Formulasi Roti *Sourdough* Berbasis Tepung Mocaf dengan Penambahan Ubi Jalar Ungu *(Ipomoea Batatas L)* terhadap Mutu Organoleptik dan Serat Pangan

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ABSTRAK

Latar Belakang: Konsumsi roti di Indonesia terus meningkat seiring perubahan gaya hidup masyarakat yang menginginkan pangan praktis. Sebagian besar roti di indonesia berbahan dasar terigu yang mengandung *gluten*, sehingga tidak aman bagi penderita *celiac* maupun intoleransi *gluten*. Tepung mocaf (*modified cassava flour*) menjadi alternatif lokal bebas gluten dengan ketersediaan melimpah di Indonesia. Untuk meningkatkan nilai gizi dan daya tarik produk, ditambahkan ubi jalar ungu (*Ipomoea batatas L.*) yang dapat meningkatkan mutu organoleptik dan serat pangan. **Tujuan:** mengetahui pengaruh penambahan ubi jalar ungu terhadap karakteristik organoleptik, kandungan serat pangan dan antosianin pada roti *sourdough* berbasis tepung mocaf. **Metode:** Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dengan tiga perlakuan penambahan ubi jalar ungu (25%, 30%, dan 35%). Uji organoleptik dilakukan meliputi mutu hedonik (warna, aroma, tekstur, rasa) dan tingkat kesukaan dengan 30 panelis agak terlatih. **Hasil:** Ada pengaruh penambahan ubi jalar ungu terhadap organoleptik aspek warna, aroma, tekstur, rasa roti. Sedangkan penambahan ubi jalar ungu tidak berpengaruh terhadap tingkat kesukaan tekstur roti. Produk terpilih adalah perlakuan dengan penambahan ubi jalar ungu 35% (P3) yang memiliki karakteristik warna Cenderung ungu tua, cenderung aroma asam nyata, tekstur cenderung agak padat, dan rasa asam agak nyata dengan tingkat kesukaan cenderung disukai. Analisis kimia menunjukkan serat pangan sebesar 7,37 g/100 g dan kadar antosianin sebesar 54,52 mg/100 g pada produk terpilih. **Kesimpulan:** penambahan ubi jalar ungu mampu meningkatkan karakteristik sensori, kandungan serat pangan serta antosisanin, pada roti *sourdough* berbasis mocaf sehingga berpotensi sebagai pangan fungsional bebas gluten dengan nilai tambah kesehatan.

Kata Kunci : Roti *Sourdough*, Tepung Mocaf, Ubi Jalar Ungu

Formulation of Sourdough Bread Based on Mocaf Flour with the Addition of Purple Sweet Potato (*Ipomoea batatas* L.) on Organoleptic Quality and Dietary Fiber

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ABSTRACT

Background: *Bread consumption in Indonesia continues to increase along with lifestyle changes that demand practical foods. Most bread in Indonesia is made from wheat flour, which contains gluten and is therefore unsafe for individuals with celiac disease or gluten intolerance. Mocaf (modified cassava flour) is a local gluten-free alternative with abundant availability in Indonesia. To improve nutritional value and product appeal, purple sweet potato (Ipomoea batatas L.) was added to enhance organoleptic quality and dietary fiber content.* ***Purpose:*** *This study aimed to determine the effect of purple sweet potato addition on the organoleptic characteristics, dietary fiber, and anthocyanin content of sourdough bread made with mocaf flour.* ***Methods:*** *The study used a Completely Randomized Design (CRD) with three treatments of purple sweet potato addition (25%, 30%, and 35%). Organoleptic tests included hedonic quality (color, aroma, texture, taste) and preference levels, assessed by 30 semi-trained panelists.* ***Methods:*** *The addition of purple sweet potato significantly affected the organoleptic aspects of color, aroma, texture, and taste. However, it had no significant effect on texture preference. The selected product was the 35% purple sweet potato treatment (P3), characterized by a dark purple color, distinct sour aroma, slightly dense texture, and slightly sour taste with a preference level categorized as "liked." Chemical analysis of the selected product showed dietary fiber content of 7.37 g/100 g and anthocyanin content of 54.52 mg/100 g..* ***Results:*** *The addition of purple sweet potato significantly affected the organoleptic aspects of color, aroma, texture, and taste, but did not affect texture preference. The best formulation was obtained at 35% addition (P3), characterized by a dark purple color, mild sour aroma, slightly dense texture, and mild sour taste, which were generally preferred by panelists. Chemical analysis showed anthocyanin content of 54.52 mg/100 g and dietary fiber of 7.37 g/100 g in the selected product.* ***Conclusion:*** *The addition of purple sweet potato improved the sensory characteristics, dietary fiber, and anthocyanin content of mocaf-based sourdough bread, indicating its potential as a functional gluten-free food with added health benefits.*

Keywords: *Sourdough bread, Mocaf , Purple sweet potato*