

**PENGEMBANGAN PRODUK MI LAKSA INSTAN BERBASIS TEPUNG
BERAS TERMODIFIKASI *HEAT MOISTURE TREATMENT* (HMT):
VARIASI SUHU DAN KADAR AIR**

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ABSTRAK

Mi laksa dibuat dari tepung beras dengan karakteristik memiliki untaian berukuran besar dan berwarna putih. Mi laksa yang beredar di pasaran memiliki beberapa kekurangan, salah satunya yaitu nilai *cooking loss* yang cukup tinggi. Selain itu, tepung beras yang menjadi bahan utama memiliki kelemahan berupa tekstur yang mudah patah dan sifat fungsional yang kurang optimal. Penelitian ini bertujuan untuk mengetahui karakteristik tepung beras setelah diberi perlakuan *Heat Moisture Treatment* (HMT). HMT dilakukan dengan dua faktor yaitu suhu dengan variasi 90 °C, 100 °C, dan 110 °C dan kadar air 25%, 30%, dan 35%. Parameter yang diuji meliputi *browning index*, *cooking quality* (*cooking loss*, *cooking time*, daya rehidrasi) pengujian tekstur (*hardness*, *cohesiveness*, *adhesiveness*, dan *gumminess*), serta pengujian kimiawi (kadar air dan kadar abu). Selanjutnya, penentuan perlakuan terbaik menggunakan metode *Simple Additive Weighting* (SAW). Semakin meningkatnya suhu HMT akan memperbaiki nilai *cooking quality* dan tekstur. Namun, semakin rendah nilai kadar air proses HMT akan memperbaiki nilai *cooking loss*, daya rehidrasi, parameter tekstur *hardness*, *cohesiveness*, dan *gumminess*. Berdasarkan hasil perhitungan SAW, kondisi terbaik untuk mi dengan waktu memasak instan namun tetap mempertimbangkan kualitasnya yaitu HMT dengan variasi suhu 90 °C dan kadar air 25%. Variasi perlakuan HMT ini 1.38% memiliki nilai *cooking time* 4,5 menit.

Kata kunci: Heat Moisture Treatment, Mi Laksa, Tepung Beras.

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**PRODUCT DEVELOPMENT OF INSTANT LAKSA NOODLES BASED ON
MODIFIED RICE FLOUR HEAT MOISTURE TREATMENT (HMT):
VARIATION OF TEMPERATURE AND WATER CONTENT**

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ABSTRACT

Laksa noodles are made from rice flour, characterized by their large, white strands. Commercially available laksa noodles have several drawbacks, including a high cooking loss. Furthermore, the main ingredient, rice flour, has a fragile texture and suboptimal functional properties. This study aimed to determine the characteristics of rice flour after being subjected to Heat Moisture Treatment (HMT). HMT was conducted using two factors: temperature varying at 90°C, 100°C, and 110°C, and moisture content at 25%, 30%, and 35%. Parameters tested included browning index, cooking quality (cooking loss, cooking time, rehydration capacity), texture testing (hardness, cohesiveness, adhesiveness, and gumminess), and chemical testing (moisture and ash content). Furthermore, the best treatment was determined using the Simple Additive Weighting (SAW) method. Increasing the HMT temperature will improve cooking quality and texture. However, the lower the water content of the HMT process, the better the cooking loss, rehydration power, texture parameters of hardness, cohesiveness, and gumminess. Based on the SAW calculation results, the best conditions for noodles with instant cooking time while still considering quality are HMT with a temperature variation of 90 °C and a water content of 25%. This variation of HMT treatment can reduce the cooking loss value by up to 1.38% and has a cooking time value of 4.5 minutes.

Keywords: Heat Moisture Treatment, Rice Flour, Rice Noodle

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