

INTISARI

Growol dibuat melalui tahap fermentasi, pencucian, pengepresan, pengukusan. Kandungan karbohidrat growol cukup tinggi dan harga yang relatif murah sehingga potensial digunakan sebagai pangan alternatif dalam penganekaragaman pangan berbasis sumber daya lokal. Tujuan penelitian ini adalah untuk menghasilkan growol kering sebagai bentuk penganekaragaman pangan berbasis sumber daya lokal, dengan menggunakan variasi varietas ubi kayu dan lama fermentasi serta akseptabilitasnya setelah tanak.

Penelitian ini menggunakan rancangan acak lengkap dengan perlakuan varietas ubi kayu dan lama fermentasi. Ubi kayu yang digunakan adalah varietas lokal dengan jenis Maeni, Ketan, Lanting dan fermentasi 2 dan 4 hari. Analisa yang dilakukan adalah analisa fisik, kimia growol kering dan akseptabilitasnya 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 pati ubi kayu berbeda nyata tergantung varietasnya. Kadar pati ubi kayu tertinggi adalah varietas Lanting yaitu $25,28 \pm 0,99\%$ dengan kadar amilosa $14,26 \pm 2,00\%$. Kadar pati growol kering tertinggi adalah Lanting pada fermentasi 2 hari sebesar $75,65 \pm 2,10\%$ dengan kadar amilosa $6,30 \pm 0,14\%$. Varietas ubi kayu dan lama fermentasi berpengaruh nyata terhadap sifat fisik warna growol kering pada nilai red tetapi tidak memberikan pengaruh nyata pada nilai *yellow* dan *brightness*. Sedangkan pada growol tanak varietas ubi kayu dan lama fermentasi berpengaruh nyata terhadap tekstur growol tanak dan tingkat kesukaan panelis terhadap warna, aroma, rasa, kelengketan dan keseluruhan growol tanak yang dihasilkan. Growol tanak dari varietas ubi kayu Maeni dengan lama fermentasi 2 hari lebih disukai panelis. Growol tanak tersebut memiliki nilai *hardness* $2,93 \pm 0,75$ kg.

Kata kunci : Varietas Ubi Kayu, fermentasi, Growol

PHYSICAL,CHEMICAL PROPERTIES AND ACCEPTABILITY OF GROWOL WITH VARIATION OF CASSAVA VARIETIES, AND FERMENTATION DURATION

Abstract

Growol is made through the stages of fermentation, washing, pressing, and steaming. Growol's carbohydrate content is quite high and the price is relatively cheap so it is potential to be used as alternative food in local resource-based food diversity. The purpose of this study was to produce dry growol as a form of food diversification based on local resources, using variations of cassava varieties and the duration of fermentation and acceptability after it is well-done. This study used a completely randomized design with the treatment of cassava varieties and fermentation duration. The cassava used is a local variety with type; *Meni*, *Ketan*, *Lanting* and fermentation duration of 2 and 4 days. The analysis done was physical analysis, dry growol chemistry and its acceptability after well-done. Data obtained were analyzed for variance (ANOVA) with a reliance level of 95%. If the results are significantly different, each treatment is continued with the Duncan Multiple Range Test (DMRT). The results showed that cassava starch content varied depending on the variety. The highest level of cassava starch was *Lanting* variety, $53.98 \pm 1.92\%$ (db) with an amylose content of $35.41 \pm 0.10\%$ (db). The highest dried growol starch content was *Lanting* at 2 days fermentation of $84.89 \pm 2.10\%$ (db) with an amylose content of $7.07 \pm 0.14\%$ (db). Cassava varieties and fermentation time significantly affected the physical properties of dry growol color at red value but did not give a significant effect on yellow and brightness values, while in well-done growol, cassava varieties and fermentation duration significantly affected its texture and panelist preference for color, aroma, taste, adhesiveness and overall growol produced. Growol Tanak from *Meni* cassava variety with 2 days fermentation duration is preferred by panelists. This growol has a hardness value of 2.93 ± 0.75 kg.

Keywords: Cassava varieties, fermentation, Growol