

ABSTRAK

Aini Rahayu: Pengembangan Produk Roti Tawar Substitusi Puree Talas Beneng (*Xanthosoma undipes* K. Koch) Sebagai Makanan Alternatif Sumber Serat Pada Lansia. Skripsi. Fakultas Teknik, Universitas Negeri Medan. 2023.

Tujuan Penelitian ini adalah Mengetahui pembuatan roti tawar substitusi *puree* talas beneng sebagai makanan sumber serat pada lansia. Mengetahui tingkat kesukaan dan daya terima panelis terhadap roti tawar substitusi *puree* talas beneng 25%, 50% dan 75% dari aspek warna, aroma, rasa dan tekstur. Mengetahui kandungan gizi (kadar abu, kadar air, kadar karbohidrat, kadar lemak, kadar protein dan kadar serat) roti tawar *puree* talas beneng. Jenis penelitian yang digunakan adalah penelitian eksperimental dengan Rancangan Acak Lengkap (RAL) yang terdiri dari 1 kontrol dan 3 perlakuan pengembangan formulasi dari jumlah substitusi *puree* talas beneng (*Xanthosoma undipes* K. Koch) yaitu: F1 (75% tepung terigu:25% *puree* talas), F2 (50% tepung terigu:50% *puree* talas), F3 (25% tepung terigu: 75% *puree* talas). Uji daya terima menggunakan 30 panelis lansia dengan uji hedonik (sangat suka, suka, agak suka, tidak suka, sangat tidak suka). Teknik analisis data dilakukan secara deskriptif dan dianalisis menggunakan metode uji Kruskal Wallis dan uji lanjutnya menggunakan *Man-Whitney*.

Pembuatan roti tawar melalui beberapa tahapan yaitu langkah pertama pemilihan bahan baku dan pembuatan *puree* talas. Pembuatan adonan dengan mencampurkan seluruh bahan diaduk dengan merata. Setelah adonan tercampur rata dan kalis dilakukan tiga tahapan fermentasi, pada fermentasi di akhir adonan dimasukkan kedalam loyang. Kemudian dilakukan pengovenan untuk proses pemanggangan.

Hasil penelitian menunjukkan bahwa roti tawar terbaik yang paling diminati panelis berdasarkan dari hasil uji daya terima adalah perlakuan F2 (50% tepung terigu:50% *puree* talas) dengan nilai rata-rata terhadap warna (3,77), aroma (3,8), rasa dan tekstur (4,23). Hasil analisis kandungan gizi yaitu kadar air 31,79%, kadar abu 1,80%, karbohidrat 49,1 gr, protein 8,81 gr, lemak 9,08 gr dan serat kasar 4,51 gr. Hasil penelitian menunjukkan bahwa perlakuan substitusi *puree* talas pada pembuatan roti tawar berpengaruh nyata terhadap penilaian organoleptik.

ABSTRACT

Aini Rahayu: Product Development of Bread Substitution Puree Taro Beneng (Xanthosoma undipes K. Koch) As an Alternative Food Source of Fiber in the Elderly. Thesis. Faculty of Engineering, State University of Medan. 2023.

The purpose of this study was to determine the production of white bread as a substitute for puree taro beneng as a food source of fiber in the elderly. Knowing the level of preference and acceptance of panelists for plain bread with taro beneng puree substitution 25%, 50% and 75% from the aspect of color, aroma, taste and texture. Knowing the nutritional content (ash content, moisture content, carbohydrate content, fat content, protein content and fiber content) white bread puree taro beneng. The type of research used was an experimental study with a completely randomized design (CRD) consisting of 1 control and 3 treatments developing the formulation of the number of substitutions for pure taro beneng (Xanthosoma undipes K. Koch), namely: F1 (75% wheat flour: 25% puree taro), F2 (50% wheat flour: 50% taro puree), F3 (25% wheat flour: 75% taro puree). The acceptance test used 30 elderly panelists with a hedonic test (very like, like, somewhat like, don't like, really don't like). The data analysis technique was carried out descriptively and analyzed using the Kruskal Wallis test method and the follow-up test using the Man-Whitney.

Making white bread goes through several stages, namely the first step is selecting raw materials and making taro puree. Making the dough by mixing all the ingredients stirred evenly. After the mixture is evenly mixed and smooth, three stages of fermentation are carried out. At the end of the fermentation, the dough is put into the pan. Then do the oven for the roasting process.

The results showed that the best white bread that the panelists were most interested in based on the acceptability test results was the F2 treatment (50% wheat flour:50% taro puree) with an average value of color (3.77), aroma (3.8). taste and texture (4.23). The results of the analysis of nutrient content were 31.79% water content, 1.80% ash content, 49.1gr carbohydrates, 8.81 gr protein, 9.08 gr fat and 4.51 gr crude fiber. The results showed that the treatment of taro puree substitution in the preparation of white bread had a significant effect on the organoleptic assessment.