

ABSTRAK

PENGARUH KETEBALAN IRISAN DAN JENIS TEPUNG TERHADAP KADAR LEMAK DAN MUTU SENSORIK TEMPE GORENG

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Penelitian ini bertujuan untuk mengetahui pengaruh antara ketebalan irisan tempe, jenis tepung dan interaksi keduanya terhadap kadar lemak dan mutu sensori tempe goreng. Penelitian disusun dalam Rancangan Kelompok Lengkap dengan dua faktor dan dua ulangan. Faktor pertama adalah ketebalan irisan yang terdiri dari 3 mm (C1), 6 mm (C2), dan 9 mm (C3). Panjang dan lebar dari setiap tempe dibuat sama yaitu 70 mm. Faktor kedua adalah jenis tepung yang terdiri dari tepung tapioka dan tepung beras (6:1) (T1), tepung tapioka dan tepung terigu (6:1) (T2), tepung terigu dan tepung beras (6:1) (T3), tepung tapioka (T4), tepung beras (T5), tepung terigu (T6). Tempe dengan ketebalan sesuai dengan perlakuan dicelupkan kedalam adonan sesuai perlakuan, kemudian digoreng dengan metode *deep frying* pada suhu 150°C selama 4-6 menit, lalu ditiriskan dan diamati sifat sensori, kadar air, dan kadar lemak. Serta dibandingkan dengan tempe goreng komersial. Data dianalisis dengan analisis sidik ragam serta uji ortogonal polinomial dan ortogonal kontras. Hasil penelitian menunjukkan bahwa perlakuan ketebalan irisan tempe berpengaruh secara linear menurunkan parameter warna, rasa, kerenyahan dan kadar lemak tempe goreng. Perlakuan jenis tepung berpengaruh nyata pada parameter warna dan kadar lemak sedangkan pada parameter rasa dan kerenyahan

tidak berbeda nyata pada semua jenis tepung serta terdapat interaksi ketebalan irisan tempe dan formulasi tepung secara linier pada kadar air tempe.

Kata kunci: ketebalan irisan tempe, jenis tepung, tempe goreng, kadar lemak

ABSTRACT

THE EFFECT OF THICKNESS SLICES AND TYPE OF FLOUR ON FAT AND QUALITY OF SENSOY FRIED TEMPE

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The objective of this research is finding the effect among the thickness of tempe slices, the type of flour and both interaction towards the amount of fat and the sensory quality of fried tempe. This research was arranged in a Complete Group Design with two factors and two replications. The first factor is the slice thickness which consist of 3 mm (C1), 6 mm (C2) and 9 mm (C3). The length and width of each tempe were same, 70 mm. The second factor is the type of flour which consist of tapioca flour and rice flour (6:1) (T1), tapioca flour and wheat flour (6:1) (T2), wheat flour and rice flour (6:1) (T3), Tapioca Flour (T4), Rice Flour (T5), Wheat Flour (T6). Tempe with thickness according to the treatment was dipped into the dough according to the treatment, then fried in the deep frying method at 150°C for 4-6 minutes, then drained and observed for sensory quality, moisture content and fat content. Then compared to commercial fried tempeh. The data was analyzed with the analysis of variance, the orthogonal polynomials test and the orthogonal contrast. The result of this research showed that the treatment of tempe slices thickness linearly reduces the parameter of colour, taste, crispiness and fat content of fried tempe. The type of flour treatment significantly took effect on the color parameter and the fat content meanwhile the taste parameter and the

crispiness are not significantly different in all types of flour and also there was interaction between the tempe slices and the flour formulation linearly in the tempe water content.

Keywords: thickness of tempe slices, type of flour, fried tempe, fat