DIVERSIFICATION OF BLUE TARO TUBER
(Xanthosoma sagittifolium L. Schott) PRODUCT THROUGH HEAT MOISTURE TREATMENT TO PRODUCE INSTANT PORRIDGE WITH CORN BROTH TASTE

BACHELOR THESIS

Submitted to the Faculty of Agricultural Technology in partial fulfillment of requirements for obtaining the bachelor degree

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Semarang, March, 2015

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SUMMARY

In general, Indonesian people having habit consuming rice as a staple food. For reducing the number of rice consumption, tubers such as blue taro (*Xanthosoma sagittifolium* L. Schott) can be processed into an instant porridge to fulfill carbohydrate needs as a rice-replacement. Blue taro tuber has high nutrient and bioactive compounds, such as diosgenin and water soluble polysaccharides, but it is tasteless. Therefore, the instant porridge from blue taro tuber will be combined with corn broth powder to give specific aroma and taste in order to increase the consumer acceptance. The problem in processing blue taro instant porridge is the starch granule is difficult to rehydrate. Heat moisture technique could be used to modificate blue taro starch and increase the rehydration. The objectives of this study are to produce instant porridge from blue taro tuber with the addition of corn broth powder as a rice-replacement and to find out the effect of different heat moisture treatment on physical and chemical characteristics of blue taro instant porridge, especially in increasing the rehydration aspect. The research was conducted by giving heat moisture treatment to the blue taro flour at temperature 77°C and 110°C for 3 hours, 6 hours and 9 hours. The physical characteristics consisted of rehydration, solubility, water absorption index, dispersibility, color, bulk density, and swelling power were analyzed. The blue taro flour which had the best physical characteristics (77°C in 3 hours and 110°C in 6 hours) and control flour were continued to the chemical analysis consists of carbohydrate, protein, fat, crude fiber, moisture and ash content. The blue taro flour was used to make instant porridge with the addition of corn broth powder for sensory analysis by 30 untrained panelists with parameters, i.e. taste, aroma, colour, texture, and overall. The best heat moisture treatment to produce blue taro instant porridge was found at 77°C (3 hours). The physical analysis, included solubility (8.40±0.68), water absorption index (321.26±5.57), rehydration (2.02±0.06), dispersibility (41.60±0.26), swelling power (4.34±0.46) and bulk density (1.50±0.02). The chemical analysis consisted of moisture content (6.80±0.28), ash content (3.39±0.09), fat (0.90±0.10), protein (1.66±0.20), crude fiber (9.13±0.45), and carbohydrate (78.12±0.68) whereas in sensory analysis, it had the highest preferences in color (1.50±0.51), taste (1.37±0.49), aroma (1.43±0.50), and overall (1.33±0.48).
RINGKASAN

Pada umumnya, masyarakat Indonesia masih mengkonsumsi beras sebagai makanan pokok. Untuk mengurangi tingginya angka konsumsi beras, umbi-umbian seperti kimpul (Xanthosoma sagittifolium L. Schott) dapat diproses menjadi produk bubur instan sehingga dapat memenuhi kebutuhan karbohidrat sebagai pengganti beras. Umbi kimpul cenderung memiliki rasa yang tawar walaupun memiliki senyawa bioaktif seperti diosgenin dan polisakarida larut air dan kandungan nutrisi yang tinggi. Oleh sebab itu, bubur instan yang diproduksi menggunakan umbi kimpul akan dikombinasikan dengan bubuk kaldu jagung untuk memberikan citarasa dan aroma yang khas serta meningkatkan penerimaan konsumen. Namun, umbi kimpul memiliki granula pati yang sulit untuk mengalami rehidrasi. Teknik heat moisture dapat digunakan untuk memodifikasi pati umbi kimpul dan meningkatkan rehidrasi nya. Tujuan dilakukannya penelitian ini adalah untuk menghasilkan bubur instan dengan penambahan bubuk kaldu jagung sebagai alternatif makanan pengganti beras, dan untuk mengetahui pengaruh perlakuan heat moisture yang berbeda terhadap karakteristik fisik dan kimia bubur instan dari umbi kimpul, terutama untuk meningkatkan daya rehidrasisinya. Penelitian dilakukan dengan memberikan perlakuan hidrotermal pada suhu 77°C dan 110°C selama 3 jam, 6 jam, dan 9 jam. Kemudian, dilakukan analisa fisik yang meliputi rehidrasi, kelarutan, indeks penyerapan air, daya dispersi, warna, densitas kamb dan daya pengembangan. Tepung kimpul hasil perlakuan heat moisture yang memiliki karakteristik fisik terbaik (77°C selama 3 jam dan 110°C selama 6 jam) dan tepung kontrol dianalisa kandungan kimianya, meliputi karbohidrat, protein, lemak, serat katar, kadar air dan abu. Kemudian, tepung kimpul tersebut digunakan sebagai bahan pembuatan bubur instan dengan penambahan bubuk kaldu jagung untuk analisa sensori yang diselenggarakan dengan 30 panelis tidak terlatih. Parameter yang digunakan dalam uji sensori adalah rasa, aroma, tekstur, warna, dan keseluruhan. Perlakuan heat moisture terbaik untuk menghasilkan bubur instan kaldu jagung adalah pada 77°C (3 jam) dengan hasil analisa fisik meliputi kelarutan (8,40±0,68), indeks penyerapan air (321,26±5,57), rehidrasi (2,02±0,06), daya dispersi (41,60±0,26), daya pengembangan (4,34±0,46), dan densitas kamba (1,50±0,02). Selain itu, kandungan kimianya meliputi kadar air (6,80±0,28), kadar abu (3,39±0,09), lemak (0,90±0,10), protein (1,66±0,20), serat kasar (9,13±0,45), dan karbohidrat (78,12±0,68) sedangkan pada analisa sensori, tepung ini memiliki tingkat kesukaan tertinggi pada warna (1,50±0,51), rasa (1,37±0,49), aroma (1,43±0,50), dan keseluruhan (1,33±0,48).
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# CONTENTS

