

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Pegamia is a culinary innovation product in the form of pesto made from one of the ingredients of herbal drinks, namely pegagan leaves and macadamia nuts. In addition to making new variations of pesto products, the manufacture of this product is also one way to introduce pegagan leaves as an herbal plant that has many benefits for health. These pegagan leaves can provide good properties for the body, for example nerve weakness, fever, bronchitis, diabetes, psikoneurosis, hemorrhoids, and high blood pressure, appetite enhancer, and to maintain vitality. In addition, macadamia nuts also have many benefits for example In addition, macadamia nuts are a valuable source of nutrients, in particular monounsaturated fatty acids. Macadamia nuts have been shown to improve various risk factors for cardiovascular disease, including hypercholesterolemia, body weight, oxidative stress, and inflammation. The choice of making pesto is also because pesto is very popular with the public. Pesto can also be used for various things such as pasta sauce, bread spread, sauce for salads, and even for steak sauce.

The results of creating Pegamia are as expected. Pegamia has a color that is similar to the typical color of pesto, which is bright green. The texture of Pegamia is also similar to pesto, and the taste is appropriate, although there is a slight bitter taste that is characteristic of the pegagan leaves itself. It is hoped that this product is not only an innovation in making pesto variations but also with the use of healthy ingredients can have a good impact on the body.

5.2 Suggestion

In the future, it is recommended to look for other Indonesian herbs that can be used as a variation of pesto sauce. In addition, it can also be developed regarding peanut substitutes for pesto sauce so that it can be more useful for

people who have allergies. In the future, if you use pegagan leaves as the main ingredient of a product, you can think of a way to reduce the bitter taste in pegagan leaves. In addition, it is also hoped that the manufacture of products will have more benefits and be healthy for the body.