

ABSTRAK



Judul : Pengembangan Daging Analog Berbahan Dasar Tempe dan Tepung Gluten Gandum Sebagai Pangan Alternatif Vegetarian
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Program Studi : Gizi

Latar Belakang: Defisiensi vitamin B12 merupakan masalah yang dihadapi oleh kelompok vegetarian dengan prevalensi sebesar 11%-90%.

Tujuan: Mengembangkan daging analog berbahan dasar tempe dan tepung gluten gandum sebagai pangan alternatif vegetarian

Metode: Penelitian eksperimental dengan RAL (Rancangan Acak Lengkap) dua faktorial dengan empat taraf perlakuan yang akan dibandingkan dengan satu produk kontrol. Uji organoleptik dilakukan oleh 25 orang panelis agak terlatih dan 30 orang panelis konsumen. Analisis zat gizi yang dilakukan adalah analisis kadar vitamin B12, protein, lemak, karbohidrat, air, abu, dan angka lempeng total. Harga pokok produksi dianalisis dengan menghitung biaya yang digunakan untuk memproduksi satu formulasi terpilih.

Hasil: Hasil organoleptik menyimpulkan bahwa F2 dengan rasio perbandingan tempe dan tepung gluten gandum sebanyak 50g : 50g merupakan formulasi dengan mutu dan daya terima terbaik. Dari hasil analisis zat gizi, produk terbaik memiliki kandungan vitamin B12 6,67 mg/100g, protein 9,25%, lemak 2,94%, karbohidrat 28,32%, air 56,72%, abu 2,69%, angka lempeng total $2,3 \times 10^4$ dengan harga pokok produksi 11.121 rupiah.

Kesimpulan: Penggunaan tempe dan tepung gluten gandum dapat menghasilkan daging analog tinggi vitamin B12 yang memenuhi syarat mutu SNI 3818:2014 dan murah. Namun perlu dilakukan analisis daya simpan produk, uji protein menggunakan metode Kjeldahl, dan analisis *pseudovitamin B12* pada produk daging analog berbahan dasar tempe dan tepung gluten gandum.

Kata Kunci: Daging Analog, Vegetarian, Tempe, Tepung Gluten Gandum, Vitamin B12

Daftar Pustaka: 97 (1955-2019)

ABSTRACT



Title : Tempeh and Vital Wheat Gluten Based Analog Meat Development as Vegetarian Alternative Food
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Background: Vitamin B12 deficiency is one of the main problem in vegetarian diet with prevalency from 11% to 90%.

Goal: Developing tempeh and vital wheat gluten based meat analog as vegetarian alternative food.

Method: Using Completely Randomized Design as the experimental design with two factorials and four level of treatment which will be compared to one controller product. Organoleptic test will be done by 25 semi-trained panelist and 30 consumer. Nutrients that will be analyzed are the content of vitamin B12, protein, fat, carbohydrate, moisture, ash and also Total Plate Count (TPC). Production cost will be calculated by counting the total of the expenses to produce one package of the chosen formulation.

Result: Organoleptic test result showed that F2 with the tempeh and vital gluten wheat ratio 50g : 50g is the best formulation. The nutrients content of the chosen formulation are 6,67 mg/100g of vitamin B12, 9,25% protein, 2,94% fat, 28,32% carbohydrate, 56,72% moisture. 2,69% ash, and $2,3 \times 10^4$ cfu/g in Total Plate Count. The cost to produce one package of tempeh and vital gluten wheat based meat analog is 11.121 rupiahs.

Conclusion: The using of tempeh and vital wheat gluten can produce a meat analog with high vitamin B12 content that also fulfill the minimum quality requirements in SNI 3818:2014 with reasonable price. However, it is necessary to analyze the storability of the product, also analyze the protein content with Kjeldahl method and analyze the pseudovitamin B12 that might be contained in the product.

Keyword: Analog Meat, Vegetarian, Tempeh, Vital Gluten Wheat, Vitamin B12

Bibliography: 97 (1955-2019)