

DAFTAR PUSTAKA

- Afifah, D. N., Nabila N., Galuh T. S., Syafira N. P., Nuryanto, dan Mohammad Sulchan. 2020. The effects of tempeh gembus, an Indonesian fermented food, on lipid profiles in women with hyperlipidemia. *Current Nutrition & Food Science*, 16(1):56-64.
- ^aAfifah, D. N., G. Nugrahani, VN Hastuti, dan F. Arifan. 2019. The characteristic of Kerupuk Gembus. IOP Conf. Series: Earth and Environmental Science **292** 012055, 1-9
- ^bAfifah, D. N., Atika R., Shinta S. N., Lola A., Pipih I. H., Dewi M. K., Hartanti S. W., Deny Y. F., dan Rachma P. 2019. Nutrition content, protein quality, and antioxidant activity of various tempeh gembus preparations. *Journal of Food and Nutrition Research*, 7(8):605-612.
- Afifah, D. N., Muhammad S., Dahrul S., Yanti, Maggy T. S. 2015. The use of red oncom powder as potential production media for fibrinogenolytic protease derived from *bacillus licheniformis* RO3. *Procedia Food Science* 3, 453 – 464.
- Agustina, R. K., Fillah F. D., Ninik R., Gemala A. dan Diana N. A. 2018. Antioxidant activity and soluble protein content of tempeh gembus hydrolysate. *Hiroshima J. Med. Sci*, 67:1-7.
- Ajibola, C. F., Joseph B. F., Tayo N. F. dan Rotimi E. A. 2011. Effect of peptide size on antioxidant properties of African yam bean seed (*Sphenostylis stenocarpa*) protein hydrolysate fractions. *International Journal of Molecular Sciences*, 12(10):6685-6702
- Aldy, R., Purnomo R., La O. S. 2017. *Studi Kelayakan Bisnis*. Ponorogo: Unmuh Ponorogo Press.
- Aliyenah, A., A. Napoleon dan Bambang Yudono. 2015. Pemanfaatan Limbah Cair Industri Tahu sebagai Pupuk Cair Organik terhadap Pertumbuhan dan Produksi Tanaman Kangkung Darat (*Ipomoea reptans Poir*). *Jurnal Penelitian Sains*, 17(3):102-110
- Alsuhendra dan Ridawati. 2019. Pengaruh perlakuan awal terhadap karakteristik kimia, mikrobiologi, dan organoleptik tepung oncom merah. *Jurnal nasional terindeks sebatik*, 23(2):505-512.

- Amelianawati, M., Ratna S. L., dan Hadi Y. F. 2019. Kajian Potensi Tempe Gembus sebagai Bahan Penyedap Rasa Alami. *Journal of science, technology and entrepreneurship*, 1(2):162-166.
- Anam, C., Sri H. dan Laela N. R. 2010. Kajian kadar asam fitat dan kadar protein selama pembuatan tempe kara benguk (*Mucuna pruriens*,L) dengan variasi pengecilan ukuran dan lama fermentasi. *Jurnal Teknologi Hasil Pertanian*, 3(1):34-43
- Andayani, S. N., Hanifah N. L., Christofora H. W., dan Masahiro O. 2020. Umami fractions obtained from water-soluble extracts of red oncom and black oncom-indonesian fermented soybean and peanut products. *Journal of food Science*, 00(0):1-9
- Anggraeni, C. P. 2016. Pengaruh penambahan kitosan dan gliserol pada pembuatan bioplastik dari ampas tebu dan ampas tahu. *Jurnal Teknik Kimia*, 22(1):57-64
- Anggraeni, D. N. dan Rahmiati. 2016. Pemanfaatan ampas tahu sebagai pakan ikan lele (*Claris batrachus*) organic. *Biogenesis*, 4(1):53-57
- Arini, A. M. S., Diana N. A., dan Fillah F. D. 2019. The effect of tempeh gembus substitution on protein content, calcium, protein digestibiy and organoleptic quality of meatballs. *Curr. Res. Nutr Food Sci Jour.*, 7(3):828-841.
- Badan Pusat Statistik. "Rata-rata Konsumsi per Kapita Seminggu Beberapa Macam Bahan Makanan penting, 2007-2018".
<https://www.bps.go.id/statictable/2014/09/08/950/rata-rata-konsumsi-per-kapita-seminggu-beberapa-macam-bahan-makanan-penting-2007-2018.html>, diakses pada 28 Oktober 2020 pukul 12.51
- Baehaki, A., Rinto dan Arief B. 2011. Isolasi dan karakteristik protease dari bakteri tanah rawa indralaya, Sumatera Selatan. *J. Teknol dan Industri Pangan*, 22(1):40-45
- Bappenas. 2017. Ringakasan Metadata Indikator Tujuan Pembangunan Berkelanjutan (TPB)/*Sustainable Development Goals (SDGs)* Indonesia. Jakarta: Kementerian Perencanaan Pembangunan Nasional/Bappenas.

