

PENGARUH PENAMBAHAN TEPUNG LABU SIAM TERHADAP KARAKTERISTIK SENSORIS DAN DAYA TERIMA COOKIES

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INTISARI

Latar Belakang : Sayur dan buah merupakan komponen penting dalam pemenuhan gizi seimbang, dalam sayur dan buah terkandung banyak zat gizi makro maupun mikro untuk mencukupi kebutuhan asupan harian. Salah satu isi dari upaya pemerintah dalam peningkatan kesehatan masyarakat (GERMAS) adalah konsumsi sayur dan buah. Prevalensi penyakit tidak menular atau penyakit degeneratif di Indonesia salah satunya disebabkan oleh kurangnya konsumsi sayur dan buah. Labu siam merupakan salah satu tanaman Indonesia dan merupakan komoditi pangan yang potensial untuk dijadikan bahan utama pengembangan produk. Kecenderungan masyarakat Indonesia yang gemar mengonsumsi makanan yang kering, sehingga dipilihlah *cookies* untuk dijadikan produk hasil.

Tujuan : Mengetahui perbedaan karakteristik sensoris dan daya terima *cookies* yang ditambahkan tepung labu siam.

Metode Penelitian : Jenis penelitian ini adalah eksperimental rancangan acak lengkap. Variabel bebas dalam penelitian ini yaitu berbagai formulasi kadar tepung labu siam, variabel terikatnya yaitu karakteristik sensoris dan daya terima dari *cookies*, sementara variabel kontrolnya yaitu bahan-bahan yang digunakan dan proses pembuatan *cookies*. Karakteristik sensoris menggunakan *Descriptive Profiling Test* yang dijabarkan dengan deskripsi, uji *ranking* dianalisis menggunakan tabulasi nilai kritis $p < 0,05$ untuk jumlah panelis 6 orang dan jumlah sampel 5 buah, uji deskripsi yang dijabarkan dengan deskripsi, serta uji hedonik yang dianalisis dengan uji statistik *Kruskall-Wallis* dan dilanjutkan dengan uji *Mann-Whitney*.

Hasil Penelitian : Warna yang mendominasi kelima formulasi *cookies* adalah coklat, beraroma *butter*, rasanya manis, dan teksturnya mudah hancur. Uji hedonik menggunakan analisis *Kruskall-Wallis* menunjukkan perbedaan yang signifikan ($p < 0,05$) untuk semua atribut (warna, aroma, rasa, tekstur, keseluruhan). *Cookies* yang paling disukai yaitu *cookies* dengan kadar tepung labu siam 25%.

Kesimpulan : Penambahan kadar tepung labu siam pada masing-masing *cookies* memiliki pengaruh terhadap perbedaan karakteristik sensoris dan daya terima. Secara keseluruhan, *cookies* yang paling disukai yaitu *cookies* dengan kadar tepung labu siam 25%, perlu diadakan penelitian lebih lanjut untuk memformulasikan kadar tepung labu siam yang ditambahkan agar sesuai dengan tujuan awal penelitian.

Kata Kunci : *cookies*, sayur, buah, labu siam, karakteristik sensoris, daya terima.

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THE EFFECT OF CHAYOTE FLOUR ADDITION IN SENSORY CHARACTERISTICS AND ACCEPTABILITY OF COOKIES

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ABSTRACT

Background : Vegetables and fruits are important components in fulfilling balanced nutrition, in vegetables and fruits contain many macro and micro nutrients to sufficient daily intake needs. One of the contents of the government's efforts to improve public health (GERMAS) is the consumption of vegetables and fruits. The prevalence of non-communicable diseases or degenerative diseases in Indonesia is caused by a lack of vegetables and fruits consumption. Chayote is an Indonesian's plant and one of food commodity which has the potential to be used as the main ingredient of product development. The tendency of Indonesian people who like to consume dry food, so cookie is chosen to be the product result.

Objective : This study aims to find out the difference in sensory characteristics and acceptability of cookies which added with chayote flour.

Methods : This was experimental study with completely randomized design. The independent variables in this study were various formulations of chayote flour, the dependent variable were the sensory characteristics and acceptability of cookies, and the control variables were the ingredients used and the process of making cookies. Sensory characteristics using the Descriptive Profiling Test were analyzed by description, ranking tests were analyzed using the tabulation of critical values $p < 0,05$ for the number of panelists 6 people and the number of samples 5 pieces, the description test were analyzed by descriptions, and hedonic tests were analyzed by Kruskal-Wallis statistical test and continued with the Mann-Whitney test.

Results : The color that dominates the five cookie formulations was brown, the flavor was butter, the taste was sweet, and the texture was easily broken. The hedonic test using the Kruskal-Wallis analysis showed a significant difference ($p < 0,05$) for all attributes (color, flavor, taste, texture, overall). The most preferred cookie was cookie with 25% level of chayote flour.

Conclusions : The addition of chayote flour level for each cookie samples has the influence on differences in sensory characteristics and acceptability. Overall, the most preferred was cookie with the 25% level of additional chayote flour, the further research is needed to determine the optimum level of additional chayote flour in order to this study's aim appropriate.

Keywords : cookie, vegetable, fruit, chayote, sensory characteristic, acceptability.

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