SUMMARY..................................................................................................................... iv
RINGKASAN.................................................................................................................... v
ACKNOWLEDGEMENT............................................................................................... vi
LIST OF CONTENTS................................................................................................... viii
LIST OF TABLES............................................................................................................ x
LIST OF FIGURES......................................................................................................... xi
LIST OF APPENDICES................................................................................................ xiii

I. INTRODUCTION ......................................................................................................... 1
  1.1. Background ........................................................................................................... 1
  1.2. Literature Review ................................................................................................. 2
    1.2.1. Blue Taro Tuber (*Xanthosoma sagittifolium* L. Schott) ....................... 2
    1.2.2. Corn (*Zea mays* L.) ............................................................................. 4
    1.2.3. Instant Porridge .................................................................................. 5
    1.2.4. Heat Moisture Treatment ............................................................ 6
  1.3. Objectives ............................................................................................................. 8

2. MATERIALS AND METHODS ................................................................................. 9
  2.1. Place and Time ...................................................................................................... 9
  2.2. Materials ............................................................................................................... 9
    2.2.1. Equipments ......................................................................................... 9
    2.2.2. Materials ............................................................................................ 9
  2.3. Methods .............................................................................................................. 10
    2.3.1. Preliminary Study ............................................................................... 10
      2.3.1.1. Flouring Process of Blue Taro Tubers ........................................ 10
    2.3.2. Main Study ........................................................................................ 12
      2.3.2.1. Heat Moisture Treatment ...................................................... 12
      2.3.2.2. Corn Broth Powder .............................................................. 13
      2.3.2.3. Instant Porridge ................................................................. 14
    2.3.3. Chemical Analysis of Blue Taro Tuber Flour ........................................ 15
      2.3.3.1. Moisture Content ..................................................................... 15
      2.3.3.2. Ash Content ............................................................................ 16
      2.3.3.3. Protein ...................................................................................... 16
      2.3.3.4. Fat .......................................................................................... 17
      2.3.3.5. Fiber Analysis .......................................................................... 17
      2.3.3.6. Carbohydrate Analysis ......................................................... 18
    2.3.4. Physical Analysis of Heat Moisture Blue Taro Tuber Flour .................... 18
      2.3.4.1. Dispersibility ............................................................................ 18
      2.3.4.2. Color Measurement ............................................................... 18
      2.3.4.3. Swelling Power Index Analysis ............................................. 19
      2.3.4.4. Solubility Analysis ................................................................. 19
      2.3.4.5. Water Absorption Index Analysis ........................................ 19
      2.3.4.6. Bulk Density ............................................................................. 20
      2.3.4.7. Rehydration Index .................................................................... 20
LIST OF TABLES

