

# KARAKTERISTIK KIMIA DAN TINGKAT KESUKAAN GROWOL KERING YANG DIOLAH DENGAN VARIASI VARIETAS UBI KAYU DAN SUHU PENDINGINAN

## INTISARI

Growol kering dibuat melalui tahap fermentasi, pencucian, pengepresan, pengukusan, pendinginan dan pengeringan. Kandungan karbohidrat growol cukup tinggi dengan harga yang relatif murah sehingga berpotensi digunakan sebagai pangan fungsional. Penelitian ini bertujuan untuk menghasilkan growol kering yang memiliki karakteristik dan cita rasa yang disukai panelis.

Penelitian ini menggunakan rancangan acak lengkap dengan perlakuan variasi varietas ubi kayu dan suhu pendinginan. Varietas ubi kayu yang digunakan yaitu Mentega, Meni dan Ketan serta suhu pendinginan suhu ruang (27°C) dan suhu refrigerator (4°C). Analisis yang dilakukan adalah analisis kimia, fisik growol kering dan kesukaannya setelah tanak. Data yang diperoleh dilakukan analisa varian (ANOVA) dengan tingkat kepercayaan 95%. Apabila beda nyata masing-masing perlakuan dilanjutkan dengan uji *Duncan Multiple Range Test* (DMRT).

Hasil penelitian menunjukkan bahwa kadar air ubi kayu segar tidak berbeda nyata sedangkan kadar pati dan amilosa ubi kayu segar berbeda nyata. Kadar air, pati dan amilosa dari growol kering yang dibuat dengan varietas ubi kayu dan variasi suhu pendinginan tidak berbeda secara nyata. Variasi varietas ubi kayu dan suhu pendinginan berpengaruh nyata terhadap tekstur dan derajat pecah growol kering, tetapi tidak berpengaruh terhadap densitas kamba. Pada growol tanak, variasi varietas ubi kayu dan suhu pendinginan berpengaruh nyata terhadap kesukaan warna growol tanak tapi tidak berpengaruh nyata terhadap aroma, rasa, tekstur dan keseluruhan growol tanak yang dihasilkan. Hampir semua growol tanak disukai oleh panelis. Perlakuan terbaik yaitu dengan growol yang dibuat dengan ubi kayu varietas Mentega yang didinginkan pada suhu refrigerator yang memiliki kadar amilosa  $41,91 \pm 8,01\%$ , *hardness*  $182,41 \pm 0,52$  N, densitas kamba  $17,41 \pm 0,86$  g/cm<sup>3</sup>, derajat pecah  $9,52 \pm 0,12\%$  (utuh) dan disukai oleh panelis.

Kata kunci: Growol, Varietas ubi kayu, Pendinginan

## **CHEMICAL CHARACTERISTICS AND PREFERENCE LEVEL OF DRY GROWOL TREATED WITH VARIETIES OF CASSAVA AND COOLING TEMPERATURE VARIATION**

### **ABSTRACT**

Dry Growol is made through the stages of fermentation, washing, pressing, steaming, cooling and drying. The content of growol carbohydrates is quite high and the price is relatively cheap, so it has the potential to be used as a functional food. This study aims to produce dry growol which has the characteristics and taste that the panelists like.

This study used a completely randomized design with variations in the treatment of cassava varieties and cooling temperatures. The cassava varieties used were Butter, Meni and Glutinous and the cooling temperature was room temperature (27°C) and refrigerator temperature (4°C). The analyzes carried out were chemical analysis, physical analysis of dry growth and its preferences after cooking. The data obtained was analyzed for variance (ANOVA) with a 95% confidence level. If there is a significant difference in each treatment, it is continued with the Duncan Multiple Range Test (DMRT).

The results showed that the moisture content of fresh cassava was not significantly different, while the starch and amylose content of fresh cassava were significantly different. Moisture, starch and amylose content of dried growol made with cassava varieties and variations in cooling temperature were not significantly different. Variation of cassava varieties and cooling temperature had a significant effect on the texture and degree of breakage of dry growol, but had no effect on the bulk density. In growols, variations in cassava varieties and cooling temperature had a significant effect on the preference for color of growols, but had no significant effect on the aroma, taste, texture and overall growthols produced. Almost all growols were preferred by the panelists. The best treatment was with growol made from cassava of the Butter variety cooled at refrigerator temperature which had starch content of amylose  $41.91 \pm 8.01\%$ , hardness  $182.41 \pm 0.52$  N, bulk density  $17.41 \pm 0.86$  g/cm<sup>3</sup>, degree of breakage  $9.52 \pm 0.12\%$  (whole) and was preferred by the panelists.

Keywords: Growol, cassava varieties, cooling