

UJI ORGANOLEPTIK KUE PUTU MAYANG MODIFIKASI BERBASIS GASTRONOMI MOLEKULER SEBAGAI SNACK ALTERNATIF BAGI LANSIA

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INTISARI

Latar Belakang: Lansia merupakan populasi yang rentan mengalami malnutrisi akibat penurunan fungsi fisiologis. Salah satu cara untuk menanggulangi hal tersebut adalah dengan menyediakan makanan selingan yang turut menyumbang 10 – 20% kalori harian pada lansia. Pengembangan kue putu mayang berbahan dasar ubi ungu, isolat protein kedelai, dan alpukat sebagai *snack* alternatif bagi lansia menjadi salah satu inovasi yang dapat dilakukan untuk menciptakan *snack* alternatif padat gizi bagi lansia. Sementara, pengolahan dengan teknik gastronomi molekuler bertujuan untuk mempertahankan kandungan gizi dalam bahan baku serta meningkatkan kualitas sensoris produk yang dihasilkan agar dapat meningkatkan selera makan bagi lansia.

Tujuan: Mengetahui karakteristik organoleptik kue putu mayang modifikasi yang diolah dengan teknik gastronomi molekuler.

Metode Penelitian: Jenis penelitian yang dilakukan adalah *true experimental* Rancangan Acak Lengkap (RAL) dengan variasi perbandingan ubi ungu, isolat protein kedelai, dan alpukat sebanyak satu formula standar, dua formula modifikasi, dan dua perlakuan pada pembuatan kue putu mayang. Formula A0 (standar), formula A1 (70:10:20) dan formula A2 (60:15:25) diolah dengan teknik konvensional, serta formula B1 (70:10:20) dan B2 (60:15:25) diolah dengan teknik gastronomi molekuler. Karakteristik organoleptik produk dinilai dengan uji deskripsi metode *ranking test* oleh 33 panelis semi terlatih.

Hasil: Formula B1 memiliki mutu organoleptik warna, rasa, dan tekstur paling baik. Sementara pada parameter aroma formula A0 memiliki mutu paling baik.

Kesimpulan: Terdapat perbedaan karakteristik organoleptik pada kue putu mayang dengan formulasi dan teknik pengolahan yang berbeda. Serta kue putu mayang yang diolah dengan teknik gastronomi molekuler lebih disukai pada seluruh parameter organoleptik, kecuali aroma.

Kata Kunci: *kue putu mayang, makanan selingan, ubi ungu, isolat protein kedelai, alpukat, gastronomi molekuler, karakteristik organoleptik, panelis, uji deskripsi, ranking test*

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ORGANOLEPTIC TEST OF MOLECULAR GASTRONOMY-BASED MODIFIED PUTU MAYANG CAKE AS AN ALTERNATIVE SNACK FOR THE ELDERLY

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ABSTRACT

Background: The elderly are populations that are vulnerable to malnutrition due to decreased physiological function. One way to overcome this is to provide snacks that contribute 10-20% of daily calories in the elderly. The development of putu mayang cake made from purple sweet potato, soy protein isolate, and avocado as an alternative snack for the elderly is one of the innovations that can be done to create a nutrient-dense alternative snack for the elderly. Meanwhile, processing with molecular gastronomy techniques aims to maintain the nutritional content of raw materials and improve the sensory quality of the products produced to increase the appetite of the elderly.

Objective: To determine the organoleptic characteristics of modified putu mayang cake processed with molecular gastronomy techniques.

Research Methods: The type of research conducted was a true experimental completely randomized design (CRD) with variations in the ratio of purple sweet potato, soy protein isolate, and avocado as much as one standard formula, two modified formulas, and two treatments in making putu mayang cake. Formula A0 (standard), formula A1 (70:10:20), and formula A2 (60:15:25) were processed with conventional techniques, and formula B1 (70:10:20) and B2 (60:15:25) were processed with molecular gastronomy techniques. The organoleptic characteristics of the products were assessed by the description test of the ranking test method by 33 semi-trained panelists.

Results: Formula B1 had the best organoleptic color, taste, and texture quality. In the aroma parameter, formula A0 had the best quality.

Conclusion: There are differences in organoleptic characteristics of putu mayang cake with different formulations and processing techniques. And putu mayang cakes processed with molecular gastronomy techniques are preferred in all organoleptic parameters, except aroma.

Keywords: *putu mayang cake, additional snack, purple sweet potato, soy protein isolate, avocado, molecular gastronomy, organoleptic characteristics, panelists, descriptive test, ranking test*

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