

## THE STUDY OF SPICES STANDARD IN LUNCH MENU OF ANIMAL-BASED PROTEIN AND VEGETABLE SIDE DISHES AT AISIYIAH ELEMENTARY SCHOOL, BANTUL

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### ABSTRACT

**Background :** The implementation of providing food for the students has been done in schools which have longer study time. Giving standard to the spices aims to keep the taste of the dishes. The use of spices gives taste and aroma to the food. In Aisiyiah Elementary School, the use of spices has not written in details so in composing the spices, it is only estimated.

**Objective :** The objective of the study is to know the standard of the spices ingredients' weight and kinds of the ingredients which are used in Aisiyiah Elementary School.

**Method :** The type of the study is observational using cross sectional method. The objects of the study were 4 kinds of animal-based protein spices: *opor*, *soto*, *semur*, *bakso* and 4 kinds of vegetable side dish spices: *lodeh*, *gudangan*, *kari*, and *sop*. The data collection of the spices standard was obtained by comparing and weighing the spices' ingredients.

**Result :** The result of the study showed that the spices standards used in Aisiyiah Elementary School were standard spices A, B, and C. The weight of the animal-based protein spices' ingredients in *opor*, *soto*, and *semur* was more than PGRS. Meanwhile, the use of the animal-based protein spices' ingredients in *bakso* was less than the PGRS. The weight of the vegetable spices' ingredients in *lodeh* and *gudangan* was more than the PGRS. Meanwhile, the use of the vegetable spices' ingredients in *kari* and *sop* had already matched with the PGRS. The kinds of the spices' ingredients which used in *opor*, *soto*, *semur*, *lodeh*, *kari*, and *sop* has already matched with standard. But the kinds of the spices' ingredients which used in *bakso* and *gudangan* do not match.

**Conclusion :** The spices standards of animal-based protein used in Aisiyiah Elementary School are B and C. Then, the vegetable side dish is using A, B, and C spices standard. The weight of the spices' ingredients in *sop* and *kari* is matched with the PGRS. The kinds of the spices' ingredients of *bakso* and *gudangan* do not match the standard.

**Key Words:** Spices Standard, Spices Ingredients' Weight, Kinds of Spices' Ingredients

## **KAJIAN STANDAR BUMBU MENU MAKAN SIANG LAUK HEWANI DAN SAYUR DI SEKOLAH *FULLDAY* SD UNGGULAN AISIYIAH BANTUL**

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### **ABSTRAK**

**Latar Belakang :** Penyelenggaraan makanan untuk anak usia sekolah sudah mulai dilakukan pada sekolah yang jumlah jam belajar lebih panjang. Standar bumbu bertujuan untuk menjaga konsistensi rasa pada hidangan. Penggunaan bumbu memberi rasa, bau dan aroma pada masakan. Pada SD Unggulan Aisyiyah rincian penggunaan bumbu belum secara tertulis sehingga dalam meracik bumbu hanya menggunakan perkiraan.

**Tujuan :** Mengetahui standar bumbu berat bahan bumbu dan jenis bahan bumbu yang digunakan di SD Unggulan Aisyiyah.

**Metode :** Jenis penelitian ini adalah *observational* dengan metode *cross sectional*. Objek pada penelitian ini adalah 4 objek bumbu masakan lauk hewani yaitu masakan opor, soto, semur, bakso dan 4 objek bumbu masakan sayur yaitu masakan lodeh, gubahan, kary, dan sop. Pengumpulan data standar bumbu diperoleh dengan menyamakan bahan dasar bumbu dan menimbang bahan dasar bumbu.

**Hasil :** Hasil penelitian menunjukkan standar bumbu masakan yang digunakan di SD Unggulan Aisyiyah Bantul menggunakan standar bumbu A, B dan C. Berat bahan dasar bumbu pada masakan hewani yaitu opor, soto, semur lebih banyak dari PGRS sedangkan pada bakso penggunaannya lebih sedikit. Berat bahan dasar bumbu masakan sayur yaitu lodeh dan gubahan lebih banyak dari PGRS sedangkan pada kare dan sop sudah sesuai. Jenis bahan dasar bumbu yang digunakan pada masakan opor, soto, semur, lodeh, kare, dan sop sudah sesuai dengan yang baku. Akan tetapi pada masakan bakso dan gubahan jenis bahan dasar bumbu yang digunakan tidak sesuai.

**Kesimpulan :** Standar bumbu masakan lauk hewani yang digunakan di SD Unggulan Aisyiyah yaitu B, C dan masakan sayur yaitu A, B dan C. Berat bahan dasar bumbu pada kare dan sop sesuai. Jenis bahan dasar bumbu bakso dan gubahan tidak sesuai dengan standar baku.

**Kata Kunci:** Standar Bumbu, Berat Bahan Dasar Bumbu, Jenis Bahan Dasar Bumbu