

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Sate Padang is a regional food that is starting to be forgotten and is rarely found outside the island of Sumatra. Not many people innovate with this menu, therefore, by changing the main ingredients to be healthier, it is hoped that it will attract people's interest. Oyster mushrooms and shitake mushroom stems are ingredients used as meat substitutes. White oyster mushrooms are valued for their delicate, mild taste and soft, almost velvety texture. These characteristics make it a versatile ingredient that can be incorporated into a wide variety of dishes. Similarly, the Shiitake mushroom (*Lentinula edodes*) is a highly respected and widely cultivated mushroom species renowned for its rich taste, culinary versatility and potential health benefits.

Therefore, this vegetarian sate padang can be an option for people on a vegetarian diet or a healthy food alternative. In fact, oyster mushrooms offer essential vitamins, minerals, and dietary fiber. Shiitake mushrooms are a good source of essential nutrients, including B vitamins (such as niacin and riboflavin), dietary fiber, and minerals like selenium, copper, and zinc. Additionally, they are low in calories and fat.

5.2 Suggestion

Vegetarian Padang Sate is a product that is recommended to be consumed directly after being served to consumers. The taste and quality of the food will also decrease over time. when the sauce has been poured onto the satay, the shelf-life will be shorter. This is because the satay padang sauce has a high water content. One of the crucial things is to separate the sauce from the mushroom meat skewer in the packaging, that way consumers can enjoy it later.