

ABSTRAK

Tujuan dari penelitian ini adalah untuk mendapatkan karakteristik *cookies* yang tepat dari tepung komposit (tepung mocaf, tepung ampas tahu dan tepung bekatul) dalam pembuatan *cookies*. Penelitian ini diharapkan dapat memperkaya produk olahan *cookies* sehingga dapat meningkatkan nilai ekonomi tepung mocaf, tepung ampas tahu dan bekatul. Selain itu, penelitian ini juga diharapkan dapat meningkatkan nilai gizi *cookies* serta mengurangi ketergantungan masyarakat terhadap penggunaan tepung terigu.

Penelitian pendahuluan yaitu analisis bahan baku tepung mocaf yaitu uji kadar protein (metode kjedahl), tepung ampas tahu, yaitu uji kadar protein (metode kjedahl) dan uji kadar serat kasar (metode gravimetri), dan tepung bekatul, yaitu uji kadar serat kasar (metode gravimetri) yang akan digunakan untuk penelitian utama pada pembuatan *cookies*. Penelitian utama dilakukan dengan menggunakan Rancangan Acak Kelompok (RAK) dengan 1 faktor dan ulangan sebanyak 3 kali. Adapun faktor yang digunakan yaitu perbandingan tepung kompo sit (tepung mocaf, tepung ampas tahu dan tepung bekatul) yang terdiri dari a_1 (1:1:1), a_2 (1:1:2), a_3 (1:1:3) a_4 (3:1:1) , a_5 (3:1:2), a_6 (3:1:3), a_7 (1:2:1), a_8 (1:3:1), a_9 (2:3:1). Respon yang digunakan dalam penelitian utama adalah respon kimia yang terdiri dari analisis kadar protein, kadar serat, dan kadar air, respon organoleptik yang terdiri dari warna, rasa, aroma dan tekstur, dan respon fisik yaitu daya kembang.

Hasil menunjukkan bahwa tepung mocaf yang digunakan dalam pembuatan *cookies* memiliki kadar protein sebesar 3,06%, kadar protein tepung ampas tahu sebesar 15,3% dan kadar serat kasar 13,33% , kadar serat kasar tepung bekatul 7,76%. Hasil penelitian utama, dapat disimpulkan bahwa perbandingan tepung mocaf, tepung ampas tahu, dan tepung bekatul berpengaruh terhadap karakteristik organoleptik (rasa), karakteristik kimia (kadar protein, kadar serat kasar, dan kadar air) serta berpengaruh terhadap karakteristik fisik yaitu daya kembang. Perlakuan sampel terpilih berdasarkan hasil uji rangking yaitu sampel a_4 dengan perbandingan tepung komposit (3:1:1) yang memiliki nilai kadar air 2,45%, protein 11,48%, kadar serat kasar 4,24% dan daya kembang 75% .

Kata kunci : *cookies*, tepung komposit, karakteristik *cookies*

ABSTRACT

The purpose in this research was to observe the characteristic of proper flour composite (flour mocaf, tofu waste flour, flour rice bran) in the process of the making cookies. The expectation of this research is to get plentiful variety of cookies product so we can increase the economic value of mocaf flour, tofu waste flour and bran flour. Beside that the hoped of this research is to increasing the nutrition rate of cookies also ease people into needs of wheat flour.

The preliminary research is analysis of mocaf flour raw material , which is testing the level of protein (method kjedahl), tofu waste flour is testing the fiber crude content (method gravimetric) and flour rice bran is testing crude fiber content (method gravimetric) which will be used on primary research of making cookies. The primary research was conducted using RBD (Randomized Block Design) with one factor and repetition 3 times. As the factor that used in the composite flour comparasion (mocaf flour, tofu waste flour, flour rice bran) are consisting of a1 (1:1:1), a2 (1:1:2), a3 (1:1:3) a4(3:1:1) ,a5 (3:1:2), a6 (3:1:3), a7 (1:2:1), a8(1:3:1), a9 (2:3:1). The response that used in the level of protein content, the fiber content, and the water content. Organoleptic response is studying color, taste, flavor and texture and physical response is that studying volume development.

The results showed that mocaf flour that will be used making cookies has 3,06% of protein content. the protein in the tofu waste flour content 15,35% and 13,33% on the crude fiber. Crude fiber content of rice bran flour 7,76%. Based on the result of primary research it can be concluded that the comparasion of mocaf flour, tofu waste flour and rice bran flour affect the organoleptic characteristic (taste), the chemical characteristic (protein content, crude fiber content, and water content) as well affect the physical characteristic of volume development. Treatment of the selected sample based on test result rank with composite flour ratio (3:1:1) that has sample a4. The moisture content 2,45%, protein 11,48%, crude fiber content 4,24% and 75% on volume development.

Keywords : Cookies, Composite flour, characteristic of cookies