- Bedani, R., Campos, M. MS., Inar A. C, Elizeu A. R. dan Susana MI. S. 2013. Incorporation of soybean by-product okara and inulin in a probiotic soy yoghurt: texture profile and sensory acceptance. *J Sci Food Agric*, 94(1):1-7
- Bedani, R., Elizeu A. R., Daniela U. C., Roseli A. P., Regina C. V., Elaine M. A., Dulcinéia S. P. A. dan Susana M. I. S. 2014. Influence of daily consumption of symbiotic soy-based product supplemented with okara soybean by-product on risk factors for cardiovascular diseases. *Food Research International*, 73:142-148
- Behera, S. S. dan Ray, R. C. 2015. Solid-state fermentation for production of microbial cellulases: recent advances and improvement strategies. *International Journal of Biological Macromolecules*, 86:656-669
- Bintoro, P. A., Putri M., Anjas W. K., Anassabri A. D., Ade F., Fajar R., Meilia K., Ummi A. S. dan Debby E. 2017. Pembuatan tahu rumahan khas ledok kulon. *Jurnal Pemberdayaan*, 1(2):245-252
- Cai, D., Chengjun Z. dan Shouwen C. 2017. Microbial production of nattokinase: current progress, challenge and prospect. *World J Microbial Botechnol*, 33(5):1-7
- Chan, Li Yan, Masaki T., Pei J. L., Shinya A., Saneyuki M., Ferdinandus F., Shi Y. C. N., Satoshi A., Hideaki F., Hong C. T., Shigenobu S. dan Chi-Lik K. L. 2019. *Eurotium Cristatum* fermented okara as a potential food ingredient to combat diabetes. *Scientific reports*, 9:17536
- Chen, C., Yuan Z., Jing X., Hongting Z., Jun L., Rong F., Wenyi Z., Lijia Y., Yu Q., Shihui C., Yong Z., Ying W., Jing W., Mantian M. dan Jian W. 2016. Therapeutic Effect of Soluble Dietary Fiber Consumption on Type 2 Diabetes Mellitus. *Experimental and Therapeutic Medicine*, 12(2):1232-1242.
- Chen, H. 2013. *Modern solid state fermentation*. Springer Science+Business Media Dordrecht
- Danamik, R. N. S., Dwi Y. W. P., Nurmasari W., Ninik R., Gemala A. dan Diana N. A. 2018. Nutritional Composition Changes During Tempeh Gembus

- Processing. IOP Conf. Series: Earth and Environmental Science 116(2018):1-10.
- Dewi, P. K., Diana N. A., Ninik R., Mohammad S., dan Gemala A.. 2018. The effect of tempeh gembus variations to serum levels of high sensitivity C-reactive protein (hsCRP) and serum levels of fibrinogen of Sprague dawley rats with aterogenic diet. Rom J. Diabetes Nutr Metab Dis, 25(1):91-97.
- Djatmiko, W. 2016. Berkas:Tempe gembus 160130-0345B rwk.JPG. Wikipedia. Diunduh melalui https://id.wikipedia.org/wiki/Tempe_gembus, 23 Januari 2021 pukul 01.14
- Esteban-Torres, M., José M. M., Blanca de las R. dan Rosario M. 2015. Characterization of a halotolerant lipase from the lactic acid bacteria *Lactobacillus plantarum* useful in food fermentation. LWT – Food Science and Technology, 60(1):246-252
- FAO. 2018. Sustainable food system: concept and framework.
- Fasoyira, S. B. 2014. Physical, chemical and sensory qualities of roselle water extract-coagulated tofu compared with tofu from two natural coagulants. Nigerian Food Journal, 32(1):97-102
- Filho, M. L. de Moraes, Marli B., Sandra H. P. dan Sandra G. 2018. Soymilk with okara flour fermented by *Lactobacillus acidophilus*: Simplex-centroid mixture design applied in the elaboration of probiotic creamy sauce and storage stability. LWT – Food Science and Technology, 339-345
- Francavilla, M., Massimo F., Massimo M. dan Carmela C. 2013. The red seaweed *Gracilaria gracilis* as a multi products source. Mar Drugs, 11(10):3754-3776
- Gambar Okara. (n.d). What Is Okara and How Is It Used?. *100% Pure Japan*. Diunduh melalui <https://misosoup.site/what-is-okara-and-how-is-it-used/#toc1>, 19 Januari 2021 pukul 06.00
- Gambar Pepes Oncom. (n.d). Resep Primarasa: Pepes Oncom. PRIMARASA. Diunduh melalui <https://www.primarasa.co.id/resep/pepes-oncom>, 29 April 2021 pukul 10.33

