

Utilizing Local Food Ingredient to Increase Nutritional Value of *Galamai* As the Specific Food of Payakumbuh

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Abstract— Galamai is a specific food from Payakumbuh that has been known to the community as a food that tourists like as a souvenir. However, with the increase of the healthy life style, the community has shifted to not consuming oily food, this has caused the galamai to be less desirable. Therefore, it needs a new innovation for the development of this traditional food. One of them is to add a local ingredient such as carrot out of grade, banana 'masak sehari' or yellow pumpkin. The research design used for this is completely randomised design with 4 treatments, with 3 repeated treatments that is A (Control), B (30% carrot out of grade fortification), C (30% bananas 'masak sehari' fortification), D (30% yellow pumpkin fortification), the results was analysed with ANOVA followed by DNMR (Duncan's New Multiple Range Test) with 5% significant level of SPSS system. Out of the four treatments, the best score that has met the SNI standard is; carrot galamai (out of grade) with fat content 10.0020%, protein content 3.7940%, ash content 1.7420% and water content 17.3580% with the highest anti-oxidant activity of 39,1160%. Total microbial content for carrot galamai is $<3.0 \times 10^3$ (1.8×10^4), with organoleptic test for flavour, colour, aroma, and the appearance has a score of 5 (like). According to SNI 01-2986-1992, the maximum content for similar food is 20% minimum, protein content of 3% and minimum fat content of 7%.

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