

FORMULASI BISKUIT BEBAS GLUTEN DARI UBI CILEMBU (*Ipomoea batatas cv. Cilembu*), TEPUNG BERAS COKELAT, DAN ISOLAT PROTEIN KEDELAI

INTISARI

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Biskuit merupakan cemilan yang paling umum dikonsumsi dan paling sering diberikan kepada bayi. Saat ini konsumen berharap agar perusahaan MP-ASI dapat menghadirkan produk biskuit dengan bentuk yang lebih variatif, menggunakan bahan alami, tidak mengandung bahan tambahan pangan (BTP), tanpa bahan alergen, dan bebas gluten. Oleh karena itu, dilakukan penelitian untuk mengetahui formula dan karakteristik kimia biskuit bebas gluten dengan varian original ubi dan cokelat ubi di Gasol Pertanian Organik.

Pada penelitian ini, dilakukan dua formulasi biskuit dengan varian rasa original ubi dan cokelat ubi yang disesuaikan dengan ketentuan Standar Nasional Indonesia (SNI) terkait biskuit MP-ASI tahun 2005. Inovasi pembuatan biskuit yang dilakukan di antaranya menggunakan bahan bebas gluten (pati kentang dan tepung beras cokelat merek Gasol Organik), bebas susu sapi (substitusi sumber protein dengan isolat protein kedelai dan ubi [*Ipomoea batatas cv. Cilembu*] sebagai pemberi *flavor*) dan bebas BTP seperti pengembang, pemanis, dan perisa. Penelitian dimulai dengan *trial* substitusi tepung terigu menggunakan tepung merek Gasol Organik, analisis sifat kimia (kadar air, karbohidrat, protein, lemak, abu, dan gula total), penyesuaian formulasi dengan SNI, dan formulasi biskuit varian cokelat ubi.

Formula akhir biskuit varian original ubi dalam persen berat basah yakni 30,30% pati kentang; 14,14% tepung beras cokelat; 10,10% gula; 18,69% ubi kukus; 16,16% kuning telur; 8,08% minyak sawit; dan 2,53% isolat protein kedelai. Sedangkan, formula akhir biskuit varian cokelat ubi dalam persen berat basah yakni 29,97% pati kentang; 10,99% tepung beras cokelat; 1,60% kakao bubuk; 13,49% gula; 18,48% ubi kukus; 15,98% kuning telur; 6,99% minyak sawit; dan 2,50% isolat protein kedelai.

Kata kunci: MP-ASI, biskuit, bebas gluten, bebas bahan tambahan pangan.

FORMULATION OF GLUTEN FREE BISCUIT MADE FROM SWEET POTATO (*Ipomoea batatas* cv. Cilembu), BROWN RICE FLOUR, AND ISOLATED SOY PROTEIN

ABSTRACT

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Biscuits are the most common snack consumed and most often given to babies. Currently, consumers expect that complementary food industry can offer biscuit products with more varied shapes, using natural ingredients, not containing food additives, without allergens, and gluten-free. Therefore, this study was conducted to determine the formula and chemical characteristics of gluten-free biscuits with original sweet potato and chocolate sweet potato flavor at Gasol Pertanian Organik.

In this study, two biscuit formulations were made and adjusted to the regulation of the Indonesian National Standard (SNI) related to complementary food biscuit in 2005. The biscuit was made with gluten-free ingredients (potato starch and Gasol Organik's brown rice flour), without cow's milk (protein source substituted with isolated soy protein and sweet potato [*Ipomoea batatas* cv. Cilembu] as flavor) and food additive-free; includes rising agent, sweeteners, and sintetic flavors. The research started with trials of wheat flour substitution using Gasol Organik brand flour, analysis of chemical properties (moisture, carbohydrate, protein, fat, ash, and total sugar content), formulation adjustment with SNI, and formulation of chocolate sweet potato biscuits.

The final formula of the original flavor biscuit (%wb) is 30.30% potato starch; 14.14% brown rice flour; 10.10% sugar; 18.69% steamed sweet potato; 16.16% egg yolk; 8.08% palm oil; and 2.53% isolated soy protein. Meanwhile, the final formula of chocolate flavor biscuit (%wb) is 29.97% potato starch; 10.99% brown rice flour; 1.60% cocoa powder; 13.49% sugar; 18.48% steamed yam; 15.98% egg yolk; 6.99% palm oil; and 2.50% isolated soy protein.

Key words: MP-ASI, biscuits, gluten-free, food additive-free.