

## ABSTRACT

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Title : *Substitution of High Protein Flour with Jackfruit Seed Flour (artocarpus heterophyllus) in Sourdough Making*

*COVID-19 has made many people realize the importance of maintaining health and changing their diet to be healthier. One of the healthy foods is sourdough bread. Sourdough is one of the oldest bread-making methods known as healthy bread because of its natural ingredients and manufacturing process. Jackfruit (artocarpus heterophyllus) is a tropical fruit that has a variety of nutritional content that has a good impact on humans. Besides the flesh and skin, jackfruit seeds also contain nutrients that are good for the body. This research was conducted to find out whether jackfruit seed flour can be used as a substitute for high protein flour in making sourdough, the level of public acceptance of jackfruit seed flour sourdough, and to look for differences in taste, aroma, color, and texture in jackfruit seed flour sourdough. There are 2 methods used in this study, namely the compare Means-Paired Sample T-Test method for organoleptic tests, and descriptive analysis methods using data averages for hedonic tests. Data were obtained by distributing organoleptic and hedonic test questionnaires to a total of 41 panelists. The results showed that jackfruit seed flour can be used to substitute high protein flour but only in a maximum ratio of about 30% jackfruit seed flour. According to the hedonic test, most panelists still prefer control products. In the sourdough product trial, there were several significant changes as indicated by the results of the paired sample t-test which showed the number  $<0.05$ , especially in the color and aroma indicators.*

*Keyword: sourdough, jackfruit seed flour, high protein flour, healthy food, product trial.*