PRODUK *PATTY BURGER* DAGING ANALOG BERBAHAN DAUN SINGKONG (*Manihot esculenta*), PISANG BATU (*Musa balbisiana*), DAN KACANG MERAH (*Vigna angularis*) SEBAGAI PANGAN FUNGSIONAL TINGGI SERAT PANGAN

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ABSTRAK

Latar Belakang: Burger merupakan salah satu ikon makanan *fast food* yang terkenal di Indonesia. *Fast food* merupakan salah satu makanan *junk food* atau makanan rendah gizi yang mengandung jumlah lemak, garam, gula, kalori yang besar, tetapi rendah nutrisi, vitamin, mineral dan serat yang dapat memicu berbagai gangguan kesehatan terutama penyakit degeneratif, seperti kegemukan (*overweight*) dan obesitas. Oleh karena itu, dilakukan pendekatan dengan inovasi produk patty burger daging analog berbahan daun singkong, pisang batu mentah dan kacang merah sebagai pangan fungsional yang kaya serat pangan.
Tujuan: Menghasilkan produk burger daging analog berbasis daun singkong, pisang batu mentah dan kacang merah, yang ditinjau dari sifat fisik, organoleptik, dan kadar serat pangan
Metode: Jenis penelitian ini adalah penelitian eksperimental semu dengan desain penelitian Rancangan Acak Sederhana (RAS) menggunakan 4 perlakuan dengan bahan daun singkong, pisang batu dan kacang merah secara berurutan yaitu A(0%); B(25%:25%:50%); C(25%:50%:25%); D(50%:25%:25%). Masing-masing perlakuan dilakukan 2 kali ulangan. Analisis data uji organoleptic dan kadar serat pangan menggunakan uji statistik One Way Anova, apabila terdapat perbedaan yang signifikan pada setiap perlakuan, dilanjutkan dengan uji Duncan dengan tingkat signifikansi 95%.
Hasil : Hasil sifat fisik patty menunjukkan semakin banyak penambahan daun singkong semakin gelap warna patty. Ada perbedaan yang nyata pada tingkat kesukaan ($p<0,05$) yakni warna 0,026 dan rasa 0,000 dan tidak ada perbedaan yang nyata terhadap tingkat kesukaan ($p>0,05$) yakni aroma 0,160 dan tekstur 0,203. Terdapat perbedaan yang nyata terhadap kadar serat pangan ($p<0,05$).
Kesimpulan: Patty yang disukai oleh para panelis serta dapat dikembangkan secara sifat fisik, sifat organoleptic dan kadar serat pangan yaitu patty perlakuan dengan variasi campuran daun singkong 50%, pisang batu 25% dan kacang merah 25%.
Kata Kunci: pangan fungsional, daging analog, patty burger, sifat organoleptik, serat pangan.

PRODUCTS ANALOG MEAT PATTY BURGER BASED ON CASSAVA LEAVES (*Manihot esculenta*), STONE BANANA (*Musa balbisiana*), AND RED BEANS (*Vigna angularis*) AS FUNCTIONAL FOOD HIGH IN DIETARY FIBER

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ABSTRACT

Background: Burger is one of the famous *fast food* icons in Indonesia. *Fast food* is one of the *junk food* or low-nutrition foods that contain large amounts of fat, salt, sugar, calories, but are low in nutrients, vitamins, minerals, and fiber that can trigger various health problems, especially degenerative diseases, such as obesity (*overweight*) and obesity. Therefore, an approach was taken with the innovation of analog meat burger patty products made from cassava leaves, raw stone bananas, and red beans as functional foods rich in dietary fiber.
Objectives: To produce analog meat burger products based on cassava leaves, raw stone bananas, and red beans, in terms of physical properties, organoleptic, and dietary fiber content
Method: This type of research is a quasi-experimental research design with a Simple Randomized Design (RAS) using 4 treatments using cassava leaves, stone bananas, and red beans sequentially, namely A (0%); B(25%:25%:50%); C(25%:50%:25%); D(50%:25%:25%). Each treatment was repeated 2 times. Analysis of organoleptic test data and dietary fiber content using One Way Anova statistical test, if there is a significant difference in each treatment, followed by Duncan's test with a significance level of 95%.
Results: The results of the physical properties of the patty showed that the more addition of cassava leaves, the darker the color of the patty. There was a significant difference in the level of preference ($p<0.05$), namely color 0.026 and taste 0.000, and there was no significant difference in the level of preference ($p>0.05$), namely aroma 0.160 and texture 0.203. There was a significant difference in dietary fiber content ($p<0.05$).
Conclusion: The patty that was liked by the panelists and could be developed in terms of physical properties, organoleptic properties, and dietary fiber content was the treatment patty with a mixture of 50% cassava leaves, 25% stone bananas, and 25% red beans.
Keywords: functional food, analog meat, burger patty, organoleptic properties, dietary fiber.