

# CHAPTER I

## INTRODUCTION

### 1.1 Background of the study

Sushi is the most common food in Japanese cuisine that's loved by a lot of people, but as a lot of people know that sushi holds up a lot of calories. That is the main reason of this recipe to be made, is to make sushi that has low calorie by replacing the meat with jackfruit which has a meat-like flavour and texture. Jackfruit comes from the jackfruit tree that grows in Southeast Asia. There are two main types of jackfruit. One is a ripe jackfruit that has a sweet and slimy texture while the other one is unripe jackfruit that tastes crisp and has a crunchy flesh-like texture. This fruit holds the title as the largest tree fruit in the world. Jackfruit or sometimes called "jak fruit" or "jak" can be up to 3 feet long and 20 inches wide, and can weigh 110 pounds (Stephanie Booth, 2021). The rice is also replaced, so instead of using normal sushi rice, it is replaced by rice made from "Porang". Porang is a herbal type plant that grows only in Indonesia with a height of 1.5 meters. Porang is usually found on tropical forest and can live in any kind of soil (Rizky Kusumo, 2021). Using porang as replacement of the rice has a lot of benefits such as decreasing cholesterol level, maintain blood sugar level and to boost immune system (Fadhli R.M., 2022).

With this project, people that loves sushi can enjoy sushi that is delicious and at the same time still being healthy.

## **1.2 The Objectives of the Study**

1. The goal of this study is to develop a new way to eat sushi that is healthy yet tasty
2. To identify the nutritional content of sushi from using jackfruit as meat alternative
3. To analyze selling price of vegan sushi and to continue the product.