

## **BAB V**

### **KESIMPULAN DAN SARAN**

#### **5.1 Kesimpulan**

Kesimpulan yang dapat diberikan dari penelitian ini adalah sebagai berikut:

1. Pembuatan tahu menggunakan koagulan  $\text{CaSO}_4$  berkonsentrasi 0,6% w/w *soymilk* memberikan kadar kalsium 120,44 mg/100 gram tahu dan *hardness* yang lebih baik apabila dibandingkan dengan koagulan  $\text{CaCl}_2$ .
2. Penambahan  $\text{CaCO}_3$  *food grade* sebagai sumber kalsium (fortifikan) secara efektif meningkatkan kadar kalsium tahu setara dengan kadar kalsium dalam susu sapi dan meningkatkan *hardness* tahu.
3. Kadar  $\text{CaCO}_3$  *food grade* sebesar 0,3% w/w *soymilk* memberikan kadar kalsium yang optimal dalam produk tahu.
4. Penambahan  $\text{CaCO}_3$  sebagai sumber kalsium (fortifikan) secara efektif memengaruhi tekstur, rasa dan aroma tahu.

#### **5.2 Saran**

Saran yang dapat diberikan dari penelitian sebagai acuan perbaikan untuk penelitian berikutnya adalah sebagai berikut:

1. Perlu adanya variasi lama pengadukan dan kecepatan pengadukan selama tahap koagulasi, mengingat ada perbedaan sifat kelarutan kedua koagulan ( $\text{CaSO}_4$  dan  $\text{CaCl}_2$ )
2. Pada pembuatan susu kedelai, kacang kedelai hasil perendaman perlu dikeringkan terlebih dahulu agar tidak mengganggu rasio 1:8 dari susu kedelai
3. Perlu adanya penambahan perasa pada tahu agar produk dapat lebih diterima oleh konsumen

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