

Asiyah. NPM 190331100002. *THE EFFECTS OF DIFFERENCE COOKING METHODS ON THE PHYSICAL, CHEMICAL, AND SENSORIC CHARACTERISTICS OF HIGH PROTEIN NOODLE SNACK*. Under the guidance of Dr. Darimiyya Hidayati, S.TP., M.P and Ir. Muhammad Fakhry, M.P.

ABSTRACT

The cooking method for noodle snacks generally uses the frying method, where frying can increase the fat content in food products due to the absorption of cooking oil in these food products. The fat contained in the product of frying results is a saturated oil derived from palm oil which is used during the cooking process. In order to get a noodle snack that is high in protein and low in fat, a variation of cooking is needed to find out the right cooking method. The purpose of this study was to determine the effect of different cooking methods on fat content, water content of noodle snacks, texture and color, also to determine the effect of different cooking methods on the preference level of noodle snacks based on hedonic analysis. The research design used was a completely randomized design with five different treatments of noodle snack cooking and three replications were carried out. The results of the study were that the highest fat content was obtained by kermes noodles with the pan frying method at 150°C (35.05%), while the lowest fat content was produced by the cooking method using an oven with a temperature of 50°C (11.87%). The value of the water content in the sample using the frying method is in accordance with SNI which is less than 8% and in the sample using the baking method it is less than 13%. The highest hardness value was found in the sample with 180°C deep frying treatment and the sample with the lowest hardness value, namely the sample with 50°C oven treatment produced the highest moisture content (6.50%). The results of the hedonic test showed the panelists' preference from the aspects of aroma, taste, and texture, namely noodle snacks with 170°C deep frying treatment. Meanwhile, from the color aspect, it is a noodle snack with an oven treatment of 50°C.

Keywords: Noodle Snacks, Cooking Method, Characteristics