ABSTRAK

Pati sagu memiliki potensi sangat besar sebagai bahan baku pembuatan mi. Besarnya potensi tersebut belum didukung dengan tersedianya informasi tentang sifat fisikokimia dan organoleptik pati sagu, juga keterbatasan protein dan sifat fungsionalnya. Untuk mendapatkan mi sagu kering yang berkualitas baik, pati sagu perlu diberi perlakuan panas kering (HMT/*Heat Moisture Treatment*). HMT adalah salah satu upaya modifikasi pati sagu secara fisik dengan menggunakan kombinasi kelembaban dan temperatur tanpa mengubah penampakan granulanya. Penelitian dilakukan terhadap pati yang berasal dari propinsi Riau yaitu Kabupaten Bengkalis dan Inderagiri Hilir (Inhil). Penelitian ini bertujuan untuk mengetahui mutu dan sifat pasta pati sagu, karakteristik setelah perlakuan *Heat Moisture Treatment* (HMT), dan pengaruh perlakuan HMT terhadap sifat fisik dan fungsional serta penerimaan organoleptik mi. Hasil penelitian menunjukkan bahwa kadar air dan kadar abu pati sagu dari Bengkalis dan Inhil berbeda nyata. Pengukuran semua parameter menunjukkan terpenuhinya standar mutu pati sagu (SNI 01-3729-1995). Perlakuan HMT berpengaruh nyata terhadap nilai gizi pati sagu dan meningkatkan kekerasan serta kekenyalan mi. Akan tetapi, perlakuan HMT menurunkan kadar protein, waktu optimum rehidrasi, kehilangan padatan akibat pemasakan dan daya serap air mi sagu. Penilaian organoleptik mi parameter kelengketan dan kekenyalan mi sagu yang dibuat dari pati sagu perlakuan HMT dari Inhil paling disukai. Walaubagaimanapun, parameter warna, kekerasan, dan penerimaan keseluruhan untuk semua perlakuan tidak berbeda.

Kata kunci: pati sagu, heat moisture treatment, mi

ABSTRACT

Sago starch has potential as source of flour for noodle. However, noodle made of sago starch has only been limitedly utilized due to the absence of gluten and lack of desired functional properties. Heat Moisture Treatment (HMT) is a promising technique for improving quality of dry sago noodle. The objectives of the present work were to study the effect of HMT of sago starch on its noodle quality. Two different origins of sago starch from Riau province (Bengkalis and Inderagiri Hilir/Inhil) were treated with HMT method. HMT was performed by exposing the starch to high temperature at moisture content at 28%. Sago starch was then processed into noodle. Parameters evaluated were nutritional values and pasting profile of starch, and also nutritional value, functional properties, profile texture, and sensory quality of the noodles. Research results showed that moisture and ash content of sago starch were different between Bengkalis and Inhil. HMT make significant differences of nutritional value of sago starch, which meet the standar of sago starch (SNI 01-3729-1995). Noodles resulted from starch treated with HMT showed higher firmness and elasticity, but they have lower protein compared to those of non-HMT. Less rehydration time, cooking loss and rehydration weight were also found. HMT on Inhil sago starch resulted in noodles which were preferred most by panelists.

Keywords: sago starch, heat moisture treatment, noodle