

Pengaruh Variasi Penambahan Iota Karagenan dari *Eucheuma spinosum* pada Karakteristik Fisikokimia dan Organoleptik Mie Lethek

INTISARI

Oleh:

TIWI YUSNIA

18/429229/TP/12265

Tujuan dari penelitian ini adalah untuk mengetahui karakteristik mie lethek dengan penambahan iota karagenan dari *Eucheuma spinosum*. Untuk kontrol mi dibuat tanpa penambahan iota karagenan. Selanjutnya mi dibuat dengan variasi penambahan iota karagenan dari *Eucheuma spinosum* sebanyak 0,25%; 0,50%; dan 0,75% terhadap bobot total adonan. Karakteristik fisikokimia mi lethek yang diteliti pada penelitian ini meliputi waktu pemasakan, kehilangan padatan akibat pemasakan, kecerahan, daya serap air, *hardness*, *cohesiveness*, *adhesiveness*, *gumminess*, *springiness* serta kadar air. Sedangkan karakteristik organoleptik mie lethek yang diuji meliputi kesukaan panelis terhadap warna, rasa, aroma, kenampakan dan *overall*.

Hasil penelitian menunjukkan penambahan iota karagenan pada mie lethek dengan berbagai variasi rasio mempengaruhi sifat fisik dan sifat organoleptik mie yang dihasilkan. Peningkatan jumlah iota karagenan yang ditambahkan pada mie lethek menyebabkan peningkatan pada nilai kecerahan, waktu pemasakan (*cooking time*), daya serap air, *hardness*, *gumminess*, *cohesiveness*, dan *springiness index*. Sebaliknya peningkatan jumlah iota karagenan yang ditambahkan pada mie lethek menyebabkan penurunan pada nilai kadar air, *adhesiveness*, dan kehilangan padatan saat pemasakan (*cooking loss*). Rasio penambahan iota karagenan pada mie lethek dengan berbagai variasi rasio mempengaruhi tingkat kesukaan panelis secara sensoris. Dari uji organoleptik yang paling disukai panelis berdasar atribut warna dan kenampakan adalah mie lethek dengan penambahan iota karagenan sebanyak 0,50%.

Kata kunci: mie lethek, mie kering, iota karagenan, tepung gaplek

The Effect of Variations in Addition of Carrageenan Iota from *Eucheuma spinosum* on the Physicochemical and Organoleptic Characteristics of Lethek Noodles

ABSTRACT

TIWI YUSNIA

18/429229/TP/12265

The purpose of this study was to determine the characteristics of lethek noodles with the addition of carrageenan iota from *Eucheuma spinosum*. For control, noodles were made without the addition of carrageenan iota. Furthermore, the noodles were made with variations in the addition of iota of carrageenan from *Eucheuma spinosum* as much as 0.25%; 0.50%; and 0.75% of the total weight of the dough. The physicochemical characteristics of lethek noodles studied in this study included cooking time, loss of solids due to cooking, brightness, water absorption, hardness, cohesiveness, adhesiveness, gumminess, springiness, and water content. While the organoleptic characteristics of lethek noodles tested included the panelists' preference for color, taste, aroma, appearance and overall.

The results showed that the addition of carrageenan iota to lethek noodles with various ratio variations affected the physical and organoleptic properties of the noodles produced. The increase in the number of carrageenan iota added to lethek noodles caused an increase in the value of brightness, cooking time, water absorption, hardness, gumminess, cohesiveness, and springiness index. On the other hand, an increase in the number of carrageenan iota added to lethek noodles caused a decrease in the value of water content, adhesiveness, and solid loss during cooking (cooking loss). The ratio of the addition of carrageenan iota to lethek noodles with various ratio variations affected the level of preference of the panelists sensoryly. From the organoleptic test, the most preferred by the panelists based on the color and appearance attributes was lethek noodles with the addition of 0.50% carrageenan iota.

Keywords: lethek noodles, dry noodles, carrageenan, cassava flour