

## CHAPTER V

### CONCLUSION AND SUGGESTION

#### 5.1 Conclusion

Spanish mackerel *sottolio*' is a culinary innovation that combines the benefits of *cosmos caudatus* leaves and canola oil into one as a preservation medium for Spanish mackerel. *Cosmos caudatus* leaves are known to have many health benefits, such as vitamin A, vitamin C, and flavonoids, which are beneficial for their antimicrobial, anti-inflammatory, antioxidant, and antitumor cytotoxic properties. Canola oil is also known as a vegetable oil high in unsaturated fats and contains vitamin E, which is good for skin health. By making *cosmos caudatus* oil, Spanish mackerel *sottolio*' product has a high antioxidant content, serving as a preservative for the Spanish mackerel.

The advantage of Spanish mackerel *sottolio*' is its unique flavor. *Cosmos caudatus* leaves impart a bitter taste to the Spanish mackerel, which has a slightly sweet and savory flavor. Spanish mackerel *sottolio*' can be easily consumed, served according to personal preference, and enjoyed at any time, offering numerous health benefits for the body.

#### 5.2 Suggestion

For future research and development, it is recommended to explore herbal flavor combinations to eliminate the fishy smell of the Spanish mackerel, such as marinating it with lemon for a longer time and boiling the fish with certain herbs that can remove the fishy smell. In the future, when using *cosmos caudatus* leaves as the main ingredient, the aroma and taste of the *cosmos caudatus* leaves could be slightly reduced to make it more acceptable to consumers.