

INTISARI

Tujuan dari penelitian ini adalah untuk menghasilkan produk bubur instan untuk bayi dengan menguji pengaruh komposisi tepung umbi ganyong dengan tepung kacang hijau, pengaruh suhu pemasakan terhadap nilai gizi serta sifat fisik dan organoleptik bubur instan yang dihasilkan agar menghasilkan bubur instan sesuai dengan yang diinginkan.

Rancangan percobaan yang digunakan dalam penelitian ini adalah pola faktorial 3 x 3 dalam Rancangan Acak Kelompok (RAK) Faktorial dengan 3 kali ulangan, sehingga diperoleh sebanyak 27 kombinasi

Penelitian pendahuluan dilakukan untuk mengetahui kandungan gizi yang meliputi jumlah kadar air, kadar protein, kadar lemak dan kadar serat dari bahan baku yang digunakan dalam pembuatan bubur instan ini. Hasil perhitungan diperoleh kadar air, kadar protein, kadar lemak dan kadar serat secara berurutan untuk tepung umbi ganyong (10,5 %, 4,25%, 0,19%, 2,9%) dan tepung kacang hijau (8%, 1,75%, 0,4 %, 1,9%).

Hasil analisis untuk kadar air menunjukkan bahwa pengaruh komposisi tepung (S) dan suhu pemasakan (T) tidak berpengaruh nyata terhadap kadar air bubur instan. Hasil analisis kadar serat menunjukkan bahwa komposisi tepung berpengaruh nyata dimana komposisi tepung dengan perbandingan tepung umbi ganyong dengan tepung kacang hijau (1:1) memiliki kadar serat rata-rata 4,442%. Hasil analisis untuk kadar protein, menyatakan bahwa semakin rendah suhu pemasakan (T) memberikan perbedaan nyata terhadap kadar protein, dimana hasil rata-rata kadar protein sebesar 7,178% . Hasil analisis respon fisik daya serap air menunjukkan bahwa pengaruh komposisi tepung dan suhu pemasakan serta interaksi keduanya berpengaruh nyata terhadap daya serap air bubur instan, dengan nilai rata-rata berkisar antara 95,333-99,067%. Berdasarkan tabel anava diketahui F hitung kurang dari F tabel 5%, maka sampel bubur instan untuk bayi dalam hal warna, aroma, rasa, dan tekstur tidak berbeda nyata maka tidak dilakukan uji lanjut, sehingga perlakuan perbedaan komposisi tepung pada setiap konsentrasi (S) menunjukkan perbedaan yang tidak nyata terhadap warna, aroma, rasa, dan tekstur bubur instan umbi ganyong dengan setiap suhu pemasakan (T).

ABSTRACT

The purpose of this research is to produce instant porridge for baby with testing the effect of Canna Discolor composition with Phaseolus radiatus L flour, the effect of cooking temperature to protein content and nutritional value of instant porridge and physical character of instant porridge and organoleptik the instant porridge is in order to produce the instant porridge which are expected.

The experimental design used in this study is a 3 x 3 factorial in a randomized block design (RAK) factorial with three repetitions, in order to obtain as many as 27 combinations.

The preliminary study was conducted to determine the value of nutrients content in instant porridge which include the value of water content, protein content, fiber content from the material which needed to make instant porridge. The continually result for Canna Discolor L is (10,5% water content, 4,25% protein content, 0,19% fat content, 2,9% fiber content) and for Phaseolus radiatus L flour is (8%, 19,75%, 0,4%, 1,9%)

The analysis result for water content is showed that the influence of flour compositions (S) and cooking temperature (T) do not have significant effect to water content of instant porridge. The analysis result for fiber content showed that the composition of Canna Discolor L flour have significant effect if the compositions for Canna Discolor L and Vigna Radiata is 1:1 it has 4,442% average fiber content. The analysis result of protein content, its showing that more lower the cooking temperature (T) is contribute significant different to protein content. which average result of protein content is 7,178%. The analysis of water absorption showing that influence of flour compositions and cooking temperature and both interaction have significant effect to water absorption of instant porridge, with average value is between 95,333-99,06%. Based on anava tabel is known that F count 5% less than F Table, so the sample of instant porridge for baby based on colour, flavour, taste, and texture is not have significant effect then no need to do another test, so that treatment the different flour compositions to every concentration (S) showing insignificant different to colour, flavour, taste, and texture of Canna Discolor L instant porridge with every cooking temperature (T).