VARIASI PENCAMPURAN MOCAF DAN TEPUNG KACANG MERAH PADA PEMBUATAN *COOKIES* LIDAH KUCING SUMBER SERAT DITINJAU DARI SIFAT FISIK, SIFAT ORGANOLEPTIK, DAN KADAR SERAT

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ABSTRAK

Latar Belakang: Konsumsi serat pangan penduduk Indoneia adalah 10,5 gram per hari, angka ini masih memenuhi sepertiga kebutuhan serat ideal yaitu 30 gram perharinya. MOCAF dan tepung kacang merah merupakan salah satu pangan yang memiliki kandungan serat pangan dan bebas gluten. Pencampuran MOCAF dan tepung kacang merah dapat meningkatkan kandungan serat pada *cookies* lidah kucing, selain itu dapat dikonsumsi bagi penderita intoleransi gluten.
Tujuan Penelitian: Penelitian ini bertujuan mengetahui pengaruh variasi pencampuran MOCAF dan tepung kacang merah terhadap sifat fisik, sifat organoleptik, dan kadar serat produk *cookies* lidah kucing.
Metode: Jenis penelitian ini merupakan penelitian eksperimental murni menggunakan Rancangan Acak Sederhana (RAS) dengan 4 perlakuan dan 2 kali ulangan. Dianalisis menggunakan uji Kruskal Wallis. Sedangkan uji kadar serat dianalisis dengan metode multienzim.
Hasil Penelitian: *Cookies* lidah kucing terbaik tedapat pada perlakuan B dengan variasi MOCAF 70 % : tepung kacang merah 30 % dan mengandung kadar serat pangan sebesar 3,8204 %.
Kesimpulan: Terdapat pengaruh variasi pencampuran MOCAF dan tepung kacang merah terhadap *cookies* lidah kucing. Semakin banyak pencampuran tepung kacang merah, maka kadar serat pangan pada *cookies* lidah kucing akan semakin tinggi.

Kata Kunci: MOCAF, tepung kacang merah, *cookies* lidah kucing, sifat fisik, sifat organoleptik, kadar serat.

VARIATION OF MIXING MOCAF AND RED BEAN FLOUR IN MAKING SOURCE OF FIBER CAT TOUNGE COOKIES IN VIEW OF PHYSICAL PROPERTIES, ORGANOLEPTIC PROPERTIES, AND FIBER CONTENT

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ABSTRACT

Background: The Indonesian population's food fiber consumption is 10,5 grams per day, this figure still fulfills one-third of the ideal fiber requirement of 30 grams per day. MOCAF and red bean flour are foods that contain dietary fiber and are gluten free. Mixing MOCAF and red bean flour can increase the fiber content in cat tongue cookies, besides that it can be consumed for people with gluten intolerance.
Research Objectives: This study aims to determine the effect of variations in mixing MOCAF and red bean flour on physical properties, organoleptic properties, and fiber content of cat tongue cookies products.
Methods: This type of research is a pure experimental study using a simple randomized design (RAS) with 4 treatments and 2 replications. Analyzed using the Kruskal Wallis test. Meanwhile, the fiber content test was analyzed using the multienzyme method.
Results: The best cat tongue cookies were found in treatment B with a variation of 70 % MOCAF: 30 % red bean flour and contained a dietary fiber content of 3.8204 %.
Conclusion: There is an influence of variations in mixing MOCAF and red bean flour on cat tongue cookies. The more red bean flour you mix, the higher the dietary fiber content in cat's tongue cookies will be.

Keywords: MOCAF, red bean flour, cat tongue cookies, physical properties, organoleptic properties, fiber content.