

**PENGARUH PENAMBAHAN TEPUNG
KOLANG KALING (*Arenga pinnata*) TERHADAP
KARAKTERISTIK BERAS RENDANG
MAKANAN KHAS SUMATERA BARAT**



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Pengaruh Penambahan Tepung Kolang Kaling (*Arenga pinnata*) terhadap Karakteristik Beras Rendang Makanan Khas Sumatera Barat

Luthfi Haykal, Tuty Anggraini, Wellyalina

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh penambahan tepung kolang-kaling terhadap karakteristik fisikokimia, mikrobiologi, dan organoleptik beras rendang serta menentukan perlakuan terbaik. Penelitian menggunakan Rancangan Acak Lengkap (RAL) dengan lima perlakuan penambahan tepung kolang-kaling, yaitu 0%, 2%, 4%, 6%, dan 8%, masing-masing diulang tiga kali. Data dianalisis menggunakan uji F dan dilanjutkan dengan Duncan's New Multiple Range Test (DNMRT) pada taraf nyata 5%. Hasil penelitian menunjukkan bahwa penambahan tepung kolang-kaling berpengaruh nyata ($p < 0,05$) terhadap kekerasan, warna, kadar air, kadar protein, kadar lemak, kadar karbohidrat, kadar serat pangan, penerimaan organoleptik rasa dan tekstur, serta angka lempeng total, tetapi tidak berpengaruh nyata terhadap kadar abu, kadar serat kasar, serta penerimaan warna dan aroma. Semakin tinggi konsentrasi tepung kolang-kaling menyebabkan peningkatan kekerasan, warna, kadar air, protein, dan serat pangan, serta menurunkan kadar lemak, karbohidrat, dan angka lempeng total. Perlakuan terbaik diperoleh pada penambahan tepung kolang-kaling 6%, dengan tingkat kesukaan panelis terhadap warna (3,84), aroma (3,60), rasa (3,64), dan tekstur (3,60) dengan rata-rata keseluruhan (3,67) masuk dalam kategori (suka), serta memiliki kadar serat pangan 8,98% dan nilai energi 237,74 kkal. Dengan demikian, penambahan tepung kolang-kaling sebesar 6% mampu meningkatkan nilai fungsional beras rendang yang disukai konsumen.

Kata kunci: Beras rendang; galaktomanan; serat; tepung kolang-kaling

***The Effect of Adding Sugar Palm (*Arenga pinnata*)
Flour on the Characteristics of Beras Rendang a
Traditional Dish of West Sumatera***

Luthfi Haykal, Tuty Anggraini, Wellyalina

ABSTRACT

This study aims to determine the effect of adding sugar palm flour on the physical, chemical, organoleptic, and microbiological characteristics of rendang rice and to identify the optimal treatment. The study used a Completely Randomized Design (CRD) with five treatments of kolang-kaling flour addition 0%, 2%, 4%, 6%, and 8% each replicated three times. Data were analyzed using the F-test, followed by Duncan's New Multiple Range Test (DNMRT) at a significance level of 5%. The results showed that the addition of sugar palm flour had a significant effect ($p < 0.05$) on hardness, color, moisture content, protein content, fat content, carbohydrate content, dietary fiber content, organoleptic acceptance of taste and texture, and total plate count, however it had no significant effect on ash content, crude fiber content, or acceptance of color and aroma. Higher concentrations of sugar palm flour resulted in increased hardness, moisture content, protein content, and dietary fiber content, as well as decreased fat, carbohydrate content, and total plate count. The best results were obtained with a 6% addition of kolang-kaling flour, with panelists' preference ratings for color, aroma, taste, and texture at 3.84, 3.60, 3.64, and 3.60, respectively (liked category), as well as a dietary fiber content of 8.98% and an energy value of 237.74 kcal. Thus, the addition of 6% kolang-kaling flour was able to improve the functional value of rendang rice while maintaining panelist acceptance within the "like" category.

Keywords: beras rendang; fiber; galactomannan; sugar palm flour