

PUFF CRISPY JAGUNG SEBAGAI KUDAPAN SEHAT BERBASIS BAHAN PANGAN LOKAL

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ABSTRAK

Penelitian ini bertujuan untuk : (1) Menemukan resep Puff Crispy Jagung, (2) Mengetahui daya terima masyarakat terhadap produk Puff Crispy Jagung termasuk formula, penyajian, dan pengemasan. (3) Mengetahui kandungan gizi yang terdapat dalam produk Puff Crispy Jagung.

Jenis penelitian yang digunakan dalam produk ini yaitu R&D (*Research and Development*) 4D (1) *Define* : Analisis resep, (2) *Design* : Merancang resep baru, (3) *Develop* : Validasi I, evaluasi produk, validasi II, (4) *Disseminate* : pameran, tes panelis, dan analisis proksimat. Tempat dan waktu penelitian dilaksanakan pada bulan Februari – Mei 2019 di laboratorium Boga Jurusan Pendidikan Teknik Boga dan Busana, Fakultas Teknik, Universitas Negeri Yogyakarta. Bahan yang diujikan berupa sampel masing-masing produk, alat yang digunakan berupa borang validasi, borang uji sensoris panelis semi terlatih, dan borang uji kesukaan pameran. Uji validasi dilakukan oleh 2 expert penguji yaitu dosen, sedangkan uji panelis semi terlatih dilakukan oleh 30 mahasiswa program studi Teknik Boga angkatan 2018, dan uji kesukaan pameran oleh 80 pengunjung pameran proyek akhir. Metode analisis data yang digunakan adalah analisis deskriptif kualitatif.

Hasil penelitian yang diperoleh : (1) Resep yang tepat untuk Puff Crispy Jagung dengan substitusi tepung jagung sebesar 20%, diolah menggunakan teknik baking, dan disajikan menggunakan dessert plate. (2) Penerimaan masyarakat terhadap Puff Crispy Jagung dilihat dari karakteristik warna yaitu 3,63 ; aroma 3,7 ; tekstur 3,8 ; rasa 3,56 ; keseluruhan 3,63. Sehingga dapat diambil kesimpulan bahwa produk Puff Crispy Jagung dapat diterima oleh masyarakat. (3) Berdasarkan hasil uji proksimat, kandungan gizi yang terdapat dalam Pie Crispy Jagung ; protein 4,7% ; lemak 15,6% ; karbohidrat 32,4%.

Kata kunci : Tepung Jagung, Substitusi, Puff Crispy Jagung

CRISPY CORN PUFF AS HEALTHY FOOD BASED ON LOCAL FOODSTUFFS

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ABSTRACT

This study aims to: (1) Find the Crispy Corn Puff recipe, (2) Know the community's acceptability of Crispy Corn Puff products including formulas, presentation, and packaging.

The type of research used in this product is 4D R & D (1) Define: Recipe analysis, (2) Design: Designing new recipes, (3) Develop: Validation I, product evaluation, validation II, (4) Disseminate : exhibitions, panelist tests, and proximate analysis. The place and time of the study was carried out in February - May 2019 in the Catering laboratory at the Department of Food and Clothing Engineering Education, Faculty of Engineering, Yogyakarta State University. The material tested in the form of samples of each product, the tools used in the form of validation forms, semi-trained panelist sensory test forms, and exhibition preference test forms. The validation test was carried out by 2 testing experts, namely lecturers, while the semi-trained panelist test was carried out by 30 students of the Catering Engineering study class of 2018, and the test of exhibition preferences by 80 visitors to the final project exhibition. The data analysis method used is qualitative descriptive analysis.

The results of the research were obtained: (1) The right recipe for Crispy Corn Puff with substitution of corn flour by 20%. Presentation of Crispy Corn Puff at the time of the exhibition is a round shape with opp packaging and decorated with ribbons. (2) Public acceptance of Crispy Corn Puff seen from the color characteristics, namely 3.63; flavor 3.7; texture 3.8; taste 3.56; overall 3.63. So it can be concluded that Crispy Corn Puff products can be accepted by the community.

Keywords: Corn Flour, Substitution, Crispy Corn Puff

