

**PENGARUH LAMA *BLANCHING* DAN PENAMBAHAN BUBUK
KUNYIT (*Curcuma domestica* Val.) TERHADAP SIFAT KIMIA, FISIK,
DAN TINGKAT KESUKAAN *COOKIES***

INTISARI

Cookies merupakan produk olahan kue kering yang umumnya terbuat dari tepung terigu. Penggunaan tepung garut sebagai bahan baku *cookies* dapat mengembangkan pemanfaatan bahan pangan lokal dalam produk pangan. Kecilnya nilai gizi tepung garut dapat dikonversi dengan penambahan bubuk kunyit pada adonan *cookies*. Penelitian ini bertujuan untuk mengetahui pengaruh perlakuan lama *blanching* dan penambahan bubuk kunyit terhadap sifat fisik, kimia dan tingkat kesukaan *cookies*.

Penelitian ini menggunakan rancangan acak lengkap dengan dua faktor. Faktor A merupakan variasi penambahan bubuk kunyit sebanyak 5, 10 dan 15 g dari total adonan *cookies* 237,2 g. Faktor P merupakan variasi perlakuan lama *blanching* selama 0, 2,5, 5 dan 7,5 menit. Data yang diperoleh dilakukan analisis statistik dengan tingkat kepercayaan 95% dan apabila terdapat perbedaan nyata antara perlakuan dilanjutkan dengan *duncan multiple range test* (DMRT). Analisis yang dilakukan meliputi fisik (warna dan tekstur), aktivitas antioksidan, fenol total, uji tingkat kesukaan yang menentukan *cookies* terbaik yang kemudian dilakukan analisis kimia (kadar air, kadar abu, protein, lemak, dan karbohidrat *by difference*).

Hasil penelitian menunjukkan bahwa perlakuan lama *blanching* dan penambahan bubuk kunyit memberi pengaruh nyata terhadap warna, aktivitas antioksidan, fenol total, dan uji tingkat kesukaan (warna, aroma, tekstur, rasa, dan keseluruhan). *Cookies* terpilih yaitu *cookies* dengan perlakuan lama *blanching* 5 menit dengan penambahan bubuk kunyit sebanyak 5 g mempunyai nilai gizi kadar air 5,12%, kadar abu 1,54%, protein 6,90%, lemak 16,09%, karbohidrat 70,35%, aktivitas antioksidan 84,62 %RSA dan fenol total 64,44 mg AGE/g bk.

Kata kunci: Bubuk kunyit, antioksidan, lama *blanching*, *cookies*

THE EFFECT OF BLANCHING TIME AND TURMERIC (*Curcuma domestica* Val.) POWDER ADDITION ON THE CHEMICAL, PHYSICAL PROPERTIES, AND PREFERENCE LEVEL OF COOKIES

ABSTRACT

Cookies are processed pastries products that are generally made from wheat flour. The use of arrowroot flour as a raw material for cookies can develop the use of local food ingredients. The nutritional value of arrowroot cookies can be increased by the addition of turmeric powder. This study aims to determine the effect of long blanching treatment and turmeric powder addition on the chemical, physical properties, and preference level of cookies.

This study used a completely randomized design with two factors. Factor A is the variation of adding turmeric powder as much as 5, 10, and 15 g of the total 237.2 g of cookie dough. Factor P is the variation of blanching time for 0, 2,5, 5, and 7,5 minutes. The data obtained were statistically analyzed with a 95% confidence level and if there was a significant difference between the treatments, the duncan multiple range test (DMRT) was continued. The analysis includes physical (color and texture), antioxidant activity, total phenol, preference level test that determines the best cookies which are then carried out by chemical analysis (moisture content, ash content, protein, fat, and carbohydrates by difference).

The results of the analysis showed that the long blanching and the addition of turmeric powder had a significant effect on color, antioxidant activity, total phenol, and level of preference test (color, aroma, texture, taste, and overall). The selected cookies are cookies with a 5-minute blanching treatment with the addition of 10 g of turmeric powder having a moisture content of 5.12%, ash 1.54%, protein 6.90%, fat 16.09%, carbohydrates 70.35%, activity antioxidant 84,62 %RSA, and total phenol 64,44 mg AGE/g bk.

Keywords: turmeric powder, antioxidant, blanching time, cookies