ABSTRACT

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UTILIZATION OF OKARA FOR POTATO DOUGHNUT
(xiv + 80 pages; 5 tables, 17 figures, and 19 appendices)

Okara or soy residue is a by-product of bean curd processing. It is generally treated as waste or livestock feed. Okara is actually a good source of protein and dietary fiber. By utilizing okara in doughnut, protein and dietary fiber can be added into potato doughnut and okara waste can be put in a good use. The objective of this research is to utilize the okara in addition of wheat flour and mashed potato in the doughnut. This research was conducted with two factors, okara powder percentage (0, 5, 10, 15, and 20%) and particle size (coarse – 1 mm, fair – 500 µm, and fine – 180 µm). The results showed that higher percentage of okara results in darker crust and crumb color, higher beany aroma and taste, denser texture, and lower overall acceptance of potato doughnut with okara addition. Based on the overall acceptance, 5% okara powder addition in potato doughnut gained the best acceptance. The fine okara powder (180 µm) was the best particle size for utilization in potato doughnut. The utilization of okara for potato doughnut did increase the protein and dietary fiber content.

Keywords: Okara, Potato, Doughnut