

CHAPTER II

LITERATURE REVIEW

2.1 Ingredients Review

2.1.1 Jackfruit Seeds

The jackfruit's content consists of seeds. Jackfruit seeds can be used to grow new jackfruit trees in a nursery. The traits of jackfruit seeds are as follows:

1. The jackfruit seed's shape is oval.
2. Jackfruit seeds have three layers of skin: the outer, which is yellow and supple, the clay skin, which is white, and the brown epidermis that envelops the fruit's flesh.

Waste from jackfruit produces jackfruit seeds. Jackfruit seeds have a good and wide variety of nutrients. Even some of the nutrients in jackfruit seeds are more valuable than those in some other varieties of cassava. Given that jackfruit seeds have a fairly full nutritional profile, they are one component of the jackfruit tree plant that is still safe for consumption by people. The content of jackfruit seeds per 100 grams is as follows:

Water	58(gr)
Energy	165(cal)
Protein	4,2(gr)
Fat	0,1(gr)
Carbohydrate	36,7(gr)

(Ayu, 2019)

This paper seeks to be able to deal with jackfruit seed waste that the general public does not consume. Then, to create innovative food diversity, which has grown quickly in this time period. The latter is intended to encourage entrepreneurs to start alternative food-related enterprises. Additionally, this writing is helpful as community

information, disseminating information about the use of jackfruit seed waste processing as an innovation in food diversity to the community, disseminating information about nutritious and extremely nutritious food alternatives, and educating the public so that jackfruit seeds that are not consumed can be used as food ingredients are not wasted (Wardani, 2019).

2.1.2 Champignon Mushrooms

There has been a long history of the use of mushrooms as medicine. One of the most common mushrooms to be taken from the wild and from industrial culture is the white button mushroom (*Agaricus bisporus*). Protein, free amino acids, polyphenols, ergothioneine polysaccharides, and vitamins are all abundant in *Agaricus bisporus*. According to Falguera et al. (2011), *agaricus bisporus* serves as the body's defense mechanism in addition to being an antioxidant, antibacterial, anti-inflammatory, and anti-tumor agent. All sections of the button mushroom (*Agaricus bisporus*) are rich in fiber, polysaccharides, antioxidants, vitamins, and polyphenols, and Jeong et al. (2010) claim that these nutrients can have an impact on immune system cells as well as tumor cells. According to Suhaena and Nuryanti (2017), button mushrooms are rich in flavonoids, coumarins, terpenoids, and steroids. The ethanol extract of button mushrooms also includes flavonoids, alkaloids, polyphenols, coumarins, and terpenoids. As a food raw material for vegetables, nuggets, meatballs, crisps, and even fermented as fresh mushrooms in bottles, the mushroom sector is beginning to attract attention. Many of the benefits of mushrooms are antimicrobial agents in nature. The production of mushroom products has flourished in Indonesia, which is why this research was undertaken. However, because of their short shelf lives, mushrooms are one of the agricultural products that will quickly deteriorate if improper processing is not used to preserve them.

2.2 Burger

A hamburger (or often called a burger) is a kind of food in the form of a round bread sliced in half and filled in the middle with a patty which is usually taken from meat, then vegetables such as lettuce, tomatoes and onions. Hamburgers come from Germany. Burger sauce is given various types of sauces such as mayonnaise, ketchup and chili sauce. Some burger variants are also equipped with cheese, pickles, fiber and other complementary ingredients such as sausage (Dewi, 2018).

2.3 Pan-Fry Method

I use one of the dry heat method to cook the vegetarian patty patties. Which is Pan-Fry method. Any cooking method in which heat is transmitted to the food without the use of moisture is referred to as dry heat cooking. High heat is often used in pan-fry cooking. Because the heat is transferred through the hot pan metal, pan-searing a steak is regarded as dry-heat cooking. It should be noted that only dry-heat cooking can result in food browning, including the Maillard reaction, which is the process by which meat is browned (Alfaro, 2022).