

PENGARUH SUBSTITUSI TEPUNG TERIGU DENGAN KOMBINASI TEPUNG JANTUNG PISANG (*Musa paradisiaca*) DAN TEPUNG RUMPUT LAUT (*Eucheuma cottonii*) TERHADAP MUTU GIZI MI BASAH

[Wheat Flour Substitution Effect Of Banana Blossom Flour (*Musa paradisiaca*) And Seaweed Flour (*Eucheuma cottonii*) On The Nutritional Quality Of Wet Noodles]

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ABSTRACT

The research aim was to investigate the best proportion of the wheat flour, banana blossom and seaweed of Eucheuma cottonii flour on a wet noodles quality. The experiments were conducted in laboratory and arranged with a Completely Randomized Design of single factor and three replications. The proportions were 100 percent of wheat flour (P0), 80 percent of wheat flour, 10 percent banana blossom flour, and 10 percent of seaweed flour (P1), 70 percent of wheat flour, 20 percent banana blossom flour, and 10 percent of seaweed flour (P2), were substituted with composite flour of banana blossom and Eucheuma cottonii in different proportion (P3). 60 percent of wheat flour, 30 percent banana blossom flour, and 10 percent of seaweed flour (P2), were substituted with composite flour of banana blossom and Eucheuma cottonii in different proportion (P3). 50 percent of wheat flour, 40 percent banana blossom flour, and 10 percent of seaweed flour (P5), were substituted with composite flour of banana blossom and Eucheuma cottonii in different proportion (P4), 40 percent of wheat flour, 20 percent banana blossom flour, and 10 percent of seaweed flour (P2), were substituted with composite flour of banana blossom and Eucheuma cottonii in different proportion (P5) Data were analysed with analyses of variance at 5 percent of significancy and the post hoc test with Least Significant Difference Test (LSD). The results showed that the proportion affected significantly on all parameters of wet noodle quality. The best quality of a wet noodle were obtained from the proportion of 80 percent of wheat flour, 10% banana blossom flour and 10% of seaweed flour. The wet noodle had moisture, ash, protein, crude fiber, cooking loss, water absorption, L value and °Hue of 31.38%, 1.28%, 5.4%, 1.69%, 47.23, 34.78 and 72.83 respectively. However, the sensory attributes were not preferred.

Keywords: banana blossom, seaweed, wet noodle.

ABSTRAK

Mi basah merupakan produk pangan yang terbuat dari terigu dengan atau tanpa penambahan bahan pangan lain serta bahan tambahan pangan berbentuk khas mi. Penelitian ini dilakukan dengan tujuan untuk mengetahui proporsi tepung jantung pisang dan tepung rumput laut terbaik dalam mensubstitusi tepung terigu dalam pembuatan mi basah. Penelitian ini dilakukan menggunakan Rancangan Acak Lengkap (RAL) satu faktor yaitu substitusi tepung jantung pisang dengan proporsi 10%; 20%; 30%; 40% dan 50% sebanyak 3 kali ulangan sehingga diperoleh 18 unit percobaan. Parameter yang diuji yaitu mutu kimia meliputi kadar air, kadar abu, kadar protein dan kadar serat; mutu fisik meliputi *cooking loss*, daya serap air, nilai L dan °hue; mutu organoleptik meliputi tingkat kesukaan dan skoring tekstur, aroma dan rasa. Data hasil pengamatan dianalisis dengan analisis keragaman pada taraf nyata 5% menggunakan SPSS. Data yang berbeda nyata diuji lanjut dengan Uji Beda Nyata Terkecil (BNT). Hasil penelitian menunjukkan bahwa terdapat perbedaan yang signifikan terhadap seluruh parameter uji. Perlakuan terbaik yaitu pada mi basah dengan substitusi 10% tepung jantung pisang dan 10% tepung rumput laut dengan karakteristik; kadar air 31,38%; kadar abu 1,28%; kadar protein 5,4%; kadar serat 31,38%; *cooking loss* 1,69%; daya serap air 47,23%; warna (nilai L) 34,78; warna (°hue) 72,83; aroma agak langu dan agak disukai; rasa tidak gurih dan tidak disukai; tekstur agak kenyal dan agak disukai.

Kata kunci: jantung pisang, mi basah, rumput laut