

CHAPTER 1

INTRODUCTION

1.1 Background

Jam is a popular condiment made from crushed or chopped ingredients cooked with sugar and sometimes pectin and acid, until the water evaporates and it thickens to a spreadable consistency (*Sertich , 2014*). Jam has a very long history. The earliest cookbook, called of Culinary Matters, which dated back to 1st century Rome, contained recipes of making jam. It was used as a diet in Middle East where there is ample amounts of sugar. In Britain, it was brought by Crusaders. It reached West Indies by Spanish where the fruit was found in abundance and this method was used to preserve fruits. The US immigrants have their own recipes of making jam but the book was prepared on 17th century. In New England, honey, molasses, and maple sugar was used to provide sweet taste (*Anonymous, 2017*).

There are so many varieties of jams like berries jam, citrus jam, and many more. Majority of people consider the word “jam” is always made from fruits and often related to sweet dishes and desserts, they rarely find jam in a savory dishes. Onion is a vegetable that is cultivated around the world, they are easily found anywhere and often used as the base for many recipe as an aromatic ingredient. They contain certain chemical substances which irritate the eyes when you cut through them. Onion does not only provide flavor, but they also provide important nutrients and health-promoting phytochemicals. They are high in vitamin C, a good source of dietary fiber which is good for maintaining a healthy and regular digestive system. They also contain calcium, iron, and have a high protein quality. They are low in sodium and contain no fat as well. Other studies have shown that consumption of onions may be beneficial for reduced risk of certain diseases like diabetes, bone density for menopausal woman, cancer, lower cholesterol, and even relieves stress (*NOA , 2017*).

A lot of people dislike onions because of its pungent taste despite their beneficial contents. That is why to overcome this problem, we present to you a

new innovation to combine the popular condiment that is “jam” with one of the healthiest ingredient “onion” and make an onion jam. Because of how long the cooking process of a jam and how much the amount of sugar and acid are added, the onion will become caramelized and the pungent taste of the onion will subside into a milder taste that is suitable for the taste bud.

1.2 Objective

The purpose of making “*Cebolla*” for Research and Development products are:

1. Onion jam products are served without artificial flavor, preservatives, MSG, and hygienically packed so that it can compete in the world food industry in Indonesia.
2. Introducing the idea of a healthy, high-quality savory jam product.
3. Stimulate the development of innovative culinary industry as part of the creative industries with profitable business prospects.