

CHAPTER 1

INTRODUCTION

1.1 Background of Study

The reason why I choose Dendeng Cempedak product is because to help vegetarian people by making a new innovation by using cempedak fruit to be a substitute for meat and beef jerky seasonings as a complement.

The main ingredient used in this product is cempedak fruit and the reason I choose cempedak fruit for make vegetarian jerky is because cempedak fruit is a fruit that is suitable to be used as a substitute for meat.

The product consists of the following ingredients (panganku.org, 2020):

- a) Cempedak fruit : (500g)
 - 1) Protein : 15 g
 - 2) Carbohydrate : 149 g
 - 3) Fat : 2 g
 - 4) Energy : 580 kkal
- b) Coconut milk : (500g)
 - 1) Protein : 21 g
 - 2) Carbohidrate : 28 g
 - 3) Fat : 171,5 g
 - 4) Energy : 1620 kkal
- c) Candlenut : (6g)
 - 1) Protein : 0,95 g
 - 2) Carbohidrate : 177,4 g
 - 3) Fat : 176,65 g
 - 4) Energy : 3375 kkal

Cempedak fruit is contains so many benefits for healthy body, among them (healthbenefitstimes.com,2020):

1. Heart health

Antioxidants, dietary fiber and vitamin C present in cempedak help in maintaining heart health.

2. **Healthy eyes**
Cempedak fruit consists of good amount of vitamin A which help to increase health in our eyes.
3. **Maintain digestion**
Cempedak fruit is also able to help and keep the digestive system in our body running smoothly.⁵
4. **Prevent the risk of stroke**
Stroke disease becomes a disease that mostly suffered by people who continue to use (?)
5. **Lowering blood cholesterol level**
Cempedak fruit also has benefits for our body in terms of lowering cholesterol levels.
6. **Relieve tumor**
There are many health experts who say that cempedak fruit is able to help treat tumor diseases.
7. **Slimming body**
Consuming Cempedak fruit will give a sense of satiety.
8. **Malaria treatment**
Several compounds like artioindonesianidin and heteriflavon C present in the bark and fruit of cempedak help in prevention and treatment of malaria.
9. **Expel the parasite**
In the body, we can roam many parasites that can disturb the work of organs.
Dendeng cempedak is a homemade product that has different from beef jerky that has a texture that tends to be hard, cempedak jerky has a texture that tends to be chewy texture with a taste that is quite salty and also crispy and tasty (Anonymous, 2020).

1.2 The Objective of Study

- 1.2.1 Providing the latest innovations in the culinary field, especially vegetarian food.

1.2.2 Increasing the creative power in the community in manages cempedak fruit into jerky.

1.2.3 Providing variety in world business competition.

1.2.4 Opening new business field for the community.

1.3 The Benefit of Study

1.3.1 Our cempedak jerky product is a new product that has quite a lot of vitamins and add variety in the culinary field.

1.3.2 Cempedak beef jerky product functions as a supplier of vitamins and does not contain harmful preservatives so it is safe for the body and good for health.