

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Kolang kaling has many benefits that are good for the health of the body such as Good For Digestion Kolang-kaling fruit contains high enough fiber, so it is very good for digestion. Strengthen Bones, in 100 grams of kolang-kaling contains 91 mg of calcium, while cow's milk in every 100 grams of whole milk contains 125 mg of calcium. Treating rheumatic pain, the average pain scale experienced by osteoarthritis sufferers before consuming kolang-kaling was 5.62. After consuming this fruit, the average arthritic pain scale dropped to 3.31. Kolang kaling has a good nutrient composition. The nutrient of 100 g kolang kaling : Energy 139 kJ 33 kcal, Fat 0.21g Saturated Fat 0.047g, Polyunsaturated Fat 0.063g, Monounsaturated Fat 0.057g, Cholesterol 0mg, Protein 0.39g, Carbs 8.31g, Fiber 0.6g, Sugar 7.69g, Sodium 1mg, Potassium 81mg.

Usually people are using kolang kaling for a dessert or sweet drink, the reason why people use kolang kaling for dessert is because of the plain or neutral flavor from the kolang kaling, and kolang kaling is also well known as a fruit that is processed for manisan, kolak, sup buah, bajigur. The fruit soaks all of the sweet condiment so it's gonna taste sweet and match with all the dessert.

The reason why the author decided to make this Rendang Kolang Kaling is simply because they want to make something new for people to taste and experience. Not just delicious in taste but also contain a lot of health benefit with a pleasant look in shape. The innovation of the product is the idea of combining kolang kaling with Rendang spices and flavor to be a vegan and healthy way to consume a rendang, and this idea is rarely existed until now.

1.2 THE OBJECTIVE OF THE STUDY

- 1) The development of this product primarily aims to provide a source of knowledge for the community that Kolang Kaling can be used and can be a form of variation for a savory dish.
- 2) To provide knowledge for people that simple method of processing can produce a new kind of product.

- 3) Exploring that kolang kaling which is the main ingredients in our Rendang Kolang Kaling have a lot of healthy benefits.
- 4) Developing that Rendang can also be healthy and vegan.