

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Furikake is a traditional Japanese seasoning made from a blend of dried fish, sesame seeds, seaweed, sugar, and salt. It is commonly sprinkled over rice, adding both flavor and a boost of nutrients like protein, vitamins, and minerals (Maeda et al., 2018). In recent years, furikake has gained popularity not just for its taste, but also for its versatility and nutritional value. More importantly, new research is now exploring how furikake can be adapted using local, sustainable ingredients. One such innovation is the use of cassava leaves an abundant, nutrient-rich crop in countries like Indonesia as a replacement for seaweed (Sari et al., 2020).

Cassava leaves, often overlooked despite their nutritional value, are packed with protein, fiber, vitamins A and C, and essential minerals (Nuwamanya et al., 2018). In tropical countries where cassava is widely grown, the leaves are one of the most underutilized parts of the plant. Recent studies have started to highlight their potential in fighting food insecurity by offering a sustainable source of nutrients. Their use in dishes like soups and stews is growing, and now there is growing interest in using them in modern food products like furikake (Sari et al., 2020). This opens up new opportunities to diversify diets while supporting local farming and reducing dependence on imported ingredients.

Anchovies, another key ingredient, bring more than just a savory punch to the mix. These small fish, widely used in Indonesian cuisine, are rich in omega-3 fatty acids, calcium, and vitamins, making them an excellent addition to a healthy diet (Kumar et al., 2019). Anchovies are traditionally processed through drying or fermentation, methods that help preserve them and support local fishing communities. Today, they are being reimaged in modern formats like seasoning blends and snacks, reflecting a shift toward convenient, nutritious, and flavorful food options (Hidayati et al., 2021).

Adding to this innovative twist is the introduction of balado, a bold and spicy Indonesian flavor made from chili peppers, garlic, shallots, and candlenut. Balado is a staple in many Indonesian dishes, known for its rich, aromatic taste that pairs well with a wide range of ingredients. It brings both flavor and health benefits, due to its natural spices (Sari et al., 2019). Research shows that integrating balado into modern food products can satisfy growing demand for spicy flavors both locally and abroad (Hidayati et al., 2020).

Combining cassava leaves, anchovies, and balado flavor in furikake has caught the attention of both researchers and the food industry. With consumers becoming more health-conscious and interested in sustainable eating, this new take on furikake offers an exciting, nutritious alternative to the traditional version (Nuwamanya et al., 2018). The spicy, umami-rich profile of balado and anchovies complements the earthy, nutrient-dense cassava leaves, resulting in a product that is both flavorful and functional (Hidayati et al., 2020).

This innovative blend does not just enhance taste and nutrition, it also supports local economies and agricultural practices. Using locally sourced ingredients like cassava leaves can reduce reliance on imports, promote food security, and encourage more sustainable farming practices (Sari et al., 2020). As a result, this version of furikake is more than just a seasoning it is a step toward healthier, more sustainable food systems that honor both tradition and innovation.

1.2 Objectives of the Study

The Objectives of this study are following below:

1. Assess the nutritional content of cassava leaves furikake, focusing on its proteins, vitamins, and minerals compared to traditional furikake. Additionally, this product does not contain MSG.
2. Creating furikake with local wisdom by processing cassava leaves which are very abundant in Indonesia and combined with anchovies

and balado flavors that are very suitable for the Indonesian tongue.
So that this product indirectly gives a unique impression of
Indonesian furikake.