

Pembuatan Mie Basah Dengan Substitusi Tepung Rebung (*Dendrocalamus asper*) Sebagai Alternatif Makanan Pokok Tinggi Serat. (*Making Wet Noodle with bamboo shoot flour (*Dendrocalamus asper*) substitution as the Alternative of Highly Fiber Staple Food.*)

Ahmad David Royyifi Arifin

Program Studi Gizi Klinik

Jurusan Kesehatan

ABSTRACT

Noodle is one kind of flour processed that is considered as the alternative of staple food substitution by the society. Fiber increasing into wet noodle could be one of efforts to fulfill the lack of fiber as the alternative of staple food in fiber increasing consumption of the society. this research was aimed to examine how making wet noodle by bamboo shoot flour substitution as the alternative of highly fiber staple food. Based on this research, I could conclude that content of fiber showed the different result in each treatment. Making wet noodle by bamboo shoot flour substitution showed the different response in Hedonic and Hedonic Quality test. The best treatment in making wet noodle by bamboo shoot flour substitution is A2 treatment by appealing 70% for wheat flour and 30% for bamboo shoot flour. Giving highly fiber wet noodle of bamboo shoot flour substitution based on nutrition ingredient at A2 treatment is recommended for wet noodle that is consumed for 2 until 3 bowls each day with 13,4 gr/100 gr until 20,1 gr/100 gr fiber content.

Keywords : Bamboo Shoot Flour, Fiber, Wet Noodle.