

CHAPTER I

INTRODUCTION

1.1. Background Of Ingredients

The scientific name of a pineapple is *Ananas Comosus*. This word comes from the Tupi words “*nanas*” (which means pine) and “*comosus*” (which means tufted). Tupi is the language used by the Tupi people, who are indigenous people of Brazil.

In Hawaiian, a pineapple is called “*hala kahiki*”. This is because the Hawaiians thought the pineapple resembled the “*Hala*” fruit. “*Kahiki*” means foreign, hence pineapples became foreign Hana’s in Hawaii.

Contrary to its name, the pineapple is not a pine nor an apple. Although we associate it with the state of Hawaii, pineapple is not native to the islands at all. The connection with Hawaii has been made since the fruit was first canned there and became a major crop. No matter what we think about pineapple or its name, it is universally thought of as a delicious tropical fruit that adds sweetness to both foods—such as pork and seafood—and tropical-inspired cocktails like the Pina Colada. There are always plenty of dessert recipes using pineapple like the classic pineapple upside down cake.

Christopher Columbus is credited with discovering the pineapple on the island of Guadeloupe in 1493, although the fruit had long been grown in South America. He called it “*piña de Indes*”, meaning “*pine of the Indians*.” The South American Guarani Indians called it “*nanã*”, meaning “*excellent fruit*”, and cultivated them for food. The term pineapple (or pinappel in Middle English) did not appear in English print until around 1664.

Columbus introduced the pineapple to the Spaniards, who then brought it to the Philipines and later Hawaii. Another explorer, Magellan, is credited with finding pineapples in Brazil in 1519, and by 1555, the luscious

fruit was being exported with gusto to England. It soon spread to India, Asia, and the West Indies.

Pineapple began to be cultivated in Europe, but because of the high cost of building and maintaining hothouses (as pineapples need a temperate climate to grow), they became a symbol of wealth. Instead of being eaten, the fruit was displayed at dinner parties, used repeatedly until they were rotten. By the late 1700s, production of pineapples on British estates caused rivalries between certain aristocratic families.

Captain James Cook later introduced the pineapple to Hawaii circa 1770. Commercial cultivation did not begin until the 1880s when steamships made transporting the perishable fruit viable. In 1903, James Drummond Dole started a pineapple plantation on the island of Oahu and began canning pineapple, making it easily accessible worldwide. Production stepped up dramatically when a new machine automated the skinning and coring of the fruit. The Dole Hawaiian Pineapple Company was a booming business by 1921, making pineapple Hawaii's largest crop and industry.

Today, Hawaii produces only 10% of the world's pineapple crops. Other countries contributing to the pineapple industry include Mexico, Honduras, Dominican Republic, Philippines, Thailand, Costa Rica, China, and Asia. Pineapple is the third most canned fruit behind applesauce and peaches.

1.2. Reason for Selection Ingredients

Indonesia is one of tropical countries that mostly known to have a lot of spices, city, tourist attraction and have a different kinds of food. Pineapples is easy to grow in tropical countries. That's why pineapple is one of fruits that is easy to find in Indonesia.

Pineapples are tropical fruits that are rich in vitamins, enzymes and antioxidants. They may help boost the immune system, build strong bones and aid indigestion. And, despite their sweetness, pineapples are low in calories.

Pineapples are members of the bromeliad family, and are the only bromeliad that produces edible fruit, according to the Purdue University Center for New Crops and Plant Products.

The main component of Pineapples is Enzyme Bromelian. Pineapples also contains high amount of manganese and Vitamin C. Thiamine and Vitamin B inside the pineapple is also good for health.

Since it is easy to find in Indonesia and the skin of it become wasted, we would like to make a product that can be used in daily life. Pineapples is known to have a lot of benefits but how about the skin? Pineapples skin also contain a lot of benefits but barely known to people. 98% people that eat pineapples thrown away the skins and why is the reason behind it?

