

PENGARUH RASIO TEPUNG TEMPE DAN PATI JAGUNG SEBAGAI BINDER TERHADAP SIFAT SENSORIS, FISIK, DAN KIMIA *GRANOLA* BAR BERBASIS PANGAN LOKAL

INTISARI

Oleh:

RIZKAFI KARIN

17/410571/TP/11857

Kegiatan snacking (*ngemil*) masyarakat dilaporkan cenderung terus meningkat dan salah satu camilan praktis adalah *granola bar*. *Granola bar* merupakan camilan berbentuk batang yang terbuat dari *oat*, kacang, dan buah kering, yang disatukan oleh binder. Dari penelitian sebelumnya, telah dikembangkan *granola bar* berbasis pangan lokal tetapi masih dijumpai masalah yaitu tekstur masih cukup keras yang diduga karena *binder* belum tepat. Tekstur dipengaruhi oleh komponen pati, protein dan lemak. Oleh karena itu untuk menurunkan tingkat kekerasan produk, dalam penelitian ini akan dioptimasi rasio tepung tempe dan pati jagung. Tepung tempe berfungsi sebagai sumber protein dan lemak, sedangkan pati jagung berfungsi sebagai sumber pati.

Dalam penelitian ini, tepung tempe dan pati jagung sebagai *binder* pada *granola bar* divariasikan rasionya, yaitu P1 (0%:100%), P2 (15%:85%), P3 (30%:70%), P4 (45%:55%), dan P5 (60%:40%). Kelima formula akan diuji secara sensoris dengan uji kesukaan dan uji deskriptif, analisis sifat fisik berupa uji tekstur dan warna, dan analisis sifat kimia berupa uji proksimat, serta dipilih formula terbaik.

Hasil penelitian menunjukkan bahwa peningkatan jumlah tepung tempe pada rasio tepung tempe dan pati jagung dapat meningkatkan tingkat kesukaan panelis sampai formula P3 (30%:70%). Selain itu, peningkatan tepung tempe mampu menurunkan kekerasan, menurunkan kecerahan warna, peningkatan kadar air, abu, protein, lemak, dan penurunan kadar karbohidrat. Formula *granola bar* terbaik dengan mempertimbangkan sifat sensoris, fisik dan kimia adalah formula P2 dengan 15% tepung tempe dan 85% pati jagung.

Kata kunci: *granola bar*, tekstur, tepung tempe, pati jagung

EFFECT OF TEMPEH FLOUR AND CORN STARCH RATIO AS A BINDER ON SENSORICAL, PHYSICAL, AND CHEMICAL PROPERTIES OF LOCAL FOOD BASED GRANOLA BARS

ABSTRACT

By:

RIZKAFI KARIN

17/410571/TP/11857

Snacking activities are reportedly likely to increase and one of the practical snacks is granola bar. Granola bar is a bar-shaped snack made from oats, nuts, and dried fruit, which is put together by binders. From previous research, granola bars have been developed based on local food but there is a problem that the texture is still quite hard which is suspected because the components of the binding material are not yet precise. Texture is influenced by the components of starch, protein and fat. Therefore, to lower the hardness of the product, this study will be optimized ratio of tempeh flour and corn starch. Tempeh flour serves as a source of protein and fat, while corn starch serves as a source of starch.

In this study, tempeh flour and corn starch as binders on granola bars, the ratio varied, namely P1 (0%:100%), P2 (15%:85%), P3 (30%:70%), P4 (45%:55%), and P5 (60%:40%). The five formulas will be sensorily tested with hedonic and descriptive tests, physical properties analysis in the form of texture and color tests, and chemical properties analysis in the form of proximate tests, as well as selected the best formula.

The results showed that the increase in the amount of tempeh flour in the ratio of tempeh flour and corn starch can increase the favorability level of panelists up to P3 (30%:70%). In addition, the increase in tempeh flour is able to decrease hardness, decrease color brightness, increase in water content, ash, protein, fat, and decrease carbohydrate levels. The best granola bar formula based on the sensory, physical and chemical properties is P2 with 15% tempeh flour and 85% corn starch.

Keywords: granola bar, texture, tempeh flour, corn starch