

CHAPTER 1

INTRODUCTION

1.1 PRODUCT BACKGROUND & OBJECTIVE

Empal is a very popular traditional dish in Indonesia. It can be sweet or spicy fried dish normally made from either beef or chicken. Its origin is from Sudanese cuisine of West Java, Indonesia. People normally called it as empal gepuk. I was given a Rnd final project from Miss Irra to create a new dish or drink that hasn't been invented before. This project is done to test the creativity, imagination, originality, and individuality of the students. A thought then came up to my mind, "Why don't I try to make it can be eaten by everyone?" and "Why don't I use something that people normally throw it away though it's nutritious?" That's when I thought why I don't try using jackfruit skin. The fruit is delicious, but nobody ever think to actually eat the skin. I believe that with some procedure will change the taste into something acknowledgeable for the people. Jackfruit is not that hard to be found. We can normally find it in either supermarket or mart. Therefore, this product can be made with no worry since the main ingredient is easy to be found. The fact that we can eat the fruit and use the skin is amazing. It doesn't only reduce waste, but it also make buying jackfruit reasonable. It really saves money for us. Every Indonesian people want to eat traditional food such as empal. Unfortunately, some people can't eat them because of health restriction and lifestyle. Meat is not something that everybody loves therefore I come up with an idea of changing it with jackfruit skin. That's how our product, Palkunang, is born. It is the abbreviation of the Indonesian word empal kulit nangka. It will be a new product with a twist of traditional Indonesian food.

Vegetarians and vegans will love this idea since they normally aren't allowed to eat empal. Vegetarians can't enjoy anything that has meat and vegans can't enjoy anything that has meat or milk. We use coconut milk so it's safe and enjoyable for vegans too. Empal from nuts is very popular among vegans, but I think our product can be enjoyed by more people. Not all people can eat nuts because of their allergies. This product is made for the enjoyment of people from every age especially vegetarian and vegans. This kind of empal hasn't been invented until now. People normally would throw jackfruit skin away after eating the fruit even though it's nutritious. I think it's a shame no to use it because jackfruit skin is full of high protein, calcium, and fiber. For me, this is like wasting food. I decided to make the jackfruit skin can be eaten and delicious for the taste of Indonesian in the form of empal.

CHAPTER 2 INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE MATERIAL TO BE USED

Figure 1. 250 g Inner Jackfruit Skin - An exotic fruit that has a subtle sweet and fruity flavor

