

PENGARUH LAMA PERENDAMAN TERHADAP KADAR PROTEIN KEMBANG TAHU

(EFFECT OF LONG LONG SUBMERSION ON RESIDENTIAL PROTEIN TOFU SKIN)

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INTISARI

Kembang tahu merupakan hasil olahan kedelai berbentuk lembaran kering berwarna kuning kecoklatan dibuat dari susu kedelai yang dipanaskan dengan api sedang sehingga berbentuk langit. kembang tahu biasanya digunakan sebagai pengolahan sayur seperti cap cay dan sup. Bagi vegetarian, produk ini merupakan sumber protein yang penting. Penelitian ini bertujuan untuk mengetahui pengaruh lama perendaman terhadap kadar protein kembang tahu.

Sampel dalam penelitian ini diperoleh dari salah satu pedagang kembang tahu di Pasar Gede Surakarta. Sampel direndam dengan variasi lama perendaman tanpa direndam, direndam 3 menit, dan direndam 6 menit. Penentuan kadar protein pada penelitian ini menggunakan metode Kjeldahl.

Hasil penelitian menunjukkan adanya pengaruh lama perendaman (0, 3, dan 6) menit terhadap kadar protein, semakin lama perendaman maka semakin menurun kadar protein dalam kembang tahu. Kadar protein kembang tahu perendaman (0, 3 dan 6) menit berturut-turut adalah 55, 44 %; 51, 13% dan 43, 59 %.

Kata kunci: kembang tahu, perendaman, protein, Kjeldahl

ABSTRACT

Tofu skin is a result of processed soybean in the form of dry yellow brown made from soy milk that is heated to medium heat so as to form the ceiling. the tofu flower is usually used as a vegetable processing like cap cay and soup. For vegetarians, this product is an important source of protein.. This study aims to determine the effect of soaking immersion to levels of protein of tofu skin.

The sample in this study was obtained from one of the curry traders in Pasar Gede Surakarta. The samples were soaked with variations of immersion duration without soaking, soaked 3 minutes and soaked 6 minutes. Determination of protein content in this study that is using Kjeldahl method.

The results showed that the effect of soaking time (0, 3, and 6) minutes on protein content, the longer the immersion, the more decreased protein content in the tofu skin. The level of the ingestion protein of soybean (0, 3 and 6) consecutive minutes was 55, 44%; 51, 13 % and 43, 59%.

Keywords : Tofu skin, soaking, protein, Kjeldahl