The Making of Steamed Bolu with Pumpkin Flour Substitution (Cucurbita Moshata) as an Alternative for High Fiber Snack

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ABSTRACK

The changes in lifestyle can change someone's eating habits. The changes of eating habits can reduce vegetables and fruits consumption. There has been a change in eating patterns, especially in big cities, which is traditional food in big cities has shifted to western food (especially in the form of junk food) which are often unbalanced in nutritional content that is high in calories and low in fiber. The aim of this study is to obtain the best formulation of steamed bolu from biochemical character (fiber) and organoleptic (hedonic and hedonic quality) as the effect of pumpkin flour substitution as a high fiber snack. The experimental design that used in this study is Randomized Block Design (RBD) with 1 factor, which is the percentage of steamed bolu with wheat flour and pumpkin flour. The analysis that used in steamed bolu is fiber content analysis, expending analysis, and organoleptic test. The results showed that steamed bolu with wheat flour and pumpkin flour substitution significantly affected fiber content, expending, texture on hedonic quality test, taste, and color on hedonic test. However, it didn't significantly affect the color on hedonic quality test, aroma and aroma on hedonic test, texture, and taste. The best formulation is steamed bolu with 40% wheat flour and 60% pumpkin flour, which has 7,31% fiber content and the color characteristic tend to be dark, the aroma tends to margarine, and the taste tends to be sweet. Two serving portion of steamed bolu (50 gram) was not yet able to meet the requirement of 7,07% energy, 6,86% protein, 7,72% fat, and 7,28% carbohydrate from AKG requirement.

Keyword : Expending; Fiber; Pumpkin flour; Steamed bolu