Karakteristik Fisikokimia dan Sensori Brownies Kukus dengan Substitusi Tepung Sukun (*Artocarpus altilis*) (*Physicochemical and Sensory Characteristics of Steamed Brownies Substituted With Breadfruit Flour*)
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ABSTRACT

Steamed brownies one of processed foods that are favored by almost all of ages because of its delicious taste and very soft texture. Generally, a raw material to make a steamed brownies is wheat flour. In this study, in making steamed brownies, the use of wheat flour was substituted with breadfruit flour which is rich in fiber. This study aims to determine the effect of breadfruit flour substitution on the physicochemical and sensory characteristics of steamed brownies and to determine the ratio of the best steamed brownies products. The experimental design that used was a Randomized Block Design (RAK) with 6 treatments and 3 replications. Breadfruit flour substitution were BS0 (0%), BS1 (5%), BS2 (10%), BS3 (15%), BS4 (20%), and BS5 (25%). Physical analysis performed were texture, specific volume, color and yield. Chemical analysis performed were moisture content, ash content and crude fiber. Sensory test was hedonic test. Data analysis used Analysis Of Variance (ANOVA) and continued with Duncan Multiple Range Test (DMRT) with a level of 5%. The result of this study indicate that steamed brownies had texture values ranging from 2,92-3,38 N, specific volume from 1,79-2,13 cm^3/g, yield 14,73-15,69%, water content 23,45-25,10%, ash content 1,53-2,03% and crude fiber 0,27-1,13%. The best treatment result was found in the BS1 treatment with a ratio of 95% wheat flour and 40% breadfruit flour.

Keywords: Breadfruit, Steamed Brownies, Substitution.

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ABSTRAK

Brownies kukus merupakan olahan pangan yang banyak disukai oleh hampir seluruh masyarakat karena mempunyai rasa enak dan tekstur sangat lembut. Pada umumnya tepung terigu merupakan bahan utama dalam membuat brownies kukus. Pada penelitian ini dalam pembuatan brownies kukus penggunaan tepug terigu disubstitusi dengan tepung sukun yang kaya akan kandungan seratnya. Penelitian ini bertujuan untuk mengetahui pengaruh substitusi tepung sukun terhadap karakterstik fisikokimia dan sensori brownies kukus serta menentukan perbandingan produk brownies kukus terbaik. Rancangan percobaan menggunakan Rancangan Acak Kelompok (RAK) dengan 6 perlakuan dan 3 ulangan. Substitusi tepung sukun BS0 (0%), BS1 (5%), BS2 (10%), BS3 (15%), BS4 (20%), BS5 (25%). Fisik meliputi tekstur, volume spesifik, warna dan rendemen. Analisis kimia terdiri dari kadar air, kadar abu dan serat kasar. Uji sensori yaitu uji hedonik. Analisis data yang digunakan adalah *Analysis Of Variance* (ANOVA) dan dilanjutkan dengan *Duncan Multiple Range Test* (DMRT) dengan taraf 5%. Hasil penelitian ini menyatakan bahwa brownies kukus memiliki nilai tekstur berkisar 2,92 – 3,83 N, volume spesifik 1,79 - 2,13 cm^3/g. rendemen 14,73 - 15,69%, kadar air 13,45 – 25,10%, kadar abu 1,53 - 2,03% dan serat kasar 0,27 - 1,31% Hasil perlakuan terbaik yaitu perlakuan BS1 dengan perbandingan 95% tepung terigu dan 40% tepung sukun.

Kata kunci: brownies kukus, fisikokimia, sensori, substitusi, sukun