- Gambar Sate Kere. (n.d). Sate Kere yang Kaya Rasa. *IndonesiaKaya*. Diunduh melalui <https://indonesiakaya.com/pustaka-indonesia/sate-kere-yang-kaya-rasa/>, 29 April 2021 pukul 10.45
- GGGI. 2016. Pertumbuhan ekonomi hijau dan perencanaan investasi: Panduan untuk menggunakan analisis biaya - manfaat yang diperluas (ECBA).
- Ghosh, J. S. 2015. Solid state fermentation and food processing: A short review. *J Nutr Food Sci*, 6(1):1-7
- Grizotto, R. K., Juliana C. de Andrade, Luciana M., dan Eunice A. Y. 2012. Physical, chemical, technological and sensory characteristics of frankfurter type sausage containing okara flour. *Ciência e Technologia de Alimentos*, 32(3):538-546
- Guan, Y., Jinpeng W., Junjun W., Lixia W., Xin R., Guangliang X. dan Mingsheng D. 2017. Enhancing the functional properties of soymilk residues (okara) by solid-state fermentation with *Actinomucor elegans*. *CyTA-Journal of Food*, 15(1):155-163
- Gupta, S., Jaslyn J. L. L. dan Wei N. C. 2018. Analysis of improved nutritional composition of potential functional food (okara) after probiotic solid-state fermentation. *Journal of Agricultural and Food Chemistry*, 66(21):5373-5381
- Hawa, A., Neela S. dan Dibaba T. K. 2017. Nutritional and anti-nutritional evaluation of cookies prepared from okara, red teff and wheat flours. *International Food Research Journal*, 25(5):2042-2050
- Herman, L. L., Sandeep A. P., Pavan A., dan Khalid B. 2020. *Angiotensin converting enzyme inhibitors (ACEI)*. Treasure Island (FL): StatPearls [Internet]
- He, Wen-Sen, Ji Y., Han-Shan X., Qiu-Ying Q., Cheng-Sheng J., Hai-Le M. dan Biao F. 2014. Efficient synthesis and characterization of ergosterol laurate in a solvent-free system. *J. Agric. Food Chem.*, 62(48):11748-11755
- Hur, S. J., Seung Y. L., Young-Chan K., Inwook C. dan Geun-Bae K. 2014. Effect of fermentation on the antioxidant activity in plant-based foods. *Food Chemistry*, 160, 346-356

- Hu, Y., Chunhong P., Yue C., Yanan Z., Dan W., Hansong Y. dan Baojun X. 2019. Soybean Residue (okara) Fermentatin with The Yeast *Kluyveromyces marxianus*. Food Bioscience 31, 1-7
- Jankowiak, L. 2014. Separation of isoflavones from okara: Process mechanism and synthesis. Ph.D. Thesis, Belanda: Wageningen University
- Jiang, Y., Yimeng Z., Danfeng W. dan Yun D. 2018. Influence of the addition of potato, okara, and konjac flours on antioxidant activity, digestibility, and quality of dumpling wrappers. Journal of Food Quality, 2018:1-11
- Jung, H. A., Md Y. A. dan Jae S. C. 2017. Promising inhibitory effects of anthraquinones, naphthopyrone, and naphthalene glycosides, from *Cassia obtusifolia* on α -Glucosidase and human protein tyrosine phosphates 1B. Molecules
- Kamble, D. B., Rakhi S., Savita R. dan Davendra P. 2019. Physicochemical properties, in vitro digestibility and structural attributes of okara-enriched functional pasta. Journal of Food Processing and Preservation, 1-9
- Kamble, D. B. dan Rani, S. 2020. Bioactive components, in vitro digestibility, microstructure and application of soybean residue (okara): a review. Legume science, 1-9
- Kang, M. J., In Y. B. dan Hyeon G. L. 2018. Rice noodle enriched with okara: Cooking property, texture, and *in vitro* starch digestibility. Food Bioscience, 1-36
- Kenyamu, M., Mappiratu dan Nurakhirawati. 2014. Kajian waktu simpan karoten kapang ocom merah (*Neurospora sp*) yang diproduksi pada media tongkol jagung. Online Journal of Natural Science, 3(2):62-69
- Khairnar, A. K., Dheeraj T. B.. dan Dinesh K. J. 2012. Angiotensin II receptor blockers: an overview. Internatinal Journal of Pharmacy and Pharmaceutical Sciences, 4(3):50-56
- Khan, A. W., Umme S. Z., Mohammed S. R., Masahiro O. dan Takashi A. 2012. Production of iturin A through glass column reactor (GCR) from soybean curd residue (okara) by *Bacillus subtilis* RB14-CS under solid state fermentation (SSF). Advances in Biotechnology, 143-148

