RINGKASAN

Pemanfaatan buah sukun sebagai bahan pangan makin penting untuk menunjang diversifikasi pangan. Indonesia memiliki beberapa varietas sukun lokal dengan ciri fisik maupun cita rasa buah yang bervariasi. Buah sukun yang melimpah saat panen raya harus bisa diawetkan, seperti dibuat gaplek atau tepung. Bila sudah menjadi tepung, akan sangat mudah mengolahnya. Buah yang masih mentah dapat diolah menjadi berbagai kue basah, bubur, kue yang digoreng, dan makanan camilan kering seperti stik sukun keju dan kue gabus sukun. Juga dapat dibuat roti dan mi basah dengan dicampur terigu berprotein sedang-tinggi. Pengolahan yang kurang berkembang pada sukun khususnya ketika pemanenan, banyak sukun yang terbuang karena tidak diolah dan cara memanen masyarakat yang kurang baik juga mempengaruhi rasa sukun seperti sukun yang terjatuh akan memar, daging buah berwarna kecoklatan dan memicu rasa pahit. Hal itu disebabkan kurangnya pengetahuan masyarakat tentang kandungan gizi sukun. Padahal potensinya cukup tinggi untuk digunakan sebagai bahan pangan dengan komposisi gizi yang tidak kalah dengan bahan pangan lainnya.

. 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. Yang diperoleh dari pembakaran. 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) ulangan. Faktor Persentase Tepung (T) yang terdiri atas empat taraf : T_1 = 40%, T_2 = 50%, T_3 = 60%, T_4 = 70%. Faktor II : Persentase Gula (G) yang terdiri atas empat taraf : G_1 = 30%, G_2 = 40%, G_3 = 50%, G_4 = 60%. Parameter yang diamati meliputi Kadar air, kadar Abu, kadar protein, tekstur, rasa dan warna. Hasil penelitian : Kadar air tertinggi 4,571% (T_4), 4,259% (G_4), kadar protein tertinggi 5,841% (T_1), 5,524% (G_1), kadar abu tertinggi 1,269% (T_4), 1,299% (G_1), Tekstur tertinggi 3,545 (T_1), 3,741 (G_4) warna tertinggi 3,220 (T_1), 3,214 (G_1), rasa tertinggi 3,138 (T_2), 3,163 (G_4). Untuk menghasilkan cookies keladi yang baik digunakan persentase campuran tepung sukun sebanyak 50% dan persentase gula sebanyak 60%.

Kata Kunci : Tepung sukun, Cookies, Gula, Tepung Terigu

SUMMARY

The use of breadfruit as food is increasingly important to support food diversification. Indonesia has several local breadfruit varieties with varied physical characteristics and fruit flavors. Abundant breadfruit during harvest must be preserved, such as cassava or flour. When it becomes flour, it will be very easy to process it. Unripe fruit can be processed into various wet cakes, porridge, fried cakes, and dry snack foods such as breadfruit cheese sticks and breadfruit cork cakes. Can also be made bread and wet noodles mixed with medium-high protein flour. Underdeveloped processing of breadfruit, especially when harvesting, many breadfruit are discarded because it is not processed and how to harvest the community that is not good also affect the taste of breadfruit such as breadfruit falling will bruise, brownish fruit flesh and trigger a bitter taste. That is due to the lack of public knowledge about the breadfruit nutrition. Though its potential is high enough to be used as food with nutritional composition that is not inferior to other food ingredients. 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. Obtained from burning. 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. Factor I: Flour Percentage (T) consisting of four levels: T1 = 40%, T2 = 50%, T3 = 60%, T4 = 70%. Factor II: Sugar percentage (G) consisting of four levels: G1 = 30%, G2 = 40%, G3 = 50%, G4 = 60%. The parameters observed were moisture content, ash content, protein content, texture, taste and color. Results: The highest water content was 4.571% (T4), 4.259% (G4), the highest protein content was 5.841% (T1), 5.524% (G1), the highest ash content was 1.269% (T4), 1.299% (G1), the highest texture 3,545 (T1), 3,741 (G4) highest colors 3,220 (T1), 3,214 (G1), highest taste 3,138 (T2), 3,163 (G4). To produce good taro cookies, the percentage of breadfruit flour mixture is 50% and the sugar percentage is 60%.

Keywords: Breadfruit Flour, Cookies, Sugar, Wheat Flour