

UJI SELERA KUE APEM SUBSTITUSI TEPUNG BIJI

NANGKA

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ABSTRAK

Biji nangka (*Artocarpus heterophyllus*) adalah salah satu hasil samping dari pengolahan buah nangka yang banyak dijumpai di Provinsi Bali, namun pemanfaatannya masih terbatas dan kerap dianggap limbah pertanian. Padahal, biji nangka mempunyai kandungan karbohidrat, protein, kalsium, dan fosfor yang relatif tinggi sehingga berpotensi diolah menjadi tepung substitusi pada produk pangan tradisional. Penelitian ini bertujuan untuk mengetahui tingkat kesukaan kue apem kukus substitusi tepung biji nangka ditinjau dari aspek warna, tekstur, aroma, dan rasa. Pemanfaatan tepung biji nangka dilakukan sebagai upaya meningkatkan nilai tambah bahan pangan lokal yang selama ini belum dimanfaatkan secara optimal. Penelitian ini menggunakan metode eksperimen dengan pengumpulan data melalui uji organoleptik menggunakan uji hedonik. Penilaian dilakukan oleh 50 panelis tidak terlatih terhadap empat aspek sensoris, yaitu warna, tekstur, aroma, dan rasa. Data dianalisis secara deskriptif kuantitatif dengan menghitung nilai rata-rata setiap aspek yang dinilai. Hasil penelitian menunjukkan bahwa kue apem kukus substitusi 50% tepung biji nangka memperoleh tingkat penerimaan yang sangat baik pada seluruh aspek organoleptik. Skor rata-rata yang diperoleh pada aspek warna sebesar 4,22, tekstur sebesar 4,10, aroma sebesar 4,36, dan rasa sebesar 4,40. Seluruh aspek tersebut berada pada kategori sangat disukai, sehingga penggunaan 50% tepung biji nangka sebagai bahan substitusi mampu menghasilkan kue apem kukus yang disukai panelis berdasarkan aspek warna, tekstur, aroma, dan rasa.

Kata kunci: kue apem kukus, tepung biji nangka, tingkat kesukaan.

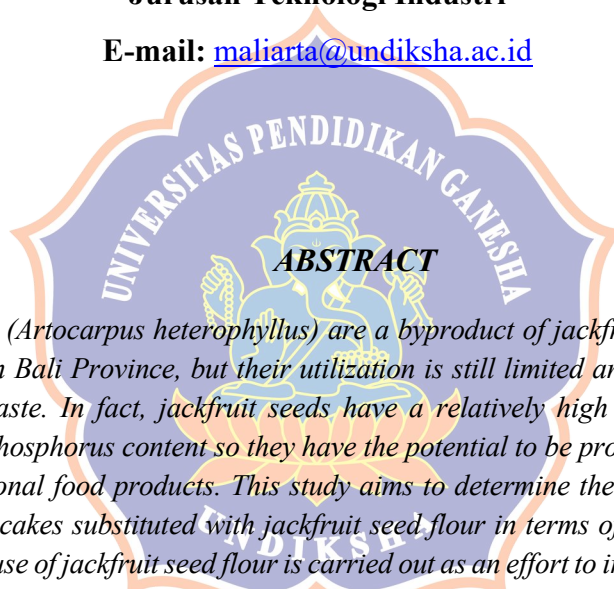
TASTE TEST OF APEM CAKE WITH JACKFRUIT SEED FLOUR SUBSTITUTION

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ABSTRACT

*Jackfruit seeds (*Artocarpus heterophyllus*) are a byproduct of jackfruit processing that are widely found in Bali Province, but their utilization is still limited and are often considered agricultural waste. In fact, jackfruit seeds have a relatively high carbohydrate, protein, calcium, and phosphorus content so they have the potential to be processed into a substitute flour in traditional food products. This study aims to determine the level of preference for steamed apem cakes substituted with jackfruit seed flour in terms of color, texture, aroma, and taste. The use of jackfruit seed flour is carried out as an effort to increase the added value of local food ingredients that have not been optimally utilized. This study used an experimental method with data collection through organoleptic tests using hedonic tests. Assessments were carried out by 50 untrained panelists on four sensory aspects, namely color, texture, aroma, and taste. Data were analyzed descriptively quantitatively by calculating the average value of each aspect assessed. The results showed that steamed apem cakes substituted with 50% jackfruit seed flour obtained a very good level of acceptance in all organoleptic aspects. The average score obtained for the color aspect was 4.22, texture was 4.10, aroma was 4.36, and taste was 4.40. All of these aspects were in the highly preferred category, so the use of 50% jackfruit seed flour as a substitute ingredient was able to produce steamed apem cakes that were preferred by the panelists based on the aspects of color, texture, aroma, and taste.*

Keywords: *steamed apem cake, jackfruit seed flour, preference level.*