- Kim, Hyun-Suk, Ok-Kyeong Y., Moon-Sun B. dan Youn-Soo C. 2016. Okara, a soybean by-product, prevents high fat diet-induced obesity and improves serum lipid profiles in C57BL/6J mice. *Food Sci Biotechnology*, 25(2):607-613
- Kusumaningsih, E., Sukardi dan Susinggih W. 2012. Studi pengolahan tempe gembus menjadi keripik dengan kajian proporsi tepung pelapis. *Jurnal Teknologi Pertanian*, 3(2):78-84.
- Lame, G. 2019. Systematic Literature Reviews: An Introduction. *International Conference on Engineering Design* 19, 1633-1642.
- ^aLee Sang-II, Lee Ye-Kyung, Kim Soon-Dong, Lee In-Ae, Choi Jongkeun dan Suh Joo-Won. 2013. Dietary Effects of Fermented Soybean Curd Residue (Biji) on Body Weight, Serum Lipid Profiles, and Antioxidation-Related Enzymes Activity of Mice Fed a High Fat Diet. *J Korean Soc Food Sci Nutr*, 42(7):1043-1053
- ^bLee, Sang-II, Lee Ye-Kyung, Kim Soon-Dong, Lee Ji-Ean, Choi Jongkeun, Bak Jong-Phil, Lim Jong-Hwan, Suh Joo-Won dan Lee In-Ae. 2013. Effect of fermented soybean curd residue (FSCR; SCR-meju) by *Aspergillus oryzae* on the anti-obesity and lipids improvement. *Journal of Nutrition and Health*, 46(6):493-502
- Li, Bo, Meiying Q. dan Fei L. 2012. Composition, Nutrition, and Utilization of Okara (Soybean Residue). *Food reviews international* 28, 231-252.
- ^aLi, S., Dan Z., Kejuan L., Yingnan Y., Zhongfang L. dan Zhenya Z. 2013. Soybean Curd Residue: Composition, Utilization, and Related Limiting Factors. *ISRN Industrian Engineering*, 1-9
- Li, S., Dong T., Rui W., Shuang Z., Wanju M., Siqi Q., Zhenya Z. dan Ye C. 2019. Polysaccharides production from soybean curd residue via *Morchella esculenta*. *Journal of Food Biochemistry*, 1-12
- ^bLi, S., Linbo W., Chungfeng S., Xuansheng H., Hongyi S., Yingnan Y., Zhongfang L. dan Zhenya Z. 2013. Utilization of soybean curd residue for polysaccharides by *Wolfiporia extensa (Peck) Ginns* and the antioxidant activities in vitro. *Journal of the Taiwan Institute of Chemical Engineers*, 45(2016):6-11

- Li, S., Ye C., Kejuan L., Zhongfang L. dan Zhenya Z. 2016. Characterization of physicochemical properties of fermented soybean curd residue by *Morchella esculenta*. International Biodeterioration & Biodegradation, 109:113-118
- Li, Te-Li dan Ma, Yan-Li. 2014. *Diversity of plant-based food products involving alkaline fermentation*. In P. K. Sarkar & M. R Nout (Eds.), Handbook of indigenous foods involving alkaline fermentation (hal: 78-87). New York: CRC Press
- Li, Y., Shili M., Linbo W. dan Zhenya Z. 2015. Optimum fermentation condition of soybean curd residue and rice bran by *Preussia aemulans* using solid-state fermentation method. International Journal of Biology, 7(3):66-74
- Lin, D., Jingjing W., Xiaomei L., Zhijun W. dan Wen Q. 2020. The anti-lipidemic role of soluble dietary fiber extract from okara after fermentation and dynamic high-pressure microfluidization treatment to Kunming mice. J Food Sci Technol, 57(11):4247-4256
- Maleta, H. S., Renny I., Leenawaty L., Tatas H. dan Panintingjati B. 2018. Ragam metode ekstrakti karotenoid dari sumber tumbuhan dalam dekade terakhir (Telaah Literatur). Jurnal Rekayasa Kimia dan Lingkungan, 13(1):40-50
- Manolagas, S. C. dan Parfitt, A. M. 2010. What old means to bone. Trends Endocrinol Metab., Vol. 21(6):369-374
- Manullang, V. A., Ayu R., Syafira N. P., dan Diana N. A. 2020. Glycemic index, starch, and protein digestibility in tempeh gembus cookies. Hindawi Journal of food quality, 1-6.
- Martins, S., Solange I. M., Guillermo Martínes-Avila, Julio Montañez-Saenz, Cristóbal N. A. dan Jose A. T. 2011. Bioactive phenolic compounds: Production and extraction by solid-state fermentation. A review. Biotechnology Advances, 29:365-373
- ^aMateos-Aparicio, I., Araceli Redondo-Cuenca, María-José Villanueva-Suárez, María-Aurora Zapata-Revilla, dan María-Dolores Tenorio-Sanz. 2010. Pea Pod, Broad Bean Pod and Okara, Potential Sources of Functional Compounds. LWT-Food Science and Technology, 43(9):1467-1470

