

PENGARUH PENAMBAHAN EKSTRAK DAN UMUR DAUN KELOR TERHADAP SIFAT FISIK, KIMIA, DAN TINGKAT KESUKAAN MIE BASAH

INTISARI

Mie basah adalah makanan yang terbuat dari tepung terigu, garam dan air serta bahan tambahan pangan lain. Mie adalah makanan alternatif pengganti beras yang banyak dikonsumsi masyarakat, namun tidak semua penyajian menu mie dilengkapi dengan sayuran sebagai sumber vitamin dan mineral. Salah satu bahan pangan yang dapat melengkapi mie basah yaitu daun kelor. Daun kelor merupakan pangan dari kelompok sayuran yang pemanfaatannya masih rendah. Penambahan ekstrak dari umur daun kelor diharapkan dapat meningkatkan nilai gizi dan antioksidan serta menghasilkan mie basah dengan penambahan ekstrak daun kelor yang disukai konsumen.

Penelitian ini terdiri dari beberapa tahap. Tahap pertama pembuatan ekstrak daun kelor, pertama pencucian dan sortasi daun kelor untuk memilih daun muda, agak tua, dan tua. Proses selanjutnya proses penghancuran menggunakan *blender*, kemudian penyaringan, dan dihasilkan ekstrak daun kelor. Tahap kedua pembuatan mie basah, pertama penimbangan, pencampuran, pengulenan, pengistirahatan, penggilingan, dan terakhir pencetakan. Rancangan percobaan yang dilakukan yaitu Rancangan Acak Kelompok (RAK) factorial dengan 3 taraf (0%, 20%, 40%), dan umur daun kelor (muda, agak tua, tua). Analisis yang dilakukan yaitu warna, tekstur, dan antioksidan. Kemudian uji tingkat kesukaan untuk mengetahui mie basah terbaik, dan mie basah terbaik tersebut dilakukan uji proksimat. Hasil yang diperoleh dilakukan analisa (ANOVA), apabila beda nyata dilakukan uji Duncan Multiple Range Test.

Hasil penelitian menunjukkan jumlah penambahan ekstrak daun kelor dari 3 umur daun kelor menghasilkan mie terbaik pada konsentrasi 20% daun muda. Sifat kimia dari mie basah daun kelor muda dengan konsentrasi 20% memiliki nilai kadar air 52,77% (wb), kadar abu 1,52% (wb), lemak 13,61% (wb), protein 14,72% (wb), dan karbohidrat 17,99% by different.

Kata Kunci : Mie basah, ekstrak daun kelor, dan umur daun kelor.

EFFECT OF EXTRACT ADDITION AND MORINGA LEAF MATURITY ON PHYSICAL, CHEMICAL PROPERTIES AND PREFERENCE LEVEL OF WET NOODLE

ABSTRACT

Wet noodles are foods made from flour, salt and water and other food additives. Noodles are an alternative food to rice which is consumed by many people, but not all noodles are served with vegetables as a source of vitamins and minerals. One of food that can be complete the wet noodles is Moringa leaves. Moringa leaves are the food of the vegetable that still low in utilization. The addition of extracts from the age of moringa leaf is expected to increase the antioxidant nutritional value and produce wet noodles with the addition of Moringa leaf extract which is preferred by consumers.

This research consists of several stages. The first step is making Moringa leaves extract, the first washing and sorting Moringa leaves to choose young, a bit old, and old leaves. The next process is the destruction process using a blender, then filtering, dam produced Moringa leaf extract. The second stage is making wet noodles, first weighing, mixing, kneading, resting, grinding, and finally printing. The experimental design used was factorial randomized block design with 3 levels (0%, 20%, 40%), and the age of Moringa leaves (young, a bit old, old). The analysis carried out is the color, texture, and antioxidants. Then the favorite level test is to find out the best wet noodles, and the best wet noodles are carried out proximate tests. The results obtained were analyzed (ANOVA), if the real difference was carried out the Ducan Multiple Range Test.

The results showed the addition of Moringa leaves extract from 3 age of Moringa leaves produced the best noodles at a concentration of 20% young leaves. The chemical properties of wet Moringa young noodles with a concentration of 20% have a value of water content 52.77% (wb), ash content 1.52% (wb), fat 13.61%, protein 14.72%, and kabohhid 17, 99% by different.

Keyword : Wet Noodles, Extract of Moringa Leaves, and Age of Moringa Leaves