

CHAPTER 1

INTRODUCTION

A. BACKGROUND OF THE STUDY

Artocarpus communis or commonly known as breadfruit is one of the alternative food ingredients that is quite popular and being developed nowadays. It has potential to be developed into desired products which will increase its utilization and add value to the crop.

Breadfruit has drawn attention because of its abundance all through tropical regions, cheap and outstanding versatility as a food. The existence of breadfruit plants in Indonesia is very broad ranging from Aceh to Papua. In Indonesia, the existence of breadfruit is still sporadic and not cultivated even though the climatic conditions are suitable to cultivate breadfruit intensively.

Breadfruit plants have brownish green stems and contain sap in all parts. Breadfruit tree can grow to reach a height of 30 meters. However, on cultivated breadfruit plants the average growth with a height of 8 to 15 meters. Breadfruit is round and tends to be oval with an average diameter of 20 cm to 30 cm. Weight of breadfruit around 3 to 4 kg depending on plant varieties. When young, the fruit is bright green and will turn yellowish or brownish orange when it is ripe.

Breadfruit is a nutritious, high energy food with a low quantity of protein but excellent protein quality. Breadfruit contains quite high carbohydrate content which is about 28.2%, rich source of fiber and some other nutrients like mineral such as potassium, vitamin such as vitamin C, phytochemicals such as flavonoids, fat, and amino acid.

Breadfruit may be eaten boiled, baked, roasted, pickled, steamed, or fried. It is typically eaten at the mature starch stage and can only be eaten raw at the soft, sweet ripe stage. Nowadays people generally enjoy eating breadfruit as snacks. In Indonesia, people really enjoy eating breadfruit chips as snack by cutting it into pieces then deep fried into chips. Utilization of breadfruit plants, especially the fruit is still not optimal and is often ignored.

B. THE OBJECTIVES OF THE STUDY

The main purpose of this project is to develop new product out of a breadfruit. In developing tropical countries, there is great need to utilize local food crops. This is especially true for those that are produced abundantly, economically, and are well liked by the locals.

Breadfruit meets these criteria and provides an excellent source of nutrition. It is high in carbohydrates and a good source of antioxidants, calcium, carotenoids, copper, dietary fiber, energy, iron, magnesium, niacin, omega 3, omega 6, phosphorus, potassium, protein, thiamine, vitamin A and vitamin C.

Indonesian cuisine is really varied and influenced by many culture, for example influenced by Chinese, Middle Eastern and Indian. One of the food that has Middle Eastern and Indian influences is Curry. Curry is really popular in Indonesia, mostly used chicken as the main ingredients which called “Kari Ayam”.

Curry products that have been developed are using protein like chicken and vegetables like potato and carrot as the main ingredients. This project is the first that use Breadfruit as a main ingredient of the curry.

C. THE BENEFITS OF THE STUDY

The benefits of this project are:

1. As an innovation for the readers about how to process a breadfruit.
2. Give readers more knowledge about the nutrients contained in a breadfruit.
3. Utilize abundant breadfruits that are usually thrown away.
4. The proposed breadfruit product may contribute to the global solution of fighting world hunger diet.