

PENGARUH PROPORSI TEPUNG BAYAM DALAM FORMULASI PEMBUATAN BOLU (*SPONGE CAKE*) KAYA Fe

[The Effect of Spinach Flour Proportion on Formulation to Improve the Iron Content of Sponge Cake]

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ABSTRACT

The research aim was to investigate the spinach flour proportion on formulation of sponge cake to enrich the iron content. The experiment was conducted in laboratory and arranged with Completely Randomized Design (CRD) of single factor with three replications of the spinach flour proportion (without spinach flour, 5%, 10%, 15%, 20% and 20%) based on total flour. The quality parameter of sponge cake were chemical characteristics such as moisture, ash content and iron content, physical characteristic (colour and loaf volume development) and palatable characteristics (smell, taste, colour and texture). Data was analyzed with analyses of variance at 5 percent level of significancy. The post hoc test was done with Honestly Significant Difference at the same level of significancy. The result showed that the proportion of spinach flour had significantly effect on moisture, ash content and iron content, colour and palatable characteristic of smell, taste and colour of the sponge cake, but it did not affect on the loaf volume and texture. The proportion of spinach flour of 15% produced the best characteristic of sponge cake. The cake had moisture content of 30.41%, ash content 1.33%, iron 215.15 ppm, green in colour, loaf volume development 166.32% and the leavely smell, moderate sweetly and soft in texture.

Keywords: *Cake, Iron, Spinach*

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh proporsi tepung bayam dalam formulasi pembuatan bolu (Sponge cake) kaya Fe. Metode yang digunakan dalam penelitian ini adalah metode eksperimental dengan Rancangan Acak Lengkap (RAL) faktor tunggal yaitu perbedaan proporsi tepung bayam yang terdiri atas 6 perlakuan yaitu 0%, 5%, 10%, 15%, 20%, dan 25%. Parameter yang diamati yaitu mutu kimia (kadar air, kadar abu, dan kadar zat besi), mutu fisik (warna dan tingkat pengembangan), dan mutu organoleptik (aroma, rasa, warna, dan tekstur). Data hasil analisa diuji dengan analisis keragaman (ANOVA) pada taraf 5% menggunakan software Co-Stat dan dilakukan Uji Lanjut Beda Nyata Jujur (BNJ) apabila terdapat hasil yang berbeda nyata pada taraf yang sama. Hasil penelitian menunjukkan bahwa proporsi tepung bayam memberikan pengaruh yang berbeda nyata terhadap kadar air, kadar abu, kadar zat besi, warna, uji organoleptik secara hedonik berupa aroma, rasa, warna serta uji organoleptik secara skoring aroma, dan warna namun tidak memberikan pengaruh yang berbeda nyata terhadap tingkat pengembangan, hedonik dan skoring tekstur serta skoring rasa. Proporsi tepung bayam sebanyak 15% merupakan perlakuan terpilih dengan kadar air 30,41%, kadar abu 1,33%, kadar zat besi 215,15 ppm, tingkat pengembangan 166,32%, berwarna hijau, aroma agak beraroma khas bayam, rasa agak manis, dan tekstur agak lembut.

Kata Kunci: Bayam, Bolu, Fe