- ^bMateos-Aparicio, I., Mateos-Peinado C., Jiménez-Escríg A., Rupérez P. 2010. Multifunctional antioxidant activity of polysaccharide fractions from the soybean byproduct okara. *Carbohydr Polym* 82: 245–250
- Mbaeyi-Nwaoha, I. E. dan Uchendu, N. O. 2015. Production and evaluation of breakfast cereals from blends of acha and fermented soybean paste (okara). *J Food Sci Technol*, 53(1):50-70
- Midori. 2007. Berkas:Oncom merah.JPG. *Wikipedia*. Diunduh melalui <https://id.wikipedia.org/wiki/Oncom>, 23 Januari 2021 pukul 01.11
- Mok, W. K., Yong X. T., Jaslyn L., Jaejung K. dan Wei N. C. 2019. A metabolomics approach to understand the solid-state fermentation of okara using *Bacillus subtilis* WX-17 for enhanced nutritional profile. *AMB Expr*, 1-12
- Mulyani, S. dan Wisma, R. W. 2016. Analisis proksimat dan sifat organoleptik “oncom merah alternatif” dan “oncom hitam alternatif”. *Jurnal kimia dan pendidikan kimia*, 1(1):41-51.
- Mustarichie, R., Moelyono M., Jutti L., Supriyatna, Ahmad Muhtadi, Anas S., dan Linar Z. U. 2012. The research evidence of antioksidant and anti-cancer activit of genestein content in the Indonesian traditional food (oncom) ethanol extract. *Int. Res J Pharm. App Sci.*, 2(5): 65-73
- Nguyen, T. A. H., H. H. Ngo, W. S Guo, T. V. Nguyen, J. Zhang, S. Liang, S. S. Chen dan N. C. Nguyen. 2014. A comparative study on different metal loaded soybean milk by-product ‘okara’ for biosorption of phosphorus from aqueous solution. *Bioresource Technology*, 169:291-298
- Nisrina, Hanifah dan Pertiwi Andriani. 2018. Pemanfaatan Limbah Tahu Skala Rumah Tangga menjadi Biogas sebagai Upaya Teknologi Bersih Di Laboratorium Pusat Teknologi Lingkungan – BPPT. *Jurnal Presipitasi: Media komunikasi dan Pengembangan Teknik Lingkungan*, 15(2):139-147.
- Noviana, A., Dieny F. F., N. Rustanti, G. Anjani dan D. N. Afifah. 2018. Antimicrobial Activity of Tempeh Gembus Hydrolyzate. *IOP Conf. Series: Earth Environ. Sci.* **116** 012044.

