

CHAPTER 1

INTRODUCTION

1.1 Background of the Study

Carp Fish head used as the main ingredients of this product. The reason used carps fish head the main ingredients, because carp is local fish that easy to find this type of fish. Carp is a type of freshwater fish that is much preferred because of its savory taste and not fishy when compared to other types of fish. The taste, texture and benefits of carp fish make many people loved this fish and easy for cooking. Sidoarjo, as the city of the writer one of big supplier of carps fish, so it one of opportunities from the ingredients supplier.

Carp fish (*Osfhronemus gouramy*) Gouramy is one type of fish that is widely cultivated so that the results are abundant. The high level of production of gouramy makes this type of fish easy to obtain throughout the year, at a relatively affordable price. Carp fish is usually processed only by frying, steaming or grilling, with added spices that aim to cover the ground flavor that exists in the carp meat.

The specialty of carp fish is contain high of protein, calsium, and phospor that good for body health. Carp fish has a fairly large size, which is between 15 to 45 cm. Wild carp that lives in rivers can even reach a size of 70 cm. It is gray and yellowish in color with vertical stripes of pale blue or silver on the sides of the body. In indonesia, malaysia and thailand, carps fish become main menu because of the tasty taste and the various benefits of carp fish. The protein contain of carp fish is good for keep blood flow on our body Carp fish head pempek is one of derivication product of carp fish. The making process of carp fishhead pempek is quite easy. Fish after you measure and wash the fish head, you need to presto the fish head until being smooth,

after that you can blender the smooth fish head for have the smooth meat of the fishhead. The meat extract used as main stater for making the pempek dough, that mix with tapioca flour, rice flour, all purpose flour, oil, water and add little bit seasoning. After naking pempek dough you can shaping it into lenjer pempek shape, then boil it until being more solid texture. The boil pempek can be keep in the chiller or direct cooking.

Carp fish is a good source of protein, calsium, fat, and phospor, so that it can be used as good protein source from fish meat that more affordable and easy to find. Carp fish contains 38 gr of protein, 40 gr of calsium, 14 gram of fat and 100 mg of phospor. In addition carp fishhead also contains high of iron that is 0,7 mg per 100 gr, vitamin C 1,6 mg per 100 gr, vitamin A 9 mg per 100 gr

Pempek that is regional food from Palembang, that has slightly chewt texture, savory taste, and sweet taste from the cuko. The pempek cooking process is not using frying process, but bake process for avoid high fat contain. Baked pempek more prefer because it was healthy and delicious taste.

1.2 Objective Of The Study

Food Research and Development (R&D) is developing process of a new food product or improve an existing product with new ingridients that doesn't exist before. The purpose of Research and Development from educational aspect, in research with educational practices is enable the students to develop existing products or even produce new products that effective to develop the quality of education and learning.