

ABSTRACT

This study discusses the substitution of soy milk as a substitute for fat solids in mousse cake making. This research is based on the fact that in Indonesia, in general, commercial mousse cake products often use whipping cream which can have an adverse effect on health, besides the lack of public knowledge about the use of processed soy milk optimally, soy production results, especially soy milk, are abundant in Indonesia is the reason the author discusses this research. The purpose of this research is because the author realizes that the large number of mousse cakes produced by whipping cream has a high enough fat content so that there is a limit to mousse cake lovers, especially those who suffer from obesity and people who are implementing a diet or healthy life program. The author hopes that this research can help the community by creating a mousse cake made from soy milk as a fat solid that is safe for consumption by all people, especially those suffering from obesity and people who are on a diet. The cost for making mousse cake made from soy milk as a substitute for fat solids is affordable because it does not use relatively premium ingredients in the production process which, according to the author, will encourage people's purchasing power because the capital spent is not too expensive. The method used in this research is experimental and conducts consumer acceptance tests by means of organoleptic tests to 50 consumers by distributing questionnaires. The author hopes that this research can be developed and updated in order to create delicious yet healthy desserts for consumption.

Key words: soy milk, fat solids ingredients, whipping cream, mousse cake.