- Nurakhirawati, Harianthy dan Syaiful B. 2016. Kajian retensi karoten kapang oncom merah dari tongkol jagung selama pengolahan dan penyimpanan mie instan fungsional. KOVALEN, 2(2):17-25
- Nurfahriani, D., Nurhaeni, dan Khairuddin. 2018. Analisis kandungan protein terlarut dan karotenoid nasi jagung (*Zea mays var. indentata*) yang difermenasi dengan kapang oncom merah (*Neurospora sp.*). Jurnal Riset Kimia KOVALEN, 4(2):166-173
- Nurhikmat, A., Bandul S., Nursigit B., dan Suharwadji. 2016. Pengaruh suhu dan waktu sterilisasi terhadap nilai F dan kondisi fisik kaleng kemasan pada pengalegan gudeg. AGRITECH, 36(1):71-78
- Papanikolaou, S. dan Aggelis, G. 2011. Lipids of oleaginous yeasts. Part I: Biochemistry of single cell oil production. European Journal of Lipid Science and Technology, 113(8):1031-1051
- Phuenpipob, C., Duangmanee T. dan Tanagorn S. 2016. Utilization from okara to replace wheat flour ice-cream cone. Applied Mechanics and Materials, 848, 107-110
- Purnamasari, N., M. A. M. Andriani dan Kawiji. 2013. Pengaruh Jenis Pelarut dan Variasi Suhu Pengeringan *Spray Dryer* terhadap Kadar Karotenoid Kapang Oncom Merah (*Neurospora sp.*). Jurnal Teknosains Pangan, 2(1):107-114.
- Putri, J. C., Elly L. dan Tati S. 2019. Pengenalan tentang masakan sunda dikalangan remaja kecamatan Kiaracondong. Media Pendidikan, Gizi dan Kuliner, 8(1):40-47
- Queiroz Santos, V. A., Camila G. N., Carla a. P. S., Daniel M., Robert F. H. D. dan Mário Antônio A. da Cunha. 2018. Solid-state fermentation of soybean okara: isoflavones biotransformation, antioxidant activity and enhancement of nutritional quality. LWT-Food Science and Technology
- Rachmawati, D. O., Siti M. dan I Dewa K. S. 2017. IbM Perajin Tahu dan Tempe. Universitas Pendidikan Ganesha.
- Radiati, A. dan Sumarto. 2016. Analisis sifat, sifat organoleptik, dan kandungan gizi pada produk tempe dari kacang non-kedelai. Jurnal Aplikasi Teknologi Pangan, 5(1):16-22

- Rashad, M. M., Abeer E. M., Hala M. A. dan Mohamed U. N. 2011. Improvement of nutritional quality and antioxidant activities of yeast fermented soybean curd residue. *African Journal of Biotechnology*, 10(28):5504-5513
- Razak, M. dan Muntikah. 2017. *Ilmu Teknologi Pangan*. Pusat Pendidikan Sumber daya Manusia Kesehatan.
- Reddy, L. V., Young-Min K., Jong-Sun Y., Hwa-Won R. dan Young-Jung W. 2016. L-Lactic acid production by combined utilization of agricultural bioresources as renewable and economical substrates through batch and repeated-batch fermentation of *Enterococcus faecalis* RKY1. *Bioresource Technology*, 187-194
- Rui, X., Delan W., Wei L., Xiaohong C., Mei J. dan Mingsheng D. 2015. Enrichment of ACE inhibitory peptides in navy bean (*Phaseolus vulgaris*) using lactic acid bacteria. *Food Funct*, 6(2):622-629
- Saifudin, A., Ken T., Shigetoshi K. dan Yasuhiro T. 2012. Protein tyrosine phosphatase 1B (PTP1B)-inhibiting constituents from the leaves of *Syzygium polyanthum*. *Planta Med*, 78(12):1378-1381
- Saeroji, A. dan Wijaya, D. A. 2017. Pemetaan wisata kuliner khas kota Surakarta. *Jurnal Pariwisata Terapan*, 1(1):13-27
- Sanjukta, S., Amit K. R., Ali M., Kumaraswamy J. dan Narayan C. T. 2015. Enhancement of antioxidant properties of two soybean varieties of Sikkim Himalayan region by proteolytic *Bacillus subtilis* fermentation. *Journal of Functional Food*, 14:650-658
- Sari, M. L. dan Ginting, F. G. N. 2012. Pengaruh penambahan enzim fitase pada ransum terhadap berat ralatif organ pencernaan ayam broiler. *Jurnal Agripet*, 12(2):37-41
- Sari, I. P., Endang L., Rumiyati R. dan Irfan M. S. 2013. Glycaemic index of uwi, gadung, and talas which were given on rat. *Traditional Medicine Journal*, 18(3):127-131
- Sarmadi, BH dan Ismail, A. 2010. Antioxidative peptides from food proteins: a review. *Peptides*, 31(10):1949-1956.
- Sato, T., Naoko I. dan Takatoshi Y. 2020. MK-7 and its effects on bone quality and strength. *Nutrients* 12

