



## BAB V

### KESIMPULAN DAN SARAN

#### 5.1 Kesimpulan

Pada penelitian pembentukan *resistant starch* pada pati beras dengan proses *annealing* dan *heat-moisture treatment*, dapat ditarik kesimpulan sebagai berikut:

1. Tepung beras hasil modifikasi mengalami peningkatan *resistant starch* sebesar 0,8% - 7,1% dengan proses *annealing*.
2. Tepung beras hasil modifikasi mengalami peningkatan *resistant starch* sebesar 0,6% - 8,4% dengan proses *heat-moisture treatment*.
3. Tepung beras hasil modifikasi dengan siklus pemanasan – pendinginan mengalami peningkatan *resistant starch* yang tidak signifikan, yaitu sebesar 0,5% setelah siklus kedua dan 0,3% setelah siklus ketiga.
4. Dari ketiga metode yang dilakukan, peningkatan kandungan *resistant starch* tertinggi diperoleh dengan proses *heat-moisture treatment*.

#### 5.2 Saran

Berdasarkan hasil penelitian yang diperoleh, saran yang dapat diberikan untuk penelitian selanjutnya yaitu:

1. Perlu dilakukan percobaan lebih lanjut dengan variasi waktu proses yang lebih lama pada metode *annealing* agar dapat diketahui kondisi optimum yang menghasilkan *resistant starch* paling tinggi.
2. Perlu dilakukan percobaan lebih lanjut dengan variasi temperatur yang lebih tinggi pada metode *heat-moisture treatment* agar dapat diketahui kondisi optimum yang menghasilkan *resistant starch* paling tinggi.
3. Dapat dilakukan modifikasi secara enzimatik terlebih dahulu sebelum proses modifikasi secara fisik sehingga dapat menghasilkan *resistant starch* yang lebih banyak.
4. Perlu disediakan peralatan *stainless steel bomb* yang baru dan bebas dari kontaminan untuk proses *heat-moisture treatment* karena kontaminan dapat mengurangi pembentukan *resistant starch*.



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