

RESEARCH AND DEVELOPMENT FINAL PROJECT

PANGI FRUIT ABON



By

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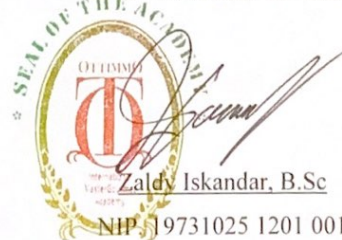
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PREFACE

I want to thank my Lord Jesus Christ for giving me the strength to do this Research and Development report. In making this report, I learned a lot. Because in my village people consume pangsi as a food ingredient, I really want to make other products from pangsi.

Due this process of make and completing this report, I received so much support. By this, I would like express my gratitude to the names below :

1. My parents and my sisters, always support me and provided me to achieve good education in Ottimmo international
2. Chef Michael as my Advisor who have helped in so many things.
3. Ms. Hilda Tjahjani Iskandar as the Head of Study Program at Ottimmo International
4. My friends who help me to complete this report.

Surabaya, November 21st 2022



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EXECUTIVE SUMMARY

Pangi is a tall tree native to the mangrove swamps of Southeast Asia (Indonesia), Kluwek are also known as Pangium nuts, the seeds of the Pangium tree (*Pangium edule*). Kluwek is the Indonesian name for this food. They are native to Southeast Asia and are featured in traditional foods in Indonesia and Malaysia, but is relatively rare outside of the region. Raw Pangi Fruit toxic because contains poisonous cyanide or prussic acid compounds, which can be eliminated when the Pangi fruit is boiled or fermented. Pangi fruit also contains some protein, fat, fiber, and carbohydrates, along with several types of fatty acids. Pangi nuts can use as seasoning for Rawon, Konro and many more. In South Sulawesi Pangi fruit also consume as dish. Abon is shredded meat that has been boiled and dried, often sprinkled over a meal or vegetable dish to a flavor.

Keywords: *Pangi, Kluwek, Abon*

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