- Sharma, R., Prakti G., Pradeep K., Shashi K. B. dan Saurabh K. 2020. Microbial fermentation and its role in quality improvement of fermented foods. *Fermentation*, 6(106): 1-20
- Shi, H., Min Z., Weiqin W. dan Sakamon D. 2020. Solid-state fermentation with probiotics and mixed yeast on properties of okara. *Food Bioscience*
- ^aShi, M., Yingnan Y., Di G., Ying Z. dan Zhenya Z. 2012. Bioactivity of the crude polysaccharides from fermented soybean curd residue by *Flammulina velutipes*. *Carbohydrate Polymers*, 89:1268-1276
- ^bShi, M., Yingnan Y., Di G., Yuepeng W. dan Zhenya Z. 2012. Evaluation of Solid-state Fermentation by *Ganoderma lucidum* Using Soybean Curd Residue. *Food Bioprocess Technol*, 6:1856-1867
- ^cShi, M., Yingnan Y., Qinghong W., Ying Z., Yuepeng W. dan Zhenya Z. 2012. Production of total polyphenol from fermented soybean curd residue by *Lentinus edodes*. *International Journal of Food Science and Technology*, 1-2
- Shurtleff, W. dan Aoyagi, A. 2011. *History of Tempeh and Tempeh Products (1815-2011): Extensively Annotated Bibliography and Sourcebook*. California: Soyinfo Center
- Sidali, K. L., Achim S. dan Marie von Meyer-Höfer. 2016. Consumer expectations regarding sustainable food: insights from developed and emerging markets. *International Food and Agribusiness Management Review*, 19(3):141-170
- Sidiq, M., Mappiratu dan Nurhaeni. 2016. Kajian kandungan fenolat dan aktivitas antioksidan ekstrak etanol tempe gembus dari berbagai waktu inkubasi. *Jurnal Riset Kimia KOVALEN*, 2(3): 1-9
- Singh, H. B., Brahma N. S., Satyendra P. S. dan Chandra S. N. 2010. Solid-state cultivation of *Trichoderma harzianum* NBRI-1055 for modulating natural antioxidants in soybean seed matrix. *Bioresource Technology*, 101:6444-6453
- Siregar, G., Salman dan Lena W. 2014. Strategi pengembangan usaha tahu rumah tangga. *Agrium*, 19(1):12-20

- Sitanggang, A. B., Wenny S. L. S., Felicia W., Franz F. dan Warawut K.. 2020. Enhanced antioxidant activity of okara through solid state fermentation of GRAS fungi. *Food Science and Technology*, 40(1):178-186
- Sitohy, M. Z., Mona M. R., Samy F. S., Abeer E. M., Mohamed U. N. dan Amr S. Al Kashef. 2010. Bioconversion of soy processing waste for production of surfactants. *African Journal of Microbiology Research*, 4(24):2811-2821
- Soccol, C. R., Eduardo S. F. da Costa, Luiz A. J. L., Susan G. K., Adenise L. W., dan Luciana P. de Souza V. 2017. Recent developments and novation in solid state fermentation. *Biotechnology Research and Innovation* (2017), 1-20
- Subekti, Sri. 2011. Pengolahan limbah cair tahu menjadi biogas sebagai bahan baku alternatif. *Prosiding SNST Fakultas Teknik*, 1(1)
- Su, Y., Chuan L., Huan F. dan Dawei Z. 2020. *Bacillus subtilis*: a universal cell factory for industry, agriculture, biomaterials and medicine. *Microbial Cell Factories*, 1-12
- Sun, C., Xuefeng W., Xiaoju C., Xingjiang L., Zhi Z. dan Suwei J. 2020. Production and Characterization of Okara Dietary Fiber Produced by Fermentation with *Monascus anka*. *Food Chemistry* 316, 1-6
- Sun, H., Daosheng X., Xiaoqing G., Lizeng Z., Zhenyu L., Bin W. dan Xuemei Q. 2010. Study on the relevance between beany flavor and main bioactive components in radix astragali. *J. Agric. Food Chem.*, 58(9):5568-5573
- Suryadi, A. 2016. Isolasi dan Karakterisasi Bakteri Lipolitik dari Oncom. Institut Pertanian Bogor.
- Syamsir, E. 2011. Karakteristik mutu daging. Institut Pertanian Bogor.
- Vong, W. C., Kai L. C. A. Y. dan Shao-Quan L. 2016. Okara (soybean residue) bitransformantion by yeast *Yarrowia lipolytica*. *International Journal of Food Microbiology*, 1-9
- Vong, W. C. dan Shao-Quan L. 2016. Biovalorisation of okara (soybean residue) for food and nutrition. *Trends in Food Science and Technolgy* 52(2016):139-147.
- Vong, W. C. dan Shao-Quan L. 2018. The effects of carbohydrase, probiotic *Lactobacillus paracasei* and yeast *Lindnera saturnus* on the composition

