

**PENGARUH WAKTU PENGUKUSAN TERHADAP STABILITAS
TEKSTUR TIWUL AYU SELAMA MASA SIMPAN 48 JAM**

ABSTRAK

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Tiwul ayu adalah makanan tradisional khas Mangunan, Bantul, Daerah Istimewa Yogyakarta yang dibuat dari kelapa parut, tepung gapek, dan bahan tambahan rasa yang dikukus bersamaan. Selama masa simpan tiwul ayu, terjadi penurunan mutu yakni pengerasan tekstur. Pengerasan tekstur dapat karena kurangnya penyerapan air oleh granula pati saat pengukusan dan terjadinya retrogradasi selama penyimpanan. Waktu pengukusan 7, 10, 16, 19, dan 25 menit diuji pengaruhnya terhadap stabilitas tekstur selama 48 jam masa simpan, meliputi profil tekstur, kadar air, dan daya ikat air, dengan dua ulangan eksperimen dan dua ulangan analisis. Uji sensoris dilakukan untuk mengetahui kesukaan panelis terhadap kekerasan tekstur produk beserta intensitas sifat teksturalnya. Perlakuan waktu pengukusan yang semakin lama dapat menurunkan kekerasan tiwul ayu pada awal masa simpan, dibuktikan dengan nilai *hardness* pengukusan 10, 16, 19, dan 25 menit sebesar 15, 11, 10, dan 8 N, namun *hardness* pada pengukusan 7 menit sebesar 5 N dikarenakan gelatinisasi belum menyeluruh. Pada semua perlakuan, kekerasan tiwul ayu semakin meningkat selama 48 jam masa simpan, dibuktikan dengan laju kenaikan *hardness* pada semua sampel, yakni sampel dengan pengukusan 7, 10, 16, 19, dan 25 menit sebesar 1,8%, 0,39%, 2,3%, 2,5%, dan 2,2% setiap 12 jam. Hasil pengujian sensoris, kesukaan konsumen terhadap tekstur tiwul ayu berada pada nilai kekerasan 10,05-22,27 N, kelengketan 0,60-1,94 Nmm, dan daya kunyah 2,4-9,5 N.

Kata kunci : Tiwul ayu, *hardness*, tekstur, pengukusan

EFFECT OF THE STEAMING TIME TO THE TEXTURE STABILITY OF TIWUL AYU DURING 48 HOURS OF SHELF LIFE

ABSTRACT

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Tiwul Ayu is a typical traditional food of Mangunan, Bantul, Special Region of Yogyakarta, made from grated coconut, cassava flour, and the flavor added ingredients which is steamed together. During the shelf life of tiwul ayu, there is a decrease in the product quality, which is texture hardening. The hardening of the texture can be due to lack of water absorption by the granule of starch during the steaming and retrogradation during storage. The steaming time of 7, 10, 16, 19, and 25 minutes were tested for the stability of texture during the 48 hours of shelf life, including texture profiles, moisture content, and water holding capacity, with two experimental replays and two analysis replays. A sensory test is performed to discover the panelist's fondness for the hardness of product textures and the intensity of its texture. The longer steaming time can reduce the hardness of tiwul ayu at the beginning of the shelf life, evidenced by the hardness value at 10, 16, 19, and 25 minutes steaming were 15, 11, 10, and 8 N, while the hardness value at 7 minutes steaming were 5 N due to unthorough gelatinization. In all treatment, the hardness value of tiwul ayu increased during the 48 hours of shelf life, evidenced by the rate of increased hardness value in all samples, namely samples with 7, 10, 16, 19, and 25 minutes steaming for 1.8%, 0.39%, 2.3%, 2.5%, and 2.2% every 12 hours. The result of sensory testing, the consumer's fondness for tiwul ayu is in the hardness value 10,05-22,27 N, adhesiveness 0.60-1.94 Nmm, and the chewiness of 2.4-9.5 N.

Keywords: Tiwul ayu, hardness, texture, steaming