

UGM Students Make Jam from Tofu By-product

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Having bread for breakfast is not complete without jam. Jam makes the bread sweeter and more delicious. Currently, there are many jams in various flavors in the market. But, have you ever tasted jam made from tofu by-product?

Not long ago a number of UGM students have launched jam made from tofu by-product that is labeled as "a Soy". They are Ahmad Muhaimin Alfarisy (UGM Regional Development Department 2010), Dian Purnami Handayani (Chemical Engineering 2010), Friestisya Blorindayoga Hariandrie (Chemical Engineering 2010), Mudrikah (Food and Agricultural Technology 2010) and Ristiani Puji Lestari (Accounting 2011) joining the Student Creativity Program: Entrepreneurship Field (CRP-K). The five conjure up the idea that the waste that usually ends up in a landfill can be processed into a food product that is economically feasible and highly nutritious.

Alfarisy said the development of tofu by-product jam came from his experience while in high school selling soy milk. At that time he saw soy milk by-product is not widely used and thrown away, so is the tofu by-product. "Up to now, this is known only as animal feed and even thrown away while, in fact, it contains high nutrition," he said on Monday (14/5) at UGM.

Alfarisy mentioned tofu contains high enough fiber, so it is good for digestion. In addition, soy contains isoflavones to prevent premature aging. "We use the by-product as jam ingredients since it contains high fiber which is 8 percent more than jams sold in the market that contain fiber only about 6 percent," he explained.

Making this jam is fairly easy. Firstly, fresh tofu by-product is steamed for 1 hour in order to be more durable. Then, the steamed by-product is mixed with fruit that have been blended together with sugar, cloves and cinnamon. Furthermore, after all the ingredients have been mixed, cook them



in the pan and simmer until thickened. "The composition of tofu by-product and fruit is 1:2," he said.

A Soy is currently sold in the form of toasts that are offered in four flavors, namely apple, guava, banana and chocolate milk. It is planned in the future to make a Soy with new flavors, such as blueberry, mocca, soursop and some other oriental flavors.

The five students in the near future will also launch the jam in the form of a 200-gram cup. The price is 6,500 rupiah/cup.

"All flavors are a blend of real fruit with tofu by-product, so it is certainly proven that it contains high nutrient, fibers and vitamins," he explained.

Dian Purnami added, up to now the sale of a Soy toast has earned a turnover of 1.8 million rupiah since its release in late February. "A Soy toast is now sold at affordable price. It only costs 1,500 rupiah each," she said.

Temporary, Dian continued, a Soy toast is marketed in a number of canteens on UGM campus. Some of them are Honesty Canteen at Faculty of Geography, canteen at Department of Chemical Engineering, Faculty of Economics and Business, Faculty of Agricultural Technology, and some canteens at Yogyakarta State University.

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