

PENGARUH PENAMBAHAN GULA DAN BUBUK SANTAN TERHADAP SIFAT FISIK, KIMIA DAN TINGKAT KESUKAAN BUBUR TEPUNG GARI

INTISARI

Tingkat kebutuhan gandum di Indonesia semakin meningkat, namun gandum tidak dapat dibudidayakan di Indonesia sehingga perlu upaya diversifikasi pangan. Salah satu caranya yaitu dengan pemanfaatan ubi kayu menjadi tepung gari. Tepung gari dapat dijadikan sebagai bubur, namun rasanya kurang disukai sehingga perlu ditambahkan gula dan santan. Pembuatan bubur tepung gari ini mirip dengan pembuatan jenang garut yaitu dengan penambahan gula, santan dan garam, namun belum diketahui konsentrasi penambahan gula dan santan yang optimal. Tujuan dari penelitian ini adalah untuk menentukan konsentrasi gula dan bubuk santan terbaik pada bubur tepung gari. Faktor penelitian yang digunakan adalah penambahan gula dan bubuk santan. Variasi gula dan bubuk santan yang digunakan masing-masing 20%, 30%, dan 40%. Parameter yang diamati adalah warna, densitas kamba, *cooking time*, *water absorbtion index*(WAI), *water soluble index* (WSI), tingkat kesukaan, dan analisis proksimat pada produk terbaik. Data yang diperoleh dihitung secara statistik dengan analisis *univariate* dan apabila terdapat perbedaan nyata antar perlakuan dilanjutkan dengan uji *Duncan's Multiple Range Test* (DMRT). Hasil penelitian ini menunjukkan penambahan gula dan bubuk santan berpengaruh terhadap sifat fisik dan tingkat kesukaan bubur tepung gari. Hasil penelitian terbaik berdasarkan uji kesukaan yaitu bubur tepung gari dengan penambahan gula 30% dan bubuk santan 40%. Bubur tepung gari terbaik memiliki kandungan kadar air 5,02%, kadar abu 2,99%; protein 1,79%; lemak 12,20%; karbohidrat 78,00%; dan gula total 7,98% dengan intensitas warna merah 0,58; intensitas warna kuning 1,98; densitas kamba 0,66 g/ml; *cooking time* 59,06 detik; WAI 240,68%; dan WSI 46,38%.

Kata kunci : bubuk santan, bubur tepung gari, gula, tepung gari.

THE EFFECT OF SUGAR AND COCONUT MILK POWDER ADDITION ON PHYSICAL, CHEMICAL PROPERTIES AND PREFERENCE LEVEL OF GARI FLOUR PORRIDGE

ABSTRACT

The level of wheat flour demand in Indonesia is increasing, but wheat cannot be cultivated in Indonesia so it needs food diversification efforts. One way is to use cassava into starch. Gari flour can be used as a porridge, but the taste is less preferred, so it needs to be added with sugar and coconut milk. The production of porridge gari flour is similar to the manufacture of arrowroot jenang which is the addition of sugar, coconut milk and salt, but the concentration of sugar and coconut milk is not yet known. The purpose of this study was to determine the best concentration of sugar and coconut milk powder on porridge gari flour. The research factor used is the addition of sugar and coconut milk powder. Variations in sugar and coconut milk powder are 20%, 30% and 40%, respectively. Parameters observed were color, bulk density, cooking time, water absorption index (WAI), water soluble index (WSI), degree of preference, and proximate analysis of the best products. The data obtained were calculated statistically by univariate analysis and if there were significant differences between treatments followed by Duncan's Multiple Range Test (DMRT). The results of this study showed that the addition of sugar and coconut milk powder affected the physical properties and the level of preference of porridge gari flour. The best research results are based on the preference test is porridge gari flour with the addition of 30% sugar and 40% coconut milk powder. The best porridge gari flour has a moisture content 5.02%, ash 2.99%; protein 1.79%; fat 12.20%; carbohydrates 78.00%; and total sugar 7.98% with red intensity 0.58; yellow intensity 1.98; bulk density 0.66 g/ml; cooking time 59.06 seconds; WAI 240.68%; and WSI 46.38%

Key word : coconut milk powder, gari flour, porridge gari flour, sugar.