KARAKTERISTIK ORGANOLEPTIK, NUTRISI, DAN UMUR SIMPAN KUE BOLU PISANG DENGAN PENAMBAHAN DAUN KELOR (*Moringa oleifera*) DAN KAYU MANIS (*Cinnamomum verum*)

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BANDUNG

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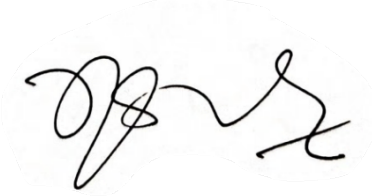

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ABSTRAK

Kue bolu pisang merupakan makanan ringan yang sangat digemari, namun nilai nutrisinya kurang dan tinggi kalori. Nutrisi dari kue bolu pisang dapat ditingkatkan dengan cara fortifikasi oleh bahan yang bernutrisi salah satunya adalah daun kelor (*Moringa oleifera*). Kue bolu pisang yang ditambahkan bubuk daun kelor diproses dengan cara dikukus. Umur simpan kue bolu kukus cukup singkat sehingga diperlukan penambahan bahan yang mengandung senyawa antimikroba salah satunya kayu manis (*Cinnamomum* verum). Penelitian ini bertujuan untuk mengetahui pengaruh penambahan bubuk daun kelor (MOLP) dan bubuk kayu manis (CVP) terhadap produk kue bolu pisang kukus. Metode yang digunakan dalam penelitian ini meliputi preparasi MOLP dan CVP, produksi kue bolu pisang sebanyak 8 varian yaitu C0, C1, C2, C3 dengan komposisi tepung terigu, dan MOLP (0%,12%,15%,18%) dan CP0, CP1, CP2, CP3 dengan komposisi tepung terigu, CVP 2% dan bubuk daun kelor (0%,12%,15%,18%). Hasil produksi kemudian diuji organoleptik, kandungan nutrisi (kadar air, abu, lemak, serat, protein, karbohidrat dan besar kalori), kadar mineral kalium dan umur simpan dengan mengamati perubahan pH selama tujuh hari pada tiga suhu penyimpanan yang berbeda yaitu -15^{o}C, 5^{o}C dan 25^{o}C. Hasil uji organoleptik menunjukkan bahwa C2 (tanpa penambahan CVP) dan CP2 (dengan penambahan 2% CVP) merupakan sampel dengan komposisi organoleptik terbaik. Hasil karakterisasi nutrisi didapatkah bahwa terjadi kenaikan pada kadar abu, serat, protein, dan karbohidrat akibat penambahan MOLP dan CVP tetapi terjadi penurunan terhadap kadar air, lemak dan kalori. Hasil analisis umur simpan menunjukan bahwa CP2 memiliki umur simpan terpanjang dibandingkan sampel lainnya.

Kata kunci: Daun kelor (*Moringa oleifera*), kayu manis (*Cinnamomum verum*), kue bolu pisang, nutrisi, organoleptik, umur simpan.

ABSTRACT

Banana sponge cake is a snack that is popular with many people, but it lacks nutrition and high in calories. The nutrition of banana sponge cake can be increased by fortifying it with nutritious ingredients, one of which is Moringa leaves (Moringa oleifera). Banana sponge cake added with Moringa leaf powder is processed by steaming. The shelf life of steamed sponge cake is short, so it is necessary to add ingredients containing antimicrobial compounds, one of which is cinnamon (Cinnamomum verum). This study aims to determine the effect of adding Moringa leaf powder (MOLP) and cinnamon powder (CVP) to steamed banana sponge cake. The methods used in this study included the preparation of moringa leaf powder and cinnamon powder; production of 8 variants of banana sponge cakes, namely C0, C1, C2, C3 with a composition of wheat flour, and Moringa leaf powder (0%, 12%, 15%, 18%) and CP0, CP1, CP2, CP3 with a composition of wheat flour, cinnamon powder 2% and moringa leaf powder (0%, 12%, 15%, 18%). The production results were then tested for organoleptic, nutritional content (water content, ash, fat, fiber, protein, carbohydrates and high calories), potassium mineral content and shelf life by observing changes in pH for seven days at three different temperatures, namely -15^{o}C, 5^{o}C dan 25^{o}C.The organoleptic test results showed that C2 (without the addition of cinnamon) and CP2 (with the addition of cinnamon) were the samples with the best composition. The nutritional characterization results showed that there was an increase in ash, fiber, protein, and carbohydrate content due to the addition of MOLP and CVP. However, there was a decrease in water, fat and calorie content. The results of the shelf life analysis showed that CP2 had the longest shelf life compared to the other sample.

