

Pembuatan Tiwul Instan Dengan Fortifikasi Tepung Kacang Hijau

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui formulasi pembuatan tiwul instan dengan tingkat fortifikasi tepung kacang hijau yang bermutu baik terhadap penerimaan panelis dan untuk mengetahui pengaruh penambahan tepung kacang hijau terhadap karakteristik fisik, kimia dan tingkat penerimaan panelis terhadap tiwul instan yang dihasilkan. Penelitian ini menggunakan rancangan acak lengkap (RAL) dengan 5 perlakuan dan 3 ulangan. Data dianalisis secara statistik menggunakan ANOVA dilanjutkan dengan uji Duncan's Multiple Range Test (DNMRT) pada taraf nyata 5%. Perlakuan pada penelitian ini yaitu penambahan tepung kacang hijau 10 g, 15 g, 20 g, 25 g dan 30 g. Pengamatan yang dilakukan pada penelitian ini terdiri dari 1) Pengamatan terhadap bahan baku tepung ubi kayu dan tepung kacang hijau ; 2) Pengamatan terhadap tiwul instan meliputi kadar air, kadar abu, kadar protein, kadar lemak, kadar karbohidrat, kadar serat kasar, aktifitas antioksidan dan polifenol ; 3) Pengujian organoleptik yang meliputi warna, aroma, rasa dan tekstur. Hasil penelitian ini menunjukkan bahwa penambahan tepung kacang hijau memberikan pengaruh yang berbeda nyata terhadap kadar air, kadar abu, kadar protein, kadar karbohidrat, kadar serat kasar, aktifitas antioksidan dan total polifenol tetapi tidak berpengaruh nyata terhadap kadar lemak. Produk terbaik tiwul instan berdasarkan uji organoleptik adalah perlakuan D (tepung ubi kayu 50%, tepung beras 25% dan tepung kacang hijau 25%), nilai rata-rata kadar air (8,26%), kadar abu (1,52%), kadar protein (12,42%), kadar lemak (1,31%), kadar serat kasar (6,85%) kadar karbohidrat (77,65%), aktifitas antioksidan (34,67%), total polifenol (0,66%) dan organoleptik (warna (3,87), aroma (3,60), rasa (3,23), tekstur (3,47)).

Kata kunci : fortifikasi, tepung beras, tepung kacang hijau, tepung ubi kayu, tiwul instan.

Production of Instan Tiwul With Fortification Green Beans Flour

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ABSTRACT

This research was aim to know instant tiwul formulation with fortification level by well quality of green beans toward panelist acceptance and to know the effect of green beans flour addition toward physic, chemist characteristic, and level of panelist acceptance toward instant tiwul that produce. Completely Randomized Design (CRD) was use as experiments of this design research that consists 5 treatments and 3 repetitions. Data were analyzed statistically by using anova and were continued with new multiple rage test (DNMRT) at 5% significant level. The treatments were green beans addition as much as 10 g, 15 g, 20 g, 25 g, and 30 g. Observation were 1) raw material consists cassava flour and green beans flour; 2) observation instant tiwul consists water content, ash content, protein content, fat content, carbohydrate content, crude fiber content, antioxidant activity, and polifenol; 3) sensory analysis consists color, aroma, taste, and texture. The reslust showed significant influence of green beans addition towards water content, ash content, protein content, carbohydrate content, crude fiber content, antioxidant activity and polifenol, but fat content. According sensory analysis the best instant tiwul was D treatment (50% cassava flour, 25% rice flour, and 25% green beans flour), average water content (8,26%), ash content (1,52%), protein content (12,42), fat content (1,31%), crude fiber content (6,85%), carbohydrate content (77,65%), antioxidant activity (34,67%), total polifenol (0,66%), and sensory analysis (color (3,87), arome (3,60), texture (3,47)).

Keywords: cassava flour, fortification, green beans flour , instant tiwul, rice flour.