

CHAPTER 5

CONCLUSION AND SUGGESTION

5.1 Conclusion

The use of kepok banana starch in pempek is an innovation for local dish. The application of fruit starches in food has great potential but is still rarely used. Starches from Kepok Banana is obtained from raw kepok banana. Kepok banana starch also has a greater amount of resistant starch compared to other starch on the market. In addition, processing kepok bananas into banana starch in flour form can improve the selling quality of kepok bananas.

From a physical standpoint, banana starch has a yellowish-white color and has a mat texture, but not as matt as sago flour. The difference between kepok banana starch and sago flour is the resistant starch content. Kepok banana starch has higher resistant starch content, which results in low GI and benefit for diabetic patient as it controls the blood sugar. The result of applying kepok banana starch to pempek gives a chewy texture and gives a delicious aroma. Although banana starch has a distinctive aroma, it is not noticeable in the final product. But in terms of appearance, pempek cannot have a smooth surface.

From 2 kg of unripe kepok bananas costing IDR 35,000, 130 g of dry starch is obtained. This amount is still relatively small and if it is sold commercially it will be sold at a high price. Overall, banana starch cannot be sold commercially because it's too expensive.

5.2 Suggestion

From 2 kg of unripe kepok bananas, only 130 g of dry starch is obtained. This amount is still relatively small to be sold commercially. In addition, the starch produced is also quite expensive because the yields given are only a few. The process of extracting starch from kepok bananas traditionally requires quite a long

and laborious process. This extraction process can be assisted by engine power so that it can extract in large quantities and can save time and money.

Overall, pempek papi has a texture and taste that is not much different from pempek Palembang. However, from the shape and appearance of the pempek, it cannot be as smooth as Palembang pempek. Therefore, it is necessary to carry out further experiments regarding the ratio of banana starch and sago flour in order to obtain a smooth pempek appearance.