

CHAPTER I

INTRODUCTION

1.1 Background of the Study

There are many Korean instant foods, such as samyang noodles, toppoki, odeng, ramyun, and others. One of them is odeng which has become very famous because it often appears in several scenes in Korean dramas. Odeng is a food originating from South Korea. During the rainy season or autumn, odeng often appears. The typical South Korean dish of Odeng is usually eaten with sauce (Sacriivi et al., 2024).

Odeng is a food or product made from ground fish and added spices. Odeng can be formed into various shapes, such as rounds, sticks/ovals, and sheets. To serve odeng, skewers are used which are then doused or inserted into the sauce. The method for forming sheet-shaped odeng is the same as intestine satay. The process of processing odeng in sheet form is by spreading the thin odeng mixture onto a non-stick frying pan which will be cooked until the odeng is cooked. However, the processing of odeng can be modified, namely by smearing and spreading the mixture thinly onto the surface of the tofu skin. The next process, odeng with tofu skin will be steamed until cooked. When the odeng is cooked, it will be shaped like an intestine satay that is skewered using a satay skewer and the odeng is ready to be eaten with hot sauce (Abdiani et al., 2022). In general, odeng is made from fish meat, but for vegan odeng uses banana stems as a substitute for fish meat so that vegans can consume odeng.

Vegans are a group of pure vegetarians who only consume vegetables, fruit, nuts and seeds. People who become vegan do not consume any animal food or any derivative products (Wicaksono & Kurniawati, 2023). The vegetarian lifestyle has begun to increase in the world recently, this can be proven by the rapid increase in the number of people choosing to become vegan in America, Europe and many regions of Asia (Miguel et al., 2021). Vegan and vegetarian lifestyles are currently increasingly popular in the world, including Indonesia. Based on market research firm Euromonitor International, Indonesia

is in second place with 66.9 million. Talking about healthy living, a vegan lifestyle can be called a form of a healthy lifestyle because not consuming enough meat can cause prevalence (Jordy & Laksmidewi, 2022). For this reason, food diversification by replacing meat as a source of animal protein with protein from vegetable sources is very necessary (Satiah et al., 2020).

One of the vegetable proteins comes from banana plants. Various types of banana plant varieties can be found in almost all regions in Indonesia (Nurcahyani, 2016). So far, the use of banana trees has only been for banana fruit or leaves, where the banana fruit will be used by processing it into various foods, such as fried bananas, chips, or mixing other processed food ingredients. Meanwhile, banana leaves are used as a substitute for food wrapping (Ningsih & Hiden, 2021). In fact, banana trees have other parts that can be used by the community, so not only bananas are used. Other parts of the banana tree that can be used include the banana heart and banana stem. Abroad, banana stems or what can be called 'gedebog' or 'bonggol' are actually famous. Ignoring banana stems which often happens, truly is unfortunate (Saraswati et al., 2020).

Banana stems are usually used as cattle feed or even left to rot so they cannot be processed again. As a processed ingredient, banana plants have not been utilized optimally, where banana stems are not used or simply thrown away (Ningsih & Hiden, 2021). Banana stem waste will accumulate if it is not processed into something useful and will certainly cause an unpleasant odor, thus causing air pollution (Sumbawati et al., 2023). However, banana stems contain little protein. Therefore, the addition of other high protein ingredients is necessary, such as mung bean flour.

Mung beans have benefits as increased nutritional value, due to protein can be a source of backup energy, protein is also important for metabolism body and growth. The contents of mung bean flour include the nutritional content of carbohydrates, protein, fat, fiber and water content (Nurcahyani, 2016). Due to the increasing number of vegans in the world and the lack of use of banana stems, Vegan Odeng emerged which uses banana stems as the main

ingredient instead of fish to make a Culinary Innovation and Development product.

1.2 Objectives of the Study

1. Reduce and utilize banana stem waste, which so far has not been used optimally in society.
2. Following the development of the number of vegans in the world, including Indonesia, this study provides a solution for vegan groups to be able to consume odeng.