- of a novel okara (soybean residue) functional beverage. LWT – Food Science and Technology, 196-204
- ^aVong, W. C., XinYi H. dan Shao-Quan L. 2017. Solid-state Fermentation with *Rhizopus oligosporus* and *Yarrowia lipolytica* Improved Nutritional and Flavour Properties of Okara. Food Science and Technology 90, 316-322
- ^bVong, W. C., Xin Y. L. dan Shao-Quan L. 2017. Biotransformation with cellulose, hemicellulose and *Yarrowia lipolytica* boosts health benefits of okara. Appl Microbiol Biotechnol, 101(19):7129-7140
- Vossen, L. M., Leon J. S., Bernard J. van Varik, Bas L. J. H. K., Cees V., Johannes G. M., Braim M. R., Yvonne J. M. van Cauteren, Ge A. H., Roger J. M. W. R., Koen D. R., Peter W. de Leeuw dan Abraham A. K. 2015. Menaquinone-7 supplementation to reduce vascular calcification in patients with coronary artery disease: rationale and study protocol (VitaK-CAC Trial). Nutrients 7, 1-9
- Wang, X., Yuanyuan Z., Yunbo L., Hansong Y. dan Yuhuan W. 2020. Insoluble dietary fibre from okara (soybean residue) modified by yeast *Kluyveromyces marxianus*. LWT-Food Science and Technology 134, 1-8
- Wang, H., Xiaojuan S., Li W., Hefang W., Genhai Z., Hui L., Peng W. dan Zhiming Z. 2018. Coproduction of menaquinonen-7 and nattokinase by *Bacillus subtilis* using soybean curd residue as a renewable substrate combined with a dissolved oxygen control strategy. Annals of Microbiology, 655-665
- Webb, C. dan Manan, M. A. 2017. Design aspects of solid state fermentation as applied to microbial bioprocessing. J Appl Biotechnol Bioeng, 4(1):511-532
- Werdhasari, A. 2014. Peran antioksidan bagi kesehatan. Jurnal Biotek Medisiana Indonesia, 3(2):59-68
- Widaningrum, I. 2015. Teknologi pembuatan tahu yang ramah lingkungan (bebas limbah). Jurnal Dedikasi, 12:14-21
- Xu, X., Liu, H., & Zhou, Y. 2012. Study on the meitauza production from okara by *Actinomucor elegans* and *Zymomonas mobilis*. Information Technology and Agricultural Engineering, 329–336

- Yahya, E., Thomas I. P. S., dan Erni S. 2013. Pengaruh penambahan tepung menjes terhadap sifat fisik dan organoleptik nugget ayam. Fakultas Teknologi Pertanian, Universitas Katolik Widya Mandala Surabaya.
- Yang, Li-Chan, Tzu-Jung F. dan Fan-Chiang Y. 2019. Biovalorization of soybean residue (okara) via fermentation with *Ganoderma lucidum* and *Lentinus edodes* to attain products with high anti-osteoporotic effects. Journal of Bioscience and Bioengineering, 1-5
- Yazid, N. A., Raquel B., Dimitrios K. dan Antoni S. 2017. Solid-state fermentation as a novel paradigm for organic waste valorization: a review. Sustainability, 1-28
- Yu, J., Yuxiang F., Zeyuan D., Yawei F. dan Hongyang L. 2020. Effects of soluble dietary fiber from soybean residue fermented by *Neurospora crassa* on the intestinal flora in rats. Food & Function.
- Yulifianti, R., Siti M. dan Joko S. U. 2018. Kedelai sebagai bahan pangan kaya isoflavon. Buletin Palawija, 16(2):84-93
- Zamakhshyari, I., Alsuhendra, dan Ridawati. 2018. Pengaruh teknik pemanasan basah dalam pembuatan oncom instan terhadap kualitas tumis oncom. Jurnal Sains Boga, 1(1): 18-22.
- Zhou, R., Zhiqing R., Jun Yr, Yawei F., Xiaoru L., Jianyuang Y., Ze Y. D. dan Jing L. 2019. Fermented soybean dregs by *Neurospora crassa*: a traditional prebiotic food. Applied Biochemistry and Biotechnology, 189(2):608-625
- Zhu, J., Wee K. T., Xia S., Zhengyang G., Yuting W., Choom N. O., Chiang S. L., Sanjay S. dan Jun L. 2020. Converting okara to superabsorbent hydrogel as soil supplement for enhancing growth of choy sum (*Brassica sp.*) under water-limited conditions. ACS Sustainable Chemistry & Engineering, 1-23
- Zinjarde, S. S. 2014. Food-related applications of *Yarrowia lipolytica*. Food Chemistry, 152:1-10
- Zu, X., Zhenya Z., Yingnam Y., Haitao C., Guihua Z. dan Ji L. 2010. Thrombolytic activities of nattokinase extracted from *Bacillus Subtilis* fermented soybean curd residue. Internationa Journal of Biology, 2(2):120-124