

## **PERUBAHAN SIFAT FISIK DAN KIMIA GAPLEK YANG DISIMPAN PETANI GUNUNG KIDUL**

### **INTISARI**

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Gunung Kidul merupakan salah satu daerah penghasil gaplek di Indonesia. Masyarakat di Gunung Kidul terbiasa menyimpan gaplek sebagai persediaan pangan terutama diolah menjadi tiwul serta sebagai pakan ternak hingga lebih dari 12 bulan. Informasi perubahan sifat fisik khususnya sifat gelatinisasi selama penyimpanan belum diketahui. Tujuan penelitian ini adalah untuk mengetahui perubahan sifat fisik berupa warna, daya serap air (*water holding capacity*), dan profil gelatinisasi, sifat kimia kadar amilosa dan amilopektin, serta perubahan sifat aktivitas antioksidan gaplek pada usia penyimpanan. Penelitian ini dilakukan dengan metode sampling atas gaplek yang disimpan petani antara waktu 2-12 bulan. Hasil menunjukkan bahwa warna gaplek semakin gelap (nilai L turun), nilai WHC, suhu gelatinisasi, viskositas gaplek turun selama penyimpanan, demikian juga kadar amilosa dan amilopektin. Sementara nilai aktivitas antioksidan meningkat hingga usia penyimpanan 4 bulan. Gaplek dengan lama penyimpanan maksimal 6 bulan masih mungkin untuk dimanfaatkan sebagai bahan baku mie.

**Kata Kunci: Gaplek, Penyimpanan, Sifat Fisik, Sifat Kimia**

## **CHANGES IN PHYSICAL AND CHEMICAL PROPERTIES OF GAPLEK STORED BY GUNUNG KIDUL FARMERS**

### **ABSTRACT**

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Gunung Kidul is one of gapek producing area in Indonesia. The peoples are usually stored gapek as a stock of staple food or animal food up to a year. The changes of physical properties especially of gelatinisation character was still unclear. Therefore, the aims of this research were to evaluate the physical properties (gelatinization, color, WHC), and the amylose and amylopectin content during storage. The samples used in this experiment were collected from the farmer. There were 6 samples which represented storage periods of 2-12 months. The result showed that color getting dark (indicated by decreasing L value), WHC, gelatinization temperature, flour viscosity were decreased along with storage time as well as amylose and amylopectin content. While the value of antioxidant activity increased until the storage age of 4 months. Interestingly, gapek stored up to 6 months was still recommended as a material for traditional noodle.

**Keywords: Gapek, Storage, Physical Properties, Chemical Properties**