Key words: Moringa leaves (*Moringa oleifera*), cinnamon (*Cinnamomum verum*), banana sponge cake, nutrition, organoleptic, shelf life

DAFTAR ISI

PERNYATAAN.....ii
KATA PENGANTAR iii
UCAPAN TERIMAKASIH.....iv
ABSTRAK vi
ABSTRACT.....vii
DAFTAR ISI.....viii
DAFTAR TABEL.....xi
DAFTAR GAMBAR xii
DAFTAR LAMPIRAN.....xiv
BAB I PENDAHULUAN…….....1
1.1. Latar Belakang…….1
1.2. Rumusan Masalah……....3
1.3. Tujuan Kajian……...3
1.4. Manfaat Kajian…….4
BAB II TINJAUAN PUSTAKA……5
2.1. Kelor (Moringa Oleifera)……5
2.1.1. Komposisi Asam Lemak Daun Kelor.....7
2.1.2. Komposisi Asam Amino Daun Kelor.....8
2.2. Pisang Raja (*Musa paradisiaca* L.).....10
2.3. Kayu manis (*Cinnamomum verum*).....12
2.4. Kue bolu pisang.....15
2.5. Analisis Proksimat.....16
2.5.1. Kadar Air.....16
2.5.2. Kadar Abu 17
2.5.3. Kadar Karbohidrat.....17

2.5.4. Kadar Lemak 18
2.5.5. Kadar Protein.....20
2.5.6. Analisis kadar serat.....22
2.6. Analisis umur simpan.....24
2.6.1. Accelerated Shelf Life Test (ASLT) 25
2.6.2. Mikroorganisme pada kue bolu pisang.....27
2.7. Senyawa Antimikroba pada Kayu Manis (*Cinnamomum verum*).....28
2.7.1. Mekanisme penghambatan pertumbuhan *A. niger* oleh eugenol....29
2.8. Kemampuan pengikatan air dan lemak pada serat 31
2.9. Kemampuan pengikatan lemak pada protein 33
BAB III METODE…….34
3.1. Waktu dan Lokasi Penelitian.....34
3.2. Alat dan Bahan 34
3.2.1. Alat…….34
3.2.2. Bahan…….34
3.3. Bagan Alir Penelitian 36
3.4. Tahapan Penelitian 37
3.4.1. Preparasi Bubuk Daun Kelor (*Moringa oleifera*).....37
3.4.2. Preparasi sampel kue bolu pisang kukus 37
3.4.3. Evalusasi sensori 38
3.4.4. Penentuan kadar air 39
3.4.5. Penentuan kadar abu.....39
3.4.6. Kadar Karbohidrat 40
3.4.7. Kalori total.....40
3.4.8. Penentuan kadar serat kasar.....40
3.4.9. Penentuan kadar lemak kasar 41
3.4.10. Penentuan kadar protein kasar.....42
3.4.11. Penentuan Kandungan Mineral Kalium 43
3.4.12. Penentuan Umur Simpan dengan Perubahan pH.....45

BAB IV HASIL DAN PEMBAHASAN……47
4.1. Hasil Produksi Kue Bolu Pisang 47
4.1.1. Pembuatan Bubuk Daun Kelor (*Moringa oleifera*) (MOLP) dan Bubuk Kayu Manis (*Cinnamomum verum*) (CVP) 47
4.1.2. Produksi Kue Bolu Pisang dengan Penambahan Bubuk Daun Kelor dan Kayu Manis.....49
4.2. Hasil Analisis Organoleptik 52
4.3. Hasil Analisis Proksimat (Nilai Nutrisi) 54
4.4. Hasil Analisis Prediksi Umur Simpan.....60
4.5. Hasil Analisis Kadar Mineral Kalium 71
BAB V KESIMPULAN DAN REKOMENDASI……75
5.1. Kesimpulan.....75
5.2. Implikasi.....75
5.3. Rekomendasi 76
DAFTAR PUSTAKA……77
LAMPIRAN……...91

