# PENGARUH VARIASI CAMPURAN TEPUNG BONGGOL PISANG KEPOK (*Musa paradisiaca formatypica*) DENGAN TEPUNG BERAS DAN TEPUNG KETAN PADA PEMBUATAN KUE KLEPON DITINJAU DARI SIFAT FISIK, SIFAT ORGANOLEPTIK, DAN KADAR SERAT PANGAN

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## ABSTRAK

**Latar Belakang:** Pemanfaatan bonggol pisang sebagai bahan makanan belum maksimal dan sebagian besar berakhir menjadi limbah. Berdasarkan Riset Kesehatan Dasar 2018, proporsi rerata nasional konsumsi kurang sayur dan buah pada penduduk di Indonesia mencapai 95,5%. Kurangnya asupan sayur dan buah erat kaitannya dengan kurangnya asupan serat. Ditemukan hasil penelitian bahwa bonggol pisang kepok mengandung tinggi serat pangan sehingga berpotensi diolah menjadi produk pangan dan digunakan dalam bahan campuran kue klepon.
**Tujuan:** Mengetahui pengaruh tepung bonggol pisang kepok pada pembuatan kue klepon ditinjau dari sifat fisik, sifat organoleptik dan kadar serat.
**Metode Penelitian:** Penelitian ini menggunakan metode penelitian eksperimental murni dengan Rancangan Acak Sederhana (RAS). Terdapat 4 perlakuan dengan variasi tepung bonggol pisang kepok, tepung beras, tepung ketan 0%:25%:75%, 5%:20%:75%, 10%:15%:75%, dan 15%:10%:75%. Data uji sifat organoleptik dianalisis secara statistik menggunakan uji *Kruskall-Wallis* apabila terdapat perbedaan dilanjutkan uji *Mann-Whitney*. Data kadar serat pangan dianalisis secara statistik menggunakan uji ANOVA apabila terdapat perbedaan dilanjutkan uji *Duncan Multiple Range Test* (DMRT).
**Hasil:** Sifat fisik secara subjektif menunjukkan pencampuran tepung bonggol pisang kepok berpengaruh pada warna, aroma, dan rasa klepon. Berdasarkan uji statistik, terdapat pengaruh pencampuran tepung bonggol pisang kepok terhadap warna ($p<0,05$) dan tidak ada pengaruh terhadap aroma, rasa dan tekstur klepon ($p>0,05$). Pencampuran tepung bonggol pisang kepok berpengaruh nyata pada peningkatan kadar serat pangan dalam klepon. Berdasarkan sifat organoleptik dan kadar serat pangan, klepon perlakuan B (5% tepung bonggol pisang kepok: 20% tepung beras: 75% tepung ketan) berpotensi dikembangkan.
**Kesimpulan:** Terdapat pengaruh variasi campuran tepung bonggol pisang kepok dengan tepung beras dan tepung ketan terhadap sifat fisik, sifat organoleptik, dan kadar serat pangan klepon.
**Kata kunci :** Bonggol Pisang, Klepon, Serat Pangan, Tepung Bonggol Pisang Kepok

# THE EFFECT OF MIXTURE VARIATIONS OF KEPOK BANANA CORM FLOUR (*Musa paradisiaca formatypica*) WITH RICE FLOUR AND GLUTINOUS RICE FLOUR ON THE PRODUCTION OF KLEPON CAKE IN VIEW OF PHYSICAL PROPERTIES, ORGANOLEPTIC PROPERTIES, AND FOOD FIBER LEVEL

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## ABSTRACT

**Background**: The use of banana corm as a food ingredient is not maximized and most of it ends up as waste. Based on the 2018 Basic Health Research, the proportion of the national average consumption of fewer vegetables and fruit in Indonesia's population reaches 95.5%. Lack of vegetable and fruit intake is closely related to a lack of fiber intake. The results of the study found that the kepok banana corm contains high dietary fiber so it has the potential to be processed into food products in the form of flour and used as a mixture of ingredients in klepon cakes.
**Objective**: To determine the effect of kepok banana corm flour on making klepon cakes in terms of physical properties, organoleptic properties and fiber content.
**Method**: This study used a pure experimental research method with a simple randomized design. Using 4 experimental treatments, with variation of kepok banana corm flour, rice flour, glutinous rice flour, 0%:25%:75%, 5%:20%:75%, 10%:15%:75%, dan 15%:10%:75%. Physical properties data were analyzed descriptively. The organoleptic properties data were analyzed statistically using K-independent samples test (Kruskall-Wallis) if there was any difference then followed by 2-Independent sample test (Mann Whitney). The dietary fiber data were analyzed statistically using ANOVA test, if there was any difference then followed by Duncan Multiple Range Test (DMRT).
**Result:** Subjective physical properties showed that the mixing of kepok banana corm flour affected the color, aroma, and taste of the klepon. Based on statistical tests, there was an effect of mixing kepok banana corm flour on color ($p<0.05$) and no effect on the aroma, taste, and texture of klepon ($p>0.05$). The addition of kepok banana corm flour had a significant effect on the increase of dietary fiber in klepon. Considering organoleptic properties and fiber content, klepon B (5% kepok banana corm flour: 20% rice flour: 75% glutinous rice flour) could potentially be developed.
**Conclusion:** There were effects in the variation of mixing kepok banana corm flour with rice flour and glutinous rice flour on the physical properties, organoleptic properties, and dietary fiber content of klepon.
**Keywords:** Banana Corm, Dietary Fiber, Klepon, Kepok Banana Corm Flour