

ABSTRAK: Kalium merupakan mineral penting yang memiliki banyak peran dalam tubuh. Kalium dapat ditemukan pada buah dan kacang-kacangan seperti pisang ambon dan kacang kedelai. Sari kedelai merupakan minuman olahan dari perasan kacang kedelai atau yang biasa dikenal oleh masyarakat sebagai susu kedelai. Kulit pisang ambon merupakan bagian dari pisang ambon yang belum banyak dimanfaatkan sebagai makanan atau minuman olahan. Kurangnya pengolahan limbah kulit pisang ambon dapat mencemari lingkungan. Penelitian ini bertujuan untuk menentukan sari kedelai kulit pisang ambon dengan mutu terbaik terhadap karakteristik fisik, kimia, dan organoleptik. Penelitian ini menggunakan metode eksperimental dengan desain penelitian Rancangan Acak Lengkap (RAL) satu faktor dengan tiga kali pengulangan terdiri dari 6 taraf konsentrasi sari kulit pisang ambon (10%, 15%, 20%, 25%, 30%, 35%). Hasil penelitian menunjukkan bahwa konsentrasi kulit pisang ambon berbeda nyata ($\alpha=0.05$) terhadap viskositas, stabilitas, total padatan terlarut, pH, kadar protein, kadar lemak, uji hedonik warna dan rasa, uji mutu hedonik warna, aroma, tekstur, dan rasa. Namun, tidak berbeda nyata pada uji kadar kalium dan uji hedonik aroma dan tekstur.

Perlakuan terbaik yang terpilih pada penelitian ini adalah perlakuan P2 (15%) dengan nilai viskositas 5.52 cps, nilai stabilitas 94.42%, nilai pH 6.71, nilai total padatan terlarut 11.07 °Brix, kadar kalium 31.01 mg/100mL, kadar lemak 1.42%, kadar protein 2.35%, dan nilai hedonik keseluruhan suka dengan atribut mutu warna putih kecoklatan, aroma tidak langu, tekstur encer, dan rasa manis.

Kata kunci: kalium, sari kedelai, kulit pisang ambon

ABSTRACT: Potassium is an important mineral that has many roles in the body. Potassium can be found in fruits and nuts such as Ambon bananas and soybeans. Soymilk is a processed drink made from the juice of soybeans or what is commonly known by the public as soy milk. Ambon banana peel is part of the Ambon banana which has not been widely used as processed food or drink. The lack of processing of Ambon banana peel waste can pollute the environment. This study aims to determine the best quality Ambon banana skin soybean extract based on physical, chemical, and organoleptic characteristics. This study used an experimental method with a one-factor Completely Randomized Design (CRD) study with three repetitions consisting of 6 concentration levels of Ambon banana peel extract (10%, 15%, 20%, 25%, 30%, 35%). The results showed that the concentration of Ambon banana peel was significantly different ($\alpha=0.05$) on viscosity, stability, total dissolved solids, pH, protein content, fat content, color and taste hedonic tests, hedonic quality tests for color, aroma, texture, and taste. However, it was not significantly different in the hedonic aroma and texture test. The best treatment chosen in this study was the P2 treatment (15%) with a viscosity value of 5.52 cps, a stability value of 94.42%, a pH value of 6.71, a total dissolved solids value of 11.07 °Brix, a potassium content of 31.01 mg/100mL, a fat content of 1.42%, a protein content 2.35%, and the overall hedonic value is like the quality attributes of brownish white color, odorless, watery texture, and sweet taste.

Keywords: potassium, soybean extract, ambon banana peel