Pineapple skin is mostly being thrown away after we peel it because it is have a solid texture that people think it is not edible. But the fact is pineapple skin is save and edible for us to consume. The skin of the pineapple plant is not considered poisonous, and while the entire fruit is considered non-toxic, the unripe flesh, thorns and leaves can have toxic effects.

We would like to make a product that can save wasted and be more useful in the future. After a long time from research and consultation, we come with “Ananas” Pineapple Skin for Meat Tenderizer.

Why we choose to make a meat tenderizer? It’s because we want to use Enzyme Bromelain inside the pineapple that can destroy protein chains in meat. Meat become our main protein that we consume every day so we like to make a product that can be useful for everyone.

1.3. The Main Material Processing Reason

In daily life, we want everything simple, easy, and fast. We like to create a product that in daily life it's simple to use, easy to find, and fast enough to save more time.

There are some people that already know that pineapple can be used as a meat tenderizer. But for those who already know the usage of pineapple, they still need to buy the whole fresh pineapple and process it from the beginning. And usually they do not use the whole pineapple, they still throw away the pineapple skin and use only the meat.

We would like to help make things more easy so we develop our product into a powder form. Also, pineapple is easy to find and it is not a seasonal fruit.

1.4. The Content Of Nutrients And Health Benefits

Pineapple peels also contain medicinal properties, which has numerous beneficial effects to our entire body. Most people usually throw away the peels, without knowing the health benefits that give to the body.

It contains vitamin B, C, folate, thiamin, pantothenic acid, enzyme bromelain, niacin, and fiber. It is also packed with minerals including magnesium, potassium, copper, manganese, calcium, iron, and other nutrients. It also contains antibacterial, anti-inflammatory, anti-aging, and anticancer properties. Here are some explanations of pineapple peel benefits for health:

- Antioxidant and anti-inflammatory benefits

Pineapple peel is an excellent antioxidant, which helps to prevent the development of cancer cells, while also helping to reduce the negative effects of cholesterol in arteries. It's also perfect for relieving muscle and artery inflammation.

- Helps to strengthen the immune system

One of the fundamentals of good health is protecting the immune system. Pineapple peel is an excellent way to keep the body healthy and hydrated, so that you can avoid catching colds or other illnesses that require the use of pesky pharmaceuticals.

- A source of energy

If you need more energy to complete daily tasks, you can substitute artificially sweetened juices for pineapple peel tea, which will give you the calories you need without causing weight gain. This drink also helps to burn fat.

- Reduces stress and joint pain

Pineapple peel is undeniably great at reducing tension and stress, as the enzymes in it help you to relax, and thus to maintain a healthier rhythm throughout the day. It will relax you, and for those who have joint pain.

- Other great benefits of pineapple peel

Pineapple peel is a great choice when you want to relax, and don't forget about the other benefits it provides for your body. It can help to relieve constipation, avoid parasites and other bacteria in your digestive system, improve blood circulation, and keep skin hydrated.

It is also an excellent source of antioxidants that can help the body to fight free radicals, which can cause numerous diseases. Here are others of health benefits pineapple peels:

- Relieves Inflammation
- Boosts Immune System

- Enhances Libido
- Prevents Cancer
- Relieves Asthma
- Improves Vision
- Prevents Osteoarthritis
- Regulates Blood Sugar Level
- Promotes Healthy Bones
- Improves Gum Health
- Reduce Cholesterol Levels
- Cures Swelling and Irritation
- Prevents Heart Diseases
- Enhances Digestion
- Promotes Healthy Skin and Hair
- Treats Intestinal Worms
- Aids Weight loss
- Ease Nausea
- Reduces Acne and Pimples
- Hydrating the Skin
- Prevents Hair Loss

1.5. Description of New Product Features

Ananas is a meat tenderizer that made from waste of pineapple skin and pineapple crown. The texture of Ananas is not exactly as powder form, but Ananas is more likely herbs. The meat that has been applied with Ananas will tender in 15 minutes in room temperature.

The ingredients that Ananas use came from unripened pineapple which pineapple is still in young age. Although the main ingredient came from pineapple waste but it is not from trash bin. It is still came from freshly cut in market and we collect it as soon as possible.