DAFTAR TABEL

Tabel 2. 1 Nilai Nutrisi dari Daun Kelor (*Moringa oleifera* M) 7
Tabel 2. 2 Komposisi Asam Lemak Daun Kelor 8
Tabel 2. 3 Komposisi Asam Amino Daun Kelor 9
Tabel 2. 4 Nilai Nutrisi Buah Pisang..... 12
Tabel 2. 5 Komposisi kimia dari kayu manis per 100 gram..... 14
Tabel 2. 6 Kandungan nutrisi dari kue bolu pisang..... 15
Tabel 4. 1 Hasil analisis proksimat pada sampel kue bolu pisang 55
Tabel 4. 2 Perubahan pH Sampel Selama Tujuh Hari..... 61
Tabel 4. 3 Laju penurunan pH (k) dan prediksi umur simpan C0 dan CP0 66
Tabel 4. 4 Laju penurunan pH (k) dan prediksi umur simpan C2 dan CP2 70

DAFTAR GAMBAR

Gambar 2. 1 (a) Daun Kelor (*Moringa oleifera*) dan (b) Bubuk daun kelor.. 6
Gambar 2. 2 Buah Pisang (*Musa paradisiaca* L) 11
Gambar 2. 3 Kayu manis (*Cinnamomum verum*) 14
Gambar 2. 4 Struktur serat penyusun dinding sel..... 23
Gambar 2. 5 Metabolisme TCA pada *Aspergillus Niger* 27
Gambar 2. 6 Struktur kimia dari (a) eugenol dan (b) sinamaldehida 28
Gambar 2. 7 Enzim yang berperan dalam siklus TCA 29
Gambar 2. 8 Mekanisme antimikroba eugenol terhadap *A. niger* 31
Gambar 2. 9 Interaksi selulosa dengan molekul air melalui ikatan hidrogen. 32
Gambar 2. 10 Reaksi transesterifikasi antara selulosa dan trigliserida 32
Gambar 2. 11 Interaksi antara asam lemak oleat dengan protein 33
Gambar 4.1 (a) Bubuk daun kelor dan (b) Bubuk kayu manis..... 48
Gambar 4.2 Adonan kue bolu pisang (a) dengan penambahan variasi komposisi MOLP dan (b) dengan penambahan CVP 2% dan variasi komposisi MOLP. 50
Gambar 4.3 Kue bolu pisang (a) dengan penambahan variasi komposisi MOLP dan (b) dengan penambahan CVP 2% dan variasi komposisi MO 51
Gambar 4.4 Diagram jaring laba – laba hasil uji organoleptik..... 52
Gambar 4.5 Grafik Hubungan Perubahan pH dengan Lama Penyimpanan Sampel C0……..62
Gambar 4.6 Grafik Hubungan Perubahan pH dengan Lama Penyimpanan Sampel CP0……63
Gambar 4.7 Grafik Hubungan ln k dengan 1/T sampel C0 64
Gambar 4.8 Grafik Hubungan ln k dengan 1/T sampel CP0..... 65
Gambar 4.9 Grafik Hubungan Perubahan pH dengan Lama Penyimpanan Sampel C2……..67
Gambar 4.10 Grafik Hubungan Perubahan pH dengan Lama Penyimpanan Sampel CP2……...68

Gambar 4.11 Grafik Hubungan ln k dengan 1/T sampel C2 69
Gambar 4.12 Grafik Hubungan ln k dengan 1/T sampel CP2..... 69
Gambar 4. 13 Kadar Mineral Kalium pada Sampel Kue Bolu Pisang 72
Gambar 4. 14 Struktur dari Kelompok Tanin..... 73
Gambar 4. 15 Pembentukan Kompleks Tanin Terkondensasi dengan Kalium..73

DAFTAR LAMPIRAN

Lampiran 1 Data Pengamatan dan Perhitungan 91
Lampiran 2 Dokumentasi Penelitian 114

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