

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Jackfruit is a plant that originates from the tropical rain forests of the Western Ghats, India, and is one of the most important sources of carbohydrate food in the world. In addition, what is unique about this fruit is the fruit that grows on the main stem. This causes the jackfruit tree to be able to bear fruit regardless of the season and produce one of the heaviest fruits in the world with a maximum fruit weight of 45kg (Mekarsari, 2012).

The main ingredient to make Sambal Nangka is from Jackfruit seeds. Because not much is known about jackfruit seeds and may have anticancer properties. Jackfruit seeds are rarely used in the kitchen and because most people use jackfruit. It can be seen that jackfruit seeds has potential aspect to expand to be a good product in Indonesia.

Jackfruit seeds has a good nutrient composition. The main nutrition of jackfruit seeds, in 100gr of jackfruit seeds, contain Calories (53gr), carbohydrates (11gr), protein (2gr), fiber (0.5gr), Riboflavin (8% from the Reference Daily Intake (RDI)), Thiamine (7% from the RDI), Magnesium (5% from RDI), and Phosphorus (4% from RDI) (Kompas, 2022).

Jackfruit seeds have several benefits for the body, such as antimicrobial effects, anticancer properties, nourish digestion, and lower cholesterol levels. The characteristic of Jackfruit Sambal has a sour, sweet, and spicy taste. The sour taste occurs due to fermentation using yogurt starter culture, and the sweet taste is obtained from the Sambal that tends to be sweet and spicy. The texture of this jackfruit sauce is quite sticky because it is the result of a mixture of fermented jackfruit seeds and Sambal (Alodokter, 2022).

For the processing method, separate between jackfruit and jackfruit seeds. Next, boil the jackfruit seeds and jackfruit until cooked. Next, fermented jackfruit seeds and jackfruit using yogurt starter culture for 3 days. Yogurt

fermentation process involves bacteria contained in yogurt starter culture. Yogurt starter culture contain lactic acid bacteria *Lactobacillus bulgaricus* and *Streptococcus thermophiles* (Klubpompi, 2015).

The sambal used is generally made by frying the ingredients first. After that, just mashed and sauteed. This frying or pan-frying aims to reduce the water content in the chili so that the sauce becomes more durable.

1.2 THE OBJECTIVE OF THE STUDY

The purpose of this project is:

1. Take advantage of wasted jackfruit seeds
2. Explore the benefits of Jackfruit Seeds
3. Create new products for the food industry
4. Making new product with Indonesian taste