PENGARUH VARIASI TAKARAN SUBTITUSI PATI GANYONG (*Canna edulis Ker*.) TERHADAP KESUKAAN, KANDUNGAN KARBOHIDRAT, DAN LEMAK SERTA DAYA SIMPAN ROTI TAWAR

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Abstrak

Roti tawar merupakan produk pangan yang banyak disukai anak-anak, remaja hingga dewasa. Roti tawar umumnya terbuat dari tepung terigu yang berbahan baku gandum. Pati ganyong memiliki kandungan karbohidrat lebih tinggi dibandingkan tepung terigu. Tujuan penelitian yaitu (1) mengetahui perbedaan roti tawar subtitusi pati ganyong dilihat dari kesukaan panelis terhadap warna, aroma, tekstur dan rasa (2) mengetahui perbedaan roti tawar subtitusi pati ganyong terhadap daya simpan dilihat dari pertumbuhan jamur. (3) mengetahui perbedaan kandungan karbohidrat dan lemak pada roti tawar subtitusi pati ganyong.

Penelitian ini menggunakan pendekatan eksperimen dengan rancangan acak lengkap dengan 3 perlakuan dan 1 kontrol, dengan beberapa takaran yaitu 30%, 40% dan 50%, masing-masing 3 kali ulangan. Roti tawar yang sudah dibuat diuji organoleptik oleh 30 panelis.

Hasil yang diperoleh kemudian diuji statistik menggunakan uji kruskal wallis, uji kandungan karbohidrat menggunakan metode spetrofotometri dan uji kandungan lemak menggunakan metode *soxhlet* serta uji daya simpan dengan pengamatan.

Berdasarkan hasil penelitian menunjukan bahwa tidak terdapat pengaruh yang signifikan terhadap roti tawar dilihat dari warna, tekstur dan rasa. Tetapi pada aspek aroma memiliki tingkat kesukaan tertinggi sebesar 3,72 pada perlakuan B (40%). Subtitusi pati ganyong berpengaruh terhadap kadar karbohidrat sebesar 60,19 % pada perlakuan C (50%) dengan kadar lemak yang rendah pada perlakuan A (30%) sebesar 3,81 %. Sedangkan terkait daya simpan, roti tawar dengan subtitusi pati ganyong lebih cepat ditumbuhi jamur.

Kata kunci : roti tawar, pati ganyong, kesukaan panelis, karbohidrat, lemak , daya simpan.

*THE EFFECT OF VARIATIONS IN THE RATIO OF CANNA STARCH (*CANNA EDULIS KER.*) TO THE PANELISTS PREFERENCE,CARBOHYDRATE AND FAT CONTENT, AND WHITE BREAD'S STORABILITY*

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Abstract

White bread is a kind of food enjoyed by many people of different age range. It is usually served for breakfast or just simply eaten as a snack. In order to reduce the usage of wheat flour as the main ingredient, canna starch is used instead as the substitution. Canna starch has higher amount of carbohydrate rather than flour. The objectives of this research are: (1). knowing the difference of the canna starch substitution from the bread's taste, texture, color, and aroma. (2). Knowing the difference storability of the canna starch substituted white bread. (3). Knowing the diffrence the amount of carbohydrate and fat in the canna starch substituted white bread

The experiment was done three times using each canna starch substituted white bread of 30%, 40% and 50% of measurement as the object of the research. Experimental approach with Completely Randomized Design (CRD) consists of 3 experimental groups and 1 control group is used in this research. The white bread was tested organoleptically to 30 panelist members. The result then statistically examined using Kruscal Wallis. The fat, carbohydrate and storability were examined using soxhlet extraction, spectrophotometry and observation.

The results of the analysis are as follows: there are no significant changes in the bread's taste, texture and color. Panelist preference shows that object B (40%) received 3.72 % vote in aroma aspect. In object C (50%), the canna starch substitution received 60.l9% vote in carbohydrate aspect. In object A (30%), the canna starch substitution received 3.81% vote with lower fat amount. Regarding the storability, the bread with canna starch substitution undergoes decomposition faster than the bread made of wheat flour.

***Key words**: white bread, canna starch, panelist preference, carbohydrate, fat,storability.*