

ABSTRAK

Khuzaima Hafshah

Mie merupakan produk olahan berbahan dasar tepung terigu yang cukup digemari masyarakat Indonesia. Jantung pisang merupakan bunga pisang yang pemanfaatannya masih jarang karena masyarakat Indonesia masih belum tau cara pengolahannya. Tujuan penelitian ini untuk mengetahui kandungan serat kasar, kadar air, kadar abu, karakteristik organoleptik, dan daya terima produk mie basah dengan penambahan jantung pisang. Desain penelitian ini adalah riset eksperimental yang menggunakan metode Rancangan Acak Lengkap (RAL) dengan 4 formulasi, yaitu : **1)** 0 g jantung pisang dan 600 g tepung terigu, **2)** 100 g jantung pisang dan 500 g tepung terigu, **3)** 200 g jantung pisang dan 400 g tepung terigu, **4)** 300 g jantung pisang dan 300 g tepung terigu. Berdasarkan uji statistik didapatkan hasil $p\text{-value} < 0,05$ yang artinya ada pengaruh pada perlakuan mie basah dalam parameter rasa, warna, dan tekstur. Hasil uji kimia menunjukkan kadar serat kasar tertinggi pada formula F2 (178) sebanyak 1,73%, kadar air tertinggi pada formula F0 (kontrol) sebanyak 65,12%, dan kadar abu tertinggi pada formula F2 (178) sebanyak 1,22%. Serta hasil menunjukkan bahwa mie basah formula F3 (364) adalah mie dengan penerimaan terbaik oleh panelis. Semakin banyak penambahan jantung pisang maka semakin banyak kandungan serat kasar yang dihasilkan.

Kata Kunci : Jantung Pisang, Kadar Abu, Kadar Air, Mie Basah, Serat Kasar, Tepung Terigu

ABSTRACT

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Noodles are processed food products made from wheat flour which are quite popular in Indonesian people. Banana heart is a banana flower which is the utilization of banana hearts are still rare because generally Indonesian still do not know how to cook it. This study aims to determine the levels of crude fiber, water content, ash content, organoleptic characteristics, and acceptability of wet noodles with the addition of a banana heart. This research design is experimental research which is the method used is a Completely Randomized Design (CRD) with 4 formulations, which are : 1) 0 g banana heart and 600 g wheat flour, 2) 100 g banana heart and 500 g wheat flour, 3) 200 g banana heart and 400 g wheat flour, 4) 300 g banana heart and 300 g wheat flour. Based on the statistical test obtained results is $p\text{-value} < 0,05$ which means that there is an influenced on the wet noodles treatments in terms of taste, color, and texture parameters. The results of the chemical test show the highest crude fiber contain is F2 (178) of 1,73%, the highest water contain is F0 (control) of 65,12%, and the highest ash contain is F2 (178) of 1,22%. As well as the results show the formula F3 (364) of wet noodles were the noodles with the best acceptance by the panelists. More banana heart additions, then more crude fiber contains are produced.

Keywords : Ash Contain, Banana Heart, Crude Fiber, Water Contain, Wet Noodles, Wheat Flour