

## **CHAPTER 1**

### **INTRODUCTION**

#### **1.1 BACKGROUND OF THE STUDY**

Indonesia is a country that has a tropical climate where Indonesia has a lot of natural wealth, namely the results of its special agriculture as well as plantations where Indonesia has various types of fruits that thrive in Indonesia. One of them is banana. Bananas are one of the fruits that contain many nutrients for the health of the body. This yellow fruit contains quite a lot of fiber and antioxidants (Rizal, 2021).

Indonesia has been named as the 3rd largest banana producing country in the world with a yield of 7,280,659 tons per year, after India and China, which are number 1 and 2. After harvesting, banana trees are usually cut down and thrown away or even left to rot away (Rizal, 2021).

Not many people know that banana stems can also be consumed after being processed properly, even though the nutritional content in it is not inferior to bananas or banana hearts that people usually consume. Banana stems contain a lot of nutrients such as carbohydrates, protein and rich in phosphorus, minerals, potassium, calcium, iron.

In this Research and Development, I will make otak-otak which are usually made from fish meat, I will make them into otak-otak using banana stem as the basic ingredient of these otak-otak products.

Otak-otak in Indonesia is known as a dish made from tuna. Then I thought if I make brains made from banana stem, maybe everyone can eat it like vegetarians and maybe some people who have allergies to fish.

To process banana stems into brains, the first step is to cut the banana stem into small pieces, then clean the banana stem from the sap. Then boil it

until the banana stem changes color and is soft, the aroma of banana stem when boiled smells similar to kangkong and mushrooms when cooked, the next step is to smooth the banana stem with a food blender until it forms a paste, then mixes it with other ingredients such as chooped oyster mushroom , egg white, coconut flakes, coconut milk and ground spices.

After all the ingredients are mixed, put the otak-otak mixture into the banana leaf and then roll it up and lock the ends of the leaves using a toothpick or skewer. After all the dough has been inserted into the banana leaf and folded, steam the dough for 20 minutes. Then after steaming, roast the otak-otak until the color of the leaves changes slightly brown.

## **1.2 THE OBJECTIVE OF THE STUDY**

- a. Maximizing the processing of banana plants
- b. Make processing banana plants into food more attractive
- c. Add to the range of interesting vegetarian food variants