

**POTENSI PEMANFAATAN SINGKONG (*Manihot utilissima*)
SEBAGAI BAHAN TAMBAHAN DALAM PEMBUATAN ES PUTER
SECARA TRADISIONAL**

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Abstrak

Es krim merupakan salah satu produk olahan susu bersifat semi padat yang biasa dikonsumsi masyarakat sebagai makanan selingan dan disukai berbagai kalangan dari anak-anak, remaja maupun orang dewasa. Sebagian besar es puter yang telah diolah masyarakat berbahan baku susu hewani yang mengandung lemak jenuh. Umbi singkong merupakan sumber energi yang kaya karbohidrat namun sangat miskin akan protein. Penelitian ini bertujuan untuk mengetahui potensi singkong jika dimanfaatkan sebagai bahan tambahan dalam pembuatan es puter secara tradisional, mengetahui perbandingan singkong dan susu bubuk *Full Cream* dalam pembuatan es puter secara tradisional yang disukai oleh panelis berdasarkan uji organoleptik dan mengetahui perbandingan singkong dan susu bubuk *Full Cream* yang memiliki kandungan protein dan lemak yang paling rendah dalam pembuatan es puter dengan bahan tambahan singkong secara tradisional.

Pembuatan es puter ini menggunakan metode tradisional. Pada penelitian ini terdapat 3 perlakuan dan 1 kontrol dengan perbandingan singkong:susu bubuk *Full Cream* yakni K (0:100), A (80:20), B (70:30), dan C (60:40). Data kandungan lemak dan protein yang sudah terkumpul kemudian dianalisis secara deskriptif dan ditampilkan dengan tabel kemudian dibandingkan dengan standar SNI es krim sedangkan data uji organoleptik dianalisis secara deskriptif dan ditampilkan dalam histogram.

Berdasarkan uji organoleptik penambahan singkong sebagai bahan tambahan dalam pembuatan es puter secara tradisional tidak berpengaruh terhadap warna, aroma, rasa maupun tekstur yang dihasilkan dan perlakuan A (80:20) merupakan es krim yang paling disukai panelis. Pada perlakuan A memiliki kandungan lemak dan protein yang rendah yakni 0,87% untuk kandungan lemak dan 2,45% untuk kandungan protein.

Kata kunci : es puter, bahan tambahan, singkong, metode tradisional

**THE POTENTIAL of CASSAVA (*Manihot utilissima*) UTILIZATION
AS ADDITIONAL INGREDIENT
for TRADITIONAL MAKING of ES PUTER**

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Abstract

Ice cream or the so called es puter is one of dairy products which is semi-solid which can be consumed by people as the snack and are adored by young children, adolescents and adults. Most of the puter ice which has been produced by people are made of raw ingredients such as cow milk which consists of saturated fat. Cassava is a source of energy which is rich in carbohydrate but poor in protein. This research aimed to know the potential of cassava if it is used as an additional ingredient in the traditional process of making puter es, the comparison between cassava and Full Cream milk powder in the traditional process of making puter ice which is preferred by the panelists according to the organoleptic test, the comparison between cassava and Full Cream milk powder which consist of the lowest protein and fat during the traditional process of making puter ice with cassava as its additional ingredients.

The process of making es puter was conducted by using the traditional method. In this research, there are 3 treatments and 1 control with comparison cassava : Full Cream powder milk i.e. K (0:100), A (80:20), B (70:30), and C (60:40). Fat and protein content data that have been collected and then analyzed descriptively and compared with SNI ice cream standard while organoleptic test data was analyzed descriptively and presented in the form of histogram..

According to the result of organoleptic test, the process of adding cassava as the additional ingredient in the traditional process of making ice cream did not affect the color, fragrance, taste and texture being produced and treatment A (80:20) is the most favorable ice cream of the panelists. Treatment A has low fat and protein that is 0.87% of fat and 2.45% protein.

Key Words : puter ice, additional ingredient, cassava, traditional method