

Abstrak

Usaha untuk mengurangi tepung terus digalakkan disamping mencari alternatif pengganti bahan baku lainnya, juga mengusahakan tepung lain sebagai tepung campuran, yaitu suatu bentuk campuran antara tepung dengan beberapa jenis tepung dari bahan lain. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh perbandingan tepung kedelai dengan tepung ganyong dan penambahan jamur tiram terhadap kualitas bakso. Maksud dari penelitian ini adalah untuk memberikan informasi tentang bagaimana membuat bakso nabati dari tepung kedelai dan tepung ganyong dengan penambahan jamur tiram sebagai bagian dari diversifikasi pangan. Selain itu penggunaan bahan-bahan tersebut dalam penelitian ini juga diharapkan dapat menghasilkan bakso nabati yang memiliki karakteristik seperti bakso biasanya.

Metode penelitian meliputi penelitian pendahuluan dimana menentukan jenis pengenyal terbaik (karagenan dan STPP) dan penelitian utama meliputi analisis kadar air, protein, serat, lemak, karbohidrat dan total mikroba serta pengujian organoleptik meliputi (warna, rasa, aroma dan tekstur). Prosedur penelitian meliputi pencucian, pendinginan, pencampuran, pencetakan, perebusan dan pengamatan. Hasil penelitian menunjukkan bahwa perbandingan tepung kedelai dengan tepung ganyong (A), konsentrasi jamur tiram (B), dan interaksi keduanya mempengaruhi penilaian terhadap warna, rasa, aroma dan tekstur terhadap bakso nabati. Berdasarkan analisis kimia factor A mempengaruhi kadar protein, kadar serat, sedangkan factor B mempengaruhi kadar serat dan interaksinya mempengaruhi bakso nabati.

Hasil penelitian tersebut didapat bahwa perlakuan terbaik adalah a3b1 perbandingan tepung kedelai dengan ganyong (2:1) dan penambahan jamur tiram (50%), dengan kadar lemak 1,8%, kadar pati 7,75%, dan total mikroba 2,21 cfu/ml.

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Efforts to reduce the flour continue to be encouraged in addition to look for alternatives to other raw materials, as well as other flour as a mixed flour, a mixture of flour with some other types of flour. The purpose of this study was to determine the effect of soy flour ratio with ganyong flour and the addition of oyster mushroom to the quality of materials. The purpose of this study was to provide information on how to make vegetable meatballs from soy flour and ganyong flour with the addition of oyster mushroom as part of food diversification. In addition, the use of these materials in this study was also expected to produce vegetable meatballs that had characteristics such as common meatballs.

The research method includes preliminary research which determines the best type of thickener (carrageenan and STPP) and the main research includes analysis of water content, protein, fiber, fat, carbohydrate and total microbial as well as organoleptic testing include (color, flavor, aroma and texture). The research procedures include leaching, cooling, mixing, molding/creating, boiling and observation. The result showed that the ratio of soy flour to ganyong flour (A), concentration of mushroom (B) and interaction both affect the assessment of color, taste, aroma and texture of vegetable meatballs. Based on chemical analysis factor A affected protein content, fiber content, while factor B affected fiber content and interaction affected vegetable meatballs.

The best treatment of this research was a 3x1 proportion of soybean flour and ganyong flour was 2:1 and oyster mushroom concentration was 50%) which consist of 1,8% fat content, 7,75% starch consist and has total microbial content 2,21 CFU/mL.

Keywords: vegetable meatball, soybean flour, ganyong flour, oyster mushroom