

Development of traditional Indonesian food (Sagon Cake) based on modified composite flour as a functional food

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ABSTRACT

This applied research was carried out for one (1) year with the aim of producing traditional Indonesian food (Sagon Cookies) to support food security based on modified composite flour as a functional food, namely preventing and managing degenerative diseases. The steps taken in this research are aimed at achieving a specific goal, namely that in 2023, four types of traditional Indonesian food (Sagon Cookies) based on modified composite flour based on hedonic tests were obtained, accompanied by information on chemical composition (moisture, ash, carbohydrate, protein, soluble and nonsoluble dietary fiber, RS3, starch digestibility value), texture analysis, color analysis and thus obtained information related to the ability of four types of traditional Indonesian food (Sagon Cookies) as functional food.

Achieving the goal was carried out in stages, namely increasing nutritional availability and functional properties by modifying the process, semi-trained panelist hedonic testing of products in four types of traditional Indonesian food (Sagon Cookies); The research, which was carried out for three (3) years, reached TKT 4, at the end of the research. This research is expected to produce traditional Indonesian food (Sagon Cookies) based on modified composite flour. The development of traditional Indonesian food (Sagon Cookies) can support IKU 2 and IKU 5 as well as food independence based on local food, improve the economy of micro and small businesses, and maintain and improve the level of public health.

Kata Kunci: *Sagon, functional food*