

VARIASI PENCAMPURAN TEPUNG DAUN SIRSAK (*ANNNONA MURICATA LINN*) PADA PEMBUATAN *COOKIES* DITINJAU DARI SIFAT FISIK, SIFAT ORGANOLEPTIK DAN KADAR SERAT

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ABSTRAK

Latar Belakang : Serat memiliki sifat positif bagi tubuh. Meskipun memiliki manfaat yang penting konsumsi serat masyarakat Indonesia masih rendah. Sumber makanan yang mengandung banyak serat salah satunya adalah daun sirsak. Sirsak mudah dibudidayakan di Indonesia akan tetapi pemanfaatannya daun sirsak masih kurang. Oleh karena itu daun sirsak dapat dikembangkan menjadi tepung untuk campuran dalam makanan. *Cookies* merupakan makanan yang populer dan disukai di masyarakat. Namun kandungan serat dalam *cookies* kurang optimal sehingga dilakukan variasi pencampuran tepung daun sirsak pada *cookies* untuk menambah nilai serat dan cita rasa pada *cookies*.

Tujuan : Penelitian ini bertujuan untuk mengetahui sifat fisik, organoleptik, kadar serat dan *food cost* pada *cookies* dengan variasi pencampuran tepung daun sirsak.

Metode : Jenis penelitian ini adalah eksperimental semu dengan rancangan acak sederhana. Data sifat fisik dianalisis secara deskriptif. Data organoleptik dianalisis dengan uji *Kruskal-Wallis* dan *Mann-Whitney*. Data kadar serat dianalisis secara deskriptif.

Hasil : Sifat fisik *cookies* semakin banyak campuran tepung daun sirsak semakin berwarna hijau, aroma semakin tercium daun sirsak, rasa manis semakin berkurang dan tekstur semakin lunak. Sampel *cookies* dengan pencampuran 15% tepung daun sirsak adalah *cookies* yang paling disukai oleh panelis. Kadar serat paling tinggi terdapat pada *cookies* dengan perbandingan campuran tepung daun sirsak 45%. *Food cost cookies* yang paling baik yaitu pada *cookies* dengan pencampuran 15%.

Kesimpulan : *Cookies* tepung daun sirsak yang terbaik berdasarkan sifat fisik dan tingkat kesukaan adalah *cookies* dengan pencampuran tepung daun sirsak 15%.

Kata kunci : tepung daun sirsak, *cookies*, sifat fisik, sifat organoleptik, serat, *food cost*

**VARIATIONS OF SOURSOP LEAF FLOUR (ANNNONA MURICATA
LINN) MIXTURE TOWARDS THE PHYSICAL PROPERTIES,
ORGANOLEPTIC PROPERTIES AND FIBER CONTENT
OF COOKIES**

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ABSTRACT

Background : fiber is heighly benefical for the body. Despite that, Indonesians fiber intake in general is still quite low. One of the ingredients with high fiber content is soursop. Soursop leaf are easily cultivated in Indonesia. Therefore, Soursop leaf have the potential to be processed into flouras mixture in food. Cookies are very popular and in general are well liked by the public, even though it dosen't have high fiber value. Thus, to increase the fiber are added into the mixture of cookies.

Objective : This reseacrh aimed to learn the physical properties, organoleptic propoerties, the fiber content and food cost in cookies of mixture of soursop leaf flour.

Methods : This was a quast-experimental reserch with simple random sampling. The physical properties data were analyzeddescriptively while Kruskal-Wallis and Mann-Whitney test were used to analyze the organoleptic data. Meanwhile, fiber content data were analyzed descriptively.

Result : The physical properties of cookies more anda more mixing of soursop leaf flour is getting green, aroma of soursp leaf flour more and more, sweet taste decreases and the texture is getting soft. Sample of cookies by mixing 15% soursop leaf flour is a cookies that gasket favored by panelists. The highest fiber content found in cookies with the ratio of sousop leaf flour mix 45%. The best food cost cookies are on cookies by mixing 15% soursop leaf flour.

Concluions : The best soursop leaf flour cookies based physical properties and the favorite cookies by mixing sousop leaf flour 15%.

Key Words : soursop leaf flour, cookies, physical propoerties, organoleptic properties, fiber, food cost