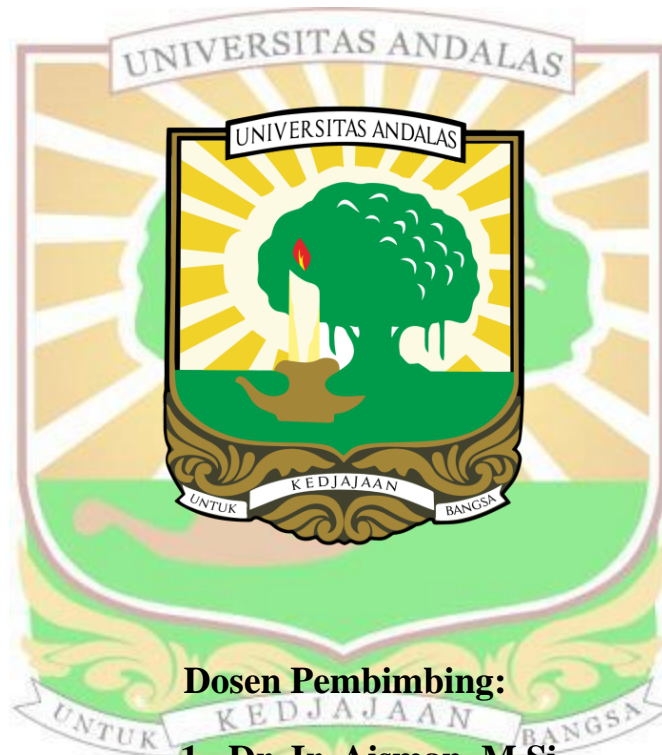


**PENGARUH PERBANDINGAN TEPUNG AMPAS KELAPA
(*Cocos nucifera L*) DAN TEPUNG KACANG MERAH (*Phaseolus
vulgaris L*) TERHADAP KARAKTERISTIK *COOKIES***

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PENGARUH PERBANDINGAN TEPUNG AMPAS KELAPA (*Cocos nucifera L*) DAN TEPUNG KACANG MERAH (*Phaseolus vulgaris L*) TERHADAP KARAKTERISTIK *COOKIES*

Aafkar Irbah Mubarroq, Aisman, Hasbullah

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh perbandingan tepung ampas kelapa dan tepung kacang merah terhadap karakteristik cookies dan mengetahui formulasi terbaik pada pembuatan cookies dengan perlakuan perbandingan tepung ampas kelapa dan tepung kacang merah. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dengan 5 perlakuan dan 3 kali ulangan. Perlakuan yang digunakan adalah A (tepung ampas kelapa 100% : tepung kacang merah 0%), B (tepung ampas kelapa 95% : tepung kacang merah 5%), C (tepung ampas kelapa 90% : tepung kacang merah 10%), D (tepung ampas kelapa 85% : tepung kacang merah 15%), dan E (tepung ampas kelapa 80% : tepung kacang merah 20%). Data penelitian dianalisis secara statistik dengan ANOVA (Analysis of Variance) dan dilanjutkan dengan uji Duncan's New Multiple Range Test (DNMRT) pada taraf nyata 5%. Hasil penelitian menunjukkan bahwa perbandingan tepung ampas kelapa dan tepung kacang merah berpengaruh nyata terhadap kadar air, kadar abu, kadar protein, kadar lemak, kadar karbohidrat, kadar serat kasar, aktivitas antioksidan, kekerasan, dan organoleptik (warna, aroma, rasa, dan tekstur). Perlakuan terbaik cookies yang dihasilkan berdasarkan analisis kimia dan penilaian organoleptik yaitu perlakuan C (tepung ampas kelapa 90% : tepung kacang merah 10%) dengan nilai kadar air 4,53%, kadar abu 1,32%, kadar protein 12,51%, kadar lemak 44,56%, kadar karbohidrat 37,07 %, serat kasar 7,26%, aktivitas antioksidan 27,09%, kekerasan 620,42 N/cm² dan analisis sensori warna 4,08 (suka), aroma 3,68 (suka), rasa 3,88(suka), dan tekstur 3,60(suka).

Kata kunci: cookies, tepung ampas kelapa, tepung kacang merah

THE EFFECT OF THE COMPARISON OF COCONUT FLOUR (COCOS NUCIFERA L) AND RED BEAN FLOUR (PHASEOLUS VULGARIS L) ON CHARACTERISTICS OF COOKIES

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ABSTRACT

This research aimed to determine effect of the comparison of coconut flour and red bean flour on characteristics of cookies and to find the best formulation of making cookies with comparison treatment of coconut flour and red bean flour. This research used a completely randomized design (CRD) with 5 treatments and 3 replications. The treatments used were A (coconut flour 100% : red bean flour 0%), B (coconut flour 95% : red bean flour 5%), C (coconut flour 90% : red bean flour 10%), D (coconut flour 85% : red bean flour 15%), and E (coconut flour 80% : red bean flour 20%). The research data were analyzed statistically using ANOVA (Analysis of Variance) and continued with Duncan's New Multiple Range Test (DNMRT) at a significance level of 5%. The research results showed that the comparison of coconut flour and red bean flour had a significant effect on degree of water content, ash content, protein content, fat content, carbohydrates, crude fiber content, antioxidant activity, texture analyzer, and organoleptic (color, aroma, taste, and texture). The best treatment for cookies produced based on chemical analysis and organoleptic was C (coconut flour 90% : red bean flour 10%) with average water content 4.53%, ash content 1.32%, protein content 12.51%, fat content 44.56%, carbohydrates 37.07%, crude fiber content 7.26%, antioxidant activity 27.09%, texture analyzer 620.42N/cm² and sensory analysis are color 4.08 (like), aroma 3.68 (like), taste 3.88 (like), and texture 3.60 (like).

Keyword: cookies, coconut flour, red bean flour

