

# CHAPTER 1

## INTRODUCTION

### 1.1 Background

At first, human only see food as chitterlings just in order to survive, so a plate of rice with side dishes alone is more than enough. Without food, the human body can't maintain its temperature, construct or tissue repair, or maintain the heart rate. The right diet can prevent people from many diseases and accelerate the healing process. Nutrients contained in foods that are needed by the human body, among others, are carbohydrates, proteins, fats, vitamins, minerals, and water (*Anonymous, 2015*).

Meat is one source of animal protein for the body is good enough for the full nutritional content contained therein (*Anonymous, 2015*). But over time, with the increasingly high price of meat in the market, many butchers who want to achieve excess returns by way of distributing adulterated meat (*Dono, 2015*). Based on a study published in *The European Journal of Clinical Nutrition*, most of the beef sold in the market is the meat that is produced from a commercial dairy farm and has the addition of various types of hormones such as estradiol, progesterone, testosterone, synthetic hormones, zeranol, trenbolone acetate, melengesterol acetate, in order to gain weight, which is also very negative effect for humans, which increases the risk of cancer (*Anonymous, 2015*). Most people are beginning to doubt the quality of meat products on the market, start looking for other food alternatives, one of which is a vegan meat.

Vegan meat commonly known as gluten, is one of the ingredients processed from wheat flour that is most widely used as a meat substitute animal. In some people who are sensitive to gluten, eating gluten can cause allergies (*NOE, 2015*). So the only way to overcome a gluten allergy is to avoid all foods containing gluten.

To overcome the problems above, we present a new innovation to replace meat and substitute products made from gluten that is “Essen La” which is made from shitake mushroom stalks. Processed shitake mushroom stalks will have a fiber texture similar to meat. The shitake mushroom stalks itself contain Vitamin B (pantothenic acid, riboflavin, niacin, vitamin B6, folate and thiamine), Vitamin C and Vitamin D, to prevent cancer and diabetes (*Anonymous, 2016*).

## **1.2 Objective**

1. Presenting a high-quality shitake mushroom stalks meat products with more variants of Indonesian taste
2. Shitake mushroom stalks meat products are served without artificial preservatives, MSG, and hygienically packed so that it can complete in the world food industry in Indonesia