

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Chicken Keluwih Noodles is one of the breakthrough innovations in gluten-free food. The benefits of gluten-free food include reducing negative reactions in the digestive system towards nutrient intake. Calcium absorption also becomes more optimal. Gluten-free sources of calcium include legumes, leafy green vegetables, red rice, oranges, milk, and seafood. Chicken Keluwih Noodles is made from keluwih fruit, which is processed into flour using drying methods. This keluwih flour replaces the main ingredient, wheat flour, in noodle production. Chicken Keluwih Noodles can also serve as a new alternative to expand the utilization of keluwih fruit.

5.2 Suggestion

Chicken Keluwih Noodles is a type of gluten-free noodle where its texture is easily breakable since it doesn't contain any binding agent (gluten) found in wheat flour. Therefore, it requires a simple noodle maker specifically designed for fragile noodles. With the presence of a noodle maker, it facilitates and accelerates the process of making gluten-free noodles. Currently, in my experiments, I still use a manual method to cut the keluwih noodle dough. Additionally, Chicken Keluwih Noodles also requires proper packaging to maintain its quality. This is because Chicken Keluwih Noodles has a high moisture content, resulting in a relatively short shelf life.