

Abstrak

Dalam penelitian ini dibuat mi basah dari komposit tepung porang dan kacang gude, bertujuan untuk membuat mi bergizi tinggi dengan bahan lokal. Dikaji pengaruh proporsi tepung dalam komposit (porang: gude, 70:30, 80:20, 90:10, dan 100:0), dengan proporsi air (1800, 2000, dan 2200 mL dalam 20 g tepung komposit) terhadap sifat fisik, kimia, sensoris dan cooking quality mi basah, menggunakan Rancangan Acak Lengkap Faktorial (RALF) dengan 2 faktor. Parameter penelitian yang dianalisis meliputi : (1) parameter fisik terdiri dari uji warna (L) dan tekstural (*hardness*), (2) parameter kimia (kadar air), (3) sensoris hedonik (rasa, tekstur), (4) *cooking quality (cooking time)*, dan uji lemak, protein serta antioksidan pada sampel dengan penilaian sensoris hedonik terbaik. Hasil penelitian menunjukkan bahwa perbedaan volume air berpengaruh pada kadar air dan *cooking time*. Perbedaan proporsi tepung dalam komposit berpengaruh pada *cooking time*, nilai L, *hardness*. Sedangkan interaksi antara perbedaan proporsi tepung dan volume air berpengaruh pada kadar air, *cooking time*, nilai L. Mi komposit porang dan kacang gude formulasi terbaik memiliki aktifitas antioksidan sebesar 18%, kadar protein sebesar 0,28 w/v, dan kadar lemak 1,91%. Sebagai kesimpulan, mi basah bebas gluten berprotein tinggi, rendah lemak, dan memiliki aktifitas antioksidan dapat dibuat dari komposit tepung porang dan kadang gude.

Kata Kunci: *Antioksidan, kacang gude, mi basah, porang, protein.*

Abstract

In this study, wet noodles were made from a composite of porang flour and gude beans, aiming to make highly nutritious noodles with local ingredients. This study analyze the effect of the proportion of flour in the composite (porang: gude, 70:30, 80:20, 90:10, and 100:0), with the proportion of water (1800, 2000, and 2200 mL in 20 g of composite flour) on the physical, chemical, sensory and cooking quality properties of wet noodles, using a Completely Randomized Factorial Design with 2 factors. The research parameters analyzed included: (1) physical parameters consisting of color (L, a, b) and textural (hardness, springiness, cohesiveness, gumminess, chewiness, and resilience) tests, (2) chemical parameters (moisture content), (3) hedonic sensory (aroma, color, taste, texture, and overall), (4) cooking quality (cooking loss and cooking time), and fat, protein and antioxidant on samples with the best hedonic sensory assessment. The results showed that the difference in water weight had an effect on the water content and cooking time. The difference in the proportion of flour in the composite has an effect the cooking time, L value, a value, b value, hardness, springiness, gumminess, and resilience. The interaction between the different proportions of flour and water weight affects the water content, cooking time, L value, a value, cohesiveness, and resilience. The best formulation of porang flour and gude bean noodles composite had antioxidant activity of 18%, protein content of 0,28 w/v, and fat content of 1,91% g. In conclusion, gluten-free wet noodles that are high in protein, low in fat, and have antioxidant activity can be made from a composite of porang flour and gude beans.

Keywords: Antioxidants, gude beans, wet noodles, porang, protein.