RINGKASAN

Cookies merupakan kue kering, bentuk kecil memiliki rasa manis, tekstur yang kurang padat dan renyah. Cookies biasanya terbuat dari tepung terigu, gula dan telur. Dalam pengolahan cookies, tentu harus memperhatikan bahan yang digunakan, langkah-langkah dalam pengolahan adonan serta proses pemanggangan cookies tersebut. Untuk mengurangi jumlah pemakaian tepung terigu, maka perlu dilakukan substitusi misalnya dengan tepung sukun. Keunggulan dari tepung sukun yaitu berbeda dengan tepung terigu, tepung sukun tidak mengandung gluten sehingga akan membantu penderita autis dan penyakit seliak (celiac disease). Dengan pencampuran tepung sukun dan tepung terigu mampu mengurangi gluten cookies yang dihasilkan.

Produk patiseri dalam masyarakat dikenal seperti roti manis, roti tawar, kue kering/cookies, cake, dan produk pastry. Cookies merupakan produk yang memiliki rasa manis, kaya akan lemak dan gula. Adonan dasar cookies mengandung tepung, gula, lemak, telur, susu, dan bahan pengembang. Untuk membuat cookies dibutuhkan ketelitian sama halnya seperti membuat roti. Hal ini terkait dengan ketepatan dalam penimbangan bahan, dan teknik pencampuran. Tepung sukun cocok untuk membuat cookies karena berdasarkan hasil peneliti tepung sukun dapat menggantikan fungsi tepung 100 %, yang berarti dapat menggantikan tepung terigu secara keseluruhan.

Penelitian ini dilaksanakan di Laboratorium THP Fakultas Pertanian UISU. Penelitian menggunakan rancangan acak lengkap (RAL) faktorial dengan dua (2) faktor dan dua (2) ulangan. Faktor I: Jumlah margarin (M) yang terdiri atas empat taraf : M_1 = 65%, M_2 = 70%, M_3 = 75%, M_4 = 80%. Faktor II : Jumlah baking powder (B) yang terdiri atas empat taraf : B_1 = 0,5%, B_2 = 1,0%, B_3 = 1,5%, B_4 = 2,0%. Parameter yang diamati meliputi kadar air, rendemen, kadar abu, tekstur, rasa dan warna. Hasil penelitian : Kadar air tertinggi 3,388% (M_1), 3,388% (B_1), rendemen tertinggi 92,095% (M_4), 91,286% (B_1), kadar abu tertinggi 1,350% (M_4), 1,388% (B_4), Tekstur tertinggi 3,545 (M_1), 3,741 (B_4) warna tertinggi 3,220 (M_1), 3,214 (B_1), rasa tertinggi 3,138 (M_2), 3,163 (B_4). Untuk menghasilkan cookies keladi yang baik digunakan jumlah margarin sebanyak 70% dan backing powder sebanyak 2%.

Kata Kunci : Sukun, Cookies, Margarine, Backing Powder

SUMMARY

Cookies are small shapes that have sweet taste, texture that is less dense and crispy. Cookies are usually made from flour, sugar and egg. In processing cookies, of course you must pay attention to the ingredients used, the steps in the processing of the dough and the baking process of the cookies. To reduce the amount of flour, it is necessary to substitute for example with breadfruit flour. The advantages of breadfruit flour are different from wheat flour, breadfruit flour does not contain gluten so that it will help people with autism and celiac disease. By mixing breadfruit flour and wheat flour can reduce gluten in flour.

Patisserie products in the community are known as sweet bread, white bread, pastries / cookies, cakes, and pastry products. Cookies are sweet, rich in fat and sugar. Basic cookies dough contains flour, sugar, fat, eggs, milk, and ingredients. To make cookies requires accuracy as well as making bread. This is related to the accuracy in weighing materials, and mixing techniques. Breadfruit flour is suitable for making cookies because based on the results of the researchers breadfruit flour can replace 100% flour function, which means it can replace whole wheat flour.

This research was conducted at the THP Laboratory, Faculty of Agriculture, UISU. The study used a factorial completely randomized design (CRD) with two (2) replications and two (2) factor. Factor I: The amount of margarine (M) consisting of four levels: M1 = 65%, M2 = 70%, M3 = 75%, M4 = 80%. Factor II: The amount of backing powder (B) which consists of four levels: B1 = 0.5%, B2 = 1.0%, B3 = 1.5%, B4 = 2.0%. The parameters observed were moisture content, yield, ash content, texture, taste and color. Results: The highest water content was 3,388% (M1), 3,388% (B1), the highest yield was 92,095% (M4), 91,286% (B1), the highest ash content was 1,350% (M4), 1,388% (B4), the highest texture was 3,545 (M1), 3,741 (B4) highest colors 3,220 (M1), 3,214 (B1), highest taste 3,138 (M2), 3,163 (B4). To produce good taro cookies, 70% margarine and 2% backing powder are used.