

ABSTRACT

FORMULATION OF RED PALM OIL WITH COOKING OIL IN MAKING PEANUT COOKIES FROM BREADFRUIT FLOUR

By

NADIA YULIA PUTRI

The purpose of this study was to obtain the formulation of red palm oil and cooking palm oil that produced peanut cookies from breadfruit flour with the best chemical and organoleptic properties. This study was arranged in a Completely Randomized Block Design (CRBD) which carried out with 4 replications and 6 treatment formulations of the comparison of cooking palm oil with red palm oil, namely T1 (200ml:0ml), T2 (160ml:40ml), T3 (120ml:80ml), T4 (80ml:120ml), T5 (40ml:160ml), and T6 (0ml:200ml). The data obtained were tested for similarity of variance with the Bartlett test and additional data were tested with the Tukey test. Furthermore, the data were tested by analysis of variance to get an estimate of the variance of the error and significance test to determine the effect of treatment with the BNT advanced test at 5% level. The results showed that the treatment of red palm oil formulation with cooking palm oil had a significant effect on the sensory parameters of flavor, taste, color, texture, and overall acceptance of cookies. The treatment of T3 produced the best cookies with the 3.34 aroma score (slightly typical of cookies), 3.28 taste (slightly typical of cookies), 3.64 color (yellow-brown), 3.45 texture (crispy), and 3.22 overall acceptance (rather like). While the chemical components of cookies in the T3 treatment had 7.08% of water content; 2.22% ash content; 66.53% fat content; protein content 1.11%; carbohydrate content 17,86%; crude fiber content 5,21% and 259.69 ppm carotenoids.

Keywords: Breadfruit, cookies, cooking palm oil, red palm oil, peanut

ABSTRAK

FORMULASI MINYAK SAWIT MERAH DENGAN MINYAK GORENG DALAM PEMBUATAN COOKIES KACANG DARI TEPUNG SUKUN

Oleh

NADIA YULIA PUTRI

Tujuan dari penelitian ini ialah untuk memperoleh formulasi minyak sawit merah dan minyak goreng yang menghasilkan cookies kacang dari tepung sukun dengan sifat kimia dan organoleptik terbaik. Penelitian ini disusun dalam Rancangan Acak Kelompok Lengkap (RAKL) dilakukan dengan 4 kali ulangan dan 6 perlakuan formulasi perbandingan minyak goreng dengan minyak sawit merah, yaitu T1 (200ml:0ml), T2 (160ml:40ml), T3 (120ml:80ml), T4 (80ml:120ml), T5 (40ml:160ml), dan T6 (0ml:200ml). Data diperoleh diuji kesamaan ragamnya dengan uji Bartlett dan kementambahan data diuji dengan uji Tukey. Selanjutnya data diuji dengan analisis sidik ragam untuk mendapatkan pendugaan ragam galat dan uji signifikansi untuk mengetahui pengaruh perlakuan dengan uji lanjut BNT taraf 5%. Hasil penelitian menunjukkan bahwa perlakuan formulasi minyak sawit merah dengan minyak goreng berpengaruh nyata terhadap parameter sensori aroma, rasa, warna, tekstur, dan penerimaan keseluruhan pada cookies. Perlakuan T3 menghasilkan cookies terbaik dengan skor aroma 3,34 (agak khas cookies), rasa 3,28 (agak khas cookies), warna 3,64 (kuning kecoklatan), tekstur 3,45 (renyah), dan penerimaan keseluruhan 3,22 (agak suka). Sedangkan komponen kimia cookies pada perlakuan T3 memiliki kadar air 7,08%; kadar abu 2,22%; kadar lemak 66,53%; kadar protein 1,11%; kadar karbohidrat 17,86%, kadar serat kasar 5,21% dan total karotenoid 259,69 ppm.

Kata kunci : Cookies, minyak goreng, minyak sawit merah, sukun, kacang tanah