

ABSTRACT

The Effect of Cooking Process to The Concentration of Reducing Sugar of Cassava (*Manihot utilissima*)

Cassava (*Manihot utilissima*) is the most important crop among the tropical root and tuber crops. It is the most important sources of energy in the diet of most tropical countries of the world. Cassava has an index glycemic value that is lower than rice so that it can be an alternative food for a diabetic people.

Cassava contains a large amount of carbohydrate as an energy source of people. There are many ways to consume cassava, the most popular among them are boiled, steamed, and fried. This process of cooking impacts the amount of its carbohydrates. It is because of the difference of condition among them, for examples the interaction with the water and the temperature.

This research is conducted to know how far the impact of cooking process to the amount of carbohydrates is. Carbohydrates determinate as a reducing sugar with Spectrofotometric method with Nelson and fosfomolibdic acid.reagen. Our preference using this method is because of its higher accuracy than another method.

Cassava (*Manihot utilissima*) was devided into three group with a different treatment. First group was boiled, second are steamed, and the third was fried. Each treatment was be done in 5, 10, 15, and 20 minutes. The result of this experiment is the lowest concentration of reducing sugar of the sample is the one that boiled, the moderate concentration is the sample is the one that boiled, and the highest one is that fried

Keyword: cooking process, reducing sugar, cassava