

ABSTRACT

Lepa Cake With Various Formulations As An Alternative Nutritious Foods for School Supplementary Feeding Programme

Lepa cake is traditional food of Rote that formerly made to address hunger, this cake made of palm suagar water, cornstarch and grated coconut. Lepa cake high in carbohydrates but poor in other nutrients. Formulations by adding Moringa leaf powder, anchovy flour, sesame and peanuts are numerous in the island of Rote will enrich the nutritional content of lepa cake. The purpose of this study was to analyze the acceptability, quality of Physical and chemical (microbial contamination and nutrient content) and the economic value of the lepa cake. This study conducted an experimental design and used completely randomized design (CRD). In a first stage study, six formulations F0, F1, F2, F3, F4 and F5, were tested to limited panelists. The organoleptic tests resulted in four formulations, namely F0, F3, F4 and F5, with material successively : palm water sugar, grated coconut, cornstarch, flour Moringa leaves, anchovy flour, sesame and peanuts. The proportion of materials as follows F3 = 46 % : 12 % : 8 % : 4 % : 12 % : 11 % : 7 % . F4 = 46 % : 9 % : 9 % : 6 % : 12 % : 11 % 7 % . F5 = 46 % : 8 % : 8 % : 9 % : 12 % : 11 % 7 % and F0 as a control with the proportion of 42% palm water sugar, grated coconut 37 % and 21 % of cornstarch. The organoleptic test to primary school children, resulted that the distribution of hedonic characteristic between 2 to 2.9, the best formula was F4 with acceptability 85.71%. All formulations of microbial contamination lepa cake was not contaminated microbes, per 60 g lepa cake of F4 formula containing 300.4 kcal of energy , protein 7.8 g, and 4.25 g of zinc , these results are in accordance with the terms of nutritional quality of PMT and 10-15 % are able to fullfill the nutritional requirement of children primary school according to AKG 2013. the economic value of lepa cake was Rp.2.000,00 perserving or per30g, equal to other snack market.

Key word : lepa cake, Rote, formulation, feeding program