

ABSTRAK

SIFAT FISIKOKIMIA DAN ORGANOLEPTIK COOKIES DARI TEPUNG DAGING BUAH PALA (*Merystica fragrans Houth*)

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui persentase substitusi tepung daging buah pala yang dapat menghasilkan cookies dengan sifat kimia dan organoleptik terbaik. Metode penelitian ini menggunakan rancangan acak lengkap (RAL) satu faktor dengan 5 perlakuan dan 3 kali ulangan, sehingga diperoleh $5 \times 3 = 15$ unit percobaan. Perlakuan terdiri dari 5 perlakuan yaitu rasio 0% tepung daging buah pala dan 100% tepung terigu (P0), rasio 25% tepung daging buah pala dan 75% tepung terigu (P1), rasio 50% tepung daging buah pala dan 50% tepung terigu (P2), rasio 75% tepung daging buah pala dan 25% tepung terigu (P3), rasio 100% tepung daging buah pala 0% tepung terigu (P4). Parameter penelitian yang dilakukan terhadap cookies terdiri atas analisa kadar air, kadar abu, kadar lemak dan kadar protein serta organoleptik (aroma, warna, rasa, tekstur). Penambahan tepung daging buah pala dan tepung terigu memberikan hasil yang berpengaruh nyata terhadap, kadar air, kadar abu, kadar karbohidrat, kadar serat kasar, kadar protein, warna, rasa, aroma, dan tekstur, sedangkan untuk parameter kadar lemak memberikan hasil tidak berpengaruh nyata. Substitusi tepung daging buah pala dan tepung terigu yang masih dapat diterima adalah P1 (rasio 25% tepung daging buah pala dan 75% tepung terigu).

Kata kunci : *cookies tepung daging buah pala, sifat fisikokimia, dan sifat organoleptik, substitusi.*

ABSTRACT

PHYSICOCHEMIC AND ORGANOLEPTIC PROPERTIES OF COOKIES FROM NUTRITION MEAT FLOUR (*Merystica fragrans Houth*)

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ABSTRACT

This study aims to determine the percentage substitution of nutmeg pulp flour that can produce cookies with the best chemical and organoleptic properties. This research method used a one-factor completely randomized design (CRD) with 5 treatments and 3 replications, in order to obtain $5 \times 3 = 15$ experimental units. The treatment consisted of 5 treatments, namely a ratio of 0% nutmeg pulp flour and 100% wheat flour (P0), a 25% ratio of nutmeg pulp flour and 75% wheat flour (P1), a ratio of 50% nutmeg pulp flour and 50% wheat flour. (P2), 75% ratio of nutmeg flesh flour and 25% wheat flour (P3), ratio of 100% nutmeg flesh flour to 0% wheat flour (P4). The parameters of the research carried out on cookies consisted of analysis of water content, ash content, fat content and protein content as well as organoleptic (aroma, color, taste, texture). The addition of nutmeg flesh flour and wheat flour gave very significant results on water content, ash content, carbohydrate content, crude fiber content, protein content, color, taste, aroma, and texture, while the fat content parameter gives no significant effect. The acceptable substitution of nutmeg pulp and wheat flour is P1 (ratio of 25% nutmeg pulp and 75% wheat flour).

Keywords : *nutmeg flesh flour cookies, physicochemical properties, and organoleptic properties, substitution.*