

NUR TSAQOVA ISLAMIYAH NPM 17.03.3.1.1.00008. Cookies Tepung Germinasi Koro Benguk (*Mucuna pruriens*) dan Tepung Gembili (*Dioscorea esculenta* L.). Dibawah bimbingan **Prof. Umi Purwandari, Ph. D dan Cahyo Indarto, STP., MP., Ph. D.**

ABSTRAK

Cookies merupakan jenis makanan ringan yang digemari berbagai kalangan yang mempunyai tekstur kurang padat apabila dipatahkan. Pada penelitian ini dibuat cookies bebas gluten dari komposit tepung gembili dan koro benguk germinasi, untuk memberikan sifat fungsional bagi kesehatan. Dikaji pengaruh proporsi tepung germinasi koro benguk dan tepung gembili dengan variasi proporsi 100:0, 75:25, 60:40, 40:60, 25:75, 0:100 dalam komposit, menggunakan rancangan acak lengkap dengan faktor tunggal. Parameter yang dianalisis antara lain warna parameter kecerahan (L), nilai a, dan nilai b, tekstur parameter hardness dan fracturability dan sensoris hedonik parameter rasa, warna, aroma, tekstur dan keseluruhan. Penentuan perlakuan terbaik dari produk didapatkan dari hasil analisis sensoris yang disukai konsumen. Hasil penelitian menunjukkan bahwa proporsi tepung gembili yang tinggi dalam komposit menaikkan nilai L, nilai b, nilai hardness dan menurunkan nilai kerapuhan. Sedangkan tepung germinasi koro benguk menurunkan nilai L, nilai b nilai hardness dan meningkatkan nilai kerapuhan, sehingga semakin tinggi proporsi tepung germinasi koro benguk maka tekstur cookies semakin renyah. Hasil perlakuan yang disukai diperoleh pada perlakuan 25:75 tepung germinasi koro benguk dan tepung gembili yang mengandung kadar air sebesar 5,88%, kadar abu sebesar 3,60%, kadar protein sebesar 7,56% dan aktivitas antioksidan sebesar 81,72%. Sebagai kesimpulan, cookies fungsional dapat dibuat dari komposit tepung gembili dan koro benguk germinasi.

Kata Kunci : Antioksidan, cookies, fungsional, gembili, Germinasi, Bebas gluten, Koro Benguk

NUR TSAQOVA ISLAMIYAH NPM 17.03.3.1.1.00008. Cookies Of Germinated Velvet Bean Flour (*Mucuna pruriens*) and Lesser Yam Flour (*Dioscorea esculenta* L.). Under the guidance of Prof. Umi Purwandari, Ph. D dan Cahyo Indarto, STP., MP., Ph. D.

ABSTRACT

*Cookies are a type of snack that is favored by various groups which have a less dense texture when broken. In this study, gluten-free cookies were made from a composite flour of lesser yam (*Dioscorea esculenta*) and germinated velvet bean (*Mucuna pruriens*), to provide functional properties for health improvement. The effect of the proportion of germinated velvet bean and lesser yam flour (100:0, 75:25, 60:40, 40:60, 25:75, 0:100, w/w) in the composite to textural, colour, and sensory characteristics was studied, using a completely randomized design with a single factor. Parameters analyzed included brightness (L value), a value, b value and texture parameters of hardness and fracturability, and hedonic sensory parameters of taste, colour, smell, texture and overall. Determination of the best treatment of the product is obtained from the results of sensory analysis. The results showed that a high proportion of lesser yam flour in the composite increased the L value, b value, hardness and decreased the fracturability. Meanwhile, germinated velvet bean flour reduced the L value, b value, hardness and increased the fracturability, so that the higher the proportion of velvet bean flour germination flour, the crunchier the cookies. The preferred cookies was that with 25:75 (w/w) of germinated velvet bean and lesser yam flour, which showed 5.88% of water content, 3.60% of ash content, 7.56% of protein and 81.72% inhibition of DPPH. In conclusion, functional cookies can be made from a composite flour of lesser bean yam and germinated velvet bean.*

Keywords : cookies, functional, lesser yam, germinated, velvet bean