Table 1. Nutrient Content in 100 g of Blue Taro Tuber ................................................... 3
Table 2. Nutrient Content of 100 g of Sweet Corn........................................................... 5
Table 3. Physical Analysis Results of Blue Taro Tuber Flours With Heat moisture Treatment at 77°C ................................................................. 22
Table 4. Physical Analysis Results of Blue Taro Tuber Flours With Heat moisture Treatment at 110°C ................................................................. 23
Table 5. Color Intensity of Blue Taro Tuber Flour With Heat moisture Treatment at 77°C ................................................................. 24
Table 6. Chemical Analysis of Blue Taro Flour ............................................................. 26
Table 7. Sensory Analysis Results of Blue Taro Instant Porridge with Corn Broth Powder .................................................................................. 27
LIST OF FIGURES

Figure 1. Blue taro tuber (Personal Documentation) ................................. 3
Figure 2. Diagram of blue taro tuber flour processing .............................. 11
Figure 3. Diagram of heat moisture treatment ....................................... 13
Figure 4. Diagram of corn broth powder processing ............................... 14
Figure 5. Diagram of instant porridge processing .................................. 15
Figure 6. The appearance of blue taro flour with different heat moisture treatment, (a) Blue taro flour without heat moisture treatment, (b) Heat moisture blue taro flour at 77°C (3 hours), (c) Heat moisture blue taro flour at 77°C (6 hours), (d) Heat moisture blue taro flour at 77°C (9 hours), (e) Heat moisture blue taro flour at 110°C (3 hours), (f) Heat moisture blue taro flour at 110°C (6 hours), (g) Heat moisture blue taro flour at 110°C (9 hours). ........................................ 25
Figure 7. Panelist preferences about blue taro instant porridge combined with corn broth powder .............................................. 27
Figure 8. Blue taro instant porridge (1) Control, (2) Instant porridge under heat moisture treatment at 77°C (3 hours) (3) Instant porridge under heat moisture treatment at 110°C (6 hours) .............................. 28
Figure 9. Process of making blue taro flour (a) Fresh blue taro tubers, (b) Blanching, (c) Slicing of blue taro tubers, (d) Soaking in water, (e) Soaking in sodium metabisulfit, (f) Drying in dehumidifier, (g) Crushing dry blue taro tubers using blender, (h) Sieving blue taro flour, (i) Blue taro flour ......................................................... 51
Figure 10. Process of making heat moisture blue taro flour (a) Water adding to the blue taro flour (b), (c) Putting blue taro flour in trays and cover with plastic wrap, (d) Putting blue taro flour in refrigerator, (e) Covering the tray with aluminium foil, (f) Drying in oven, (f) Heat moisture blue taro flour ................................................................. 52
Figure 11. Process of making instant corn broth (a) Fresh corn, (b) Cooking for one hour, (c) Filtering, (d) Corn broth, (e) Drying in oven, (f) Dry corn broth, (g) Crushing with blender, (h) Instant corn broth ........................................ 53
Figure 12. Process of making blue taro instant porridge with addition of corn broth (a) Adding hot water to the combination of blue taro flour and corn broth (b), (c) Blue taro instant porridge with corn taste .............................. 54
Figure 13. The Color intensity of blue taro flours with varying heat moisture treatment (a) Blue taro flour without heat moisture treatment, (b) Heat moisture blue taro flour at 77°C (3 hours), (c) Heat moisture blue taro flour at 77°C (6 hours), (d) Heat moisture blue taro flour at 77°C (9 hours), (e) Heat moisture blue taro flour at 110°C (3 hours), (f) Heat moisture blue taro flour at 110°C (6 hours), (g) Heat moisture blue taro flour at 110°C (9 hours). ................................................................................. 55
LIST OF APPENDICES

Appendix 1. Process of Making Blue Taro Flour .......................................................... 51
Appendix 2. Process of Making Heat Moisture Blue Taro Flour ............................... 52
Appendix 3. Process of Making Corn Broth Powder .................................................. 53
Appendix 4. Process of Making Blue Taro Instant Porridge With Addition of Corn Broth ........................................................................................................... 54
Appendix 5. The Color Intensity of Blue Taro Flour with Different Heat Moisture Treatment .................................................................................................. 55
Appendix 6. Worksheet of Sensory Analysis ............................................................... 56
Appendix 7. Scoresheet of Sensory Analysis .............................................................. 57
Appendix 8. Physical Statistic Analysis Using SPSS .................................................... 60
Appendix 9. Chemical Statistic Analysis Using SPSS ................................................... 65
Appendix 10. Sensory Statistic Analysis Using SPSS ................................................... 67