PUTIH (*Curcuma mangga* Val.) TERHADAP SIFAT FISIK, KIMIA DAN TINGKAT KESUKAAN DONAT *MOCAF*- TERIGU**

## **INTISARI**

Pemanfaatan tepung berbahan baku singkong atau sering dikenal tepung singkong masih rendah. Hal ini dikarenakan masyarakat Indonesia terbiasa mengkonsumsi tepung berbahan baku gandum (tepung terigu). Kebiasaan atau ketergantungan masyarakat terhadap tepung terigu perlu segera solusi melalui diversifikasi pangan. Diversifikasi pangan yaitu pengembangan dan penggunaan sumber daya lokal sebagai substitusi terigu. Salah satunya yaitu pemanfaatan singkong atau ubi kayu yang telah dimodifikasi. Penelitian ini bertujuan untuk mengetahui pengaruh penambahan bubur kunir putih dan variasi ragi terhadap sifat fisik, kimia dan tingkat kesukaan donat *mocaf*-terigu.

Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dua faktor dengan dua kali ulangan. Faktor pertama merupakan variasi penambahan kunir putih sebesar 5 g, 10 g dan 15 g. Faktor kedua merupakan penambahan ragi sebanyak 1,5 g, 2 g dan 2,5 g. Data yang diperoleh dilakukan Analisa statistik dengan tingkat kepercayaan 95% dan apabila terdapat perbedaan nyata antara perlakuan dilanjut dengan *Duncan Multiple Range Test* (DMRT). Donat yang dihasilkan diuji fisik (warna dan volume pengembangan), kimia (kadar air, kadar abu, kadar protein, aktivitas antioksidan dan fenol total) dan uji tingkat kesukaan.

Hasil perhitungan menunjukkan jika penambahan kunir putih dan ragi mempengaruhi aktivitas antioksidan, sifat fisik dan kimia produk. Dari uji kesukaan yang telah dilakukan diketahui jika formula 2 (penambahan kunir putih 5 g dan ragi 2 g) merupakan produk terpilih. Kemudian produk terpilih tersebut dilakukan analisa fisik dan kimia. Penambahan kunir putih dan ragi mampu meningkatkan volume pengembangan dan nilai  $a^*$  dan  $b^*$  produk. Donat *mocaf*-terigu terpilih memiliki kadar nilai gizi kadar air 24,05%, kadar abu 1,21%, kadar protein 7,63%, aktivitas antioksidan 22,98 %RSA, dan fenol 22,79 mg GAE/ g bk. Kesimpulan dari penelitian yang telah dilakukan menunjukkan jika ada pengaruh nyata terhadap sifat fisik, kimia dan kesukaan pada produk donat *mocaf*-terigu yang ditambahkan kunir putih dan ragi.

Kata kunci : donat *mocaf*-terigu, kunir putih, antioksidan, ragi

**THE EFFECT OF YEAST WHITE SAFFRON (*Curcuma mangga* Val.)  
ADDITION ON THE PHYSICAL, CHEMICAL PROPERTIES AND PREFERENCE  
LEVEL OF MOCAF-WHEAT DONUTS**

**ABSTRACT**

The use of flour made from cassava or commonly known is still low. This is because Indonesians habitually consume wheat (wheat flour). People's habits or dependence on wheat flour need immediate solutions through food diversification. Food diversification, which is the development and use of local resources as retention of wheat. One of these was the modified use of cassava or yams. This study is aimed at recognizing the effect that the increased yellow of the white is having on the physical properties and the enjoyment of mocaf-wheat doughnuts.

This research uses a completely randomized design (CRD) of two factors with two replications. The first factor is a variation of the addition of white turmeric by 5 g, 10 g and 15 g. Data obtained were analyzed statistically with a confidence followed by Duncan Multiple Range Test (DMRT). The donuts produced were tested physically (color and volume of development), chemistry (moisture content, ash content, protein content, antioxidant activity and total phenol) and preference level test.

The calculation results show that the addition of white turmeric and yeast affects the antioxidant activity, physical and chemical properties of the product. From the preference test that has been carried out, it is known that formula 2 (addition of 5 g of white turmeric and 2 g of yeast) is the product of choice. Then the selected product is subjected to physical and chemical analysis. The addition of white turmeric and yeast is able to increase the development volume and nutritional value of a\* and b\* products. The selected mocaf- flour donuts have nutritional value levels of 24,05% moisture content, 1,21% ash content, 7,63% protein content, 22,98% RSA antioxidant activity, and 22,79 mg GAE / g bk phenol. The conclusion of the research that has been done shows that there is a significant effect on the physical, chemical and liking properties of the mocaf-wheat donut product with added white turmeric and yeast.

Keywords : flour-mocaf donuts, white saffron, antioxidant activity, yeast