

## CHAPTER V

### CONCLUSSION AND SUGESTION

#### 5.1 Conclusion

Rendang is an Indonesian local food that is made out of beef and one of the most popular dishes worldwide, it even ranked No. 1 best food readers choice nomination by CNN on 2017/2018. But as time changes, the demands of vegetarian food have increased with the changing of diet trends.

The development of a meat analogue to provide alternatives for meat has become a trend. The increase in consumers has driven this trending demand for a healthy diet, the concern about rising meat prices, the increase in the popularity of vegetarianism, and the growing consumer interest in related eating patterns such as the avoidance or reduced consumption of red meat.

To follow the trend and public demands, the “Vegetarian Rendang” is a rendang where the meat is substituted with meat analogue which consists of Young jackfruit, Soy beans and Oyster mushroom to replicate the texture of meat.

The fibrous texture of young jackfruit helps in replicate the texture of meat, while the oyster mushroom gives the chewy texture. To make a complete nutrition which could compete and replicate the nutrition value of that of red meat, soy beans are added to increase the protein that is needed in meat.

It can be one of the solutions for generating a protein where it has the identical properties and can replace the nutrients that are contained in a meat product. The availability of meat products can occasionally be limited.

#### 5.2 Suggestion

The vegetarian rendang is 100% made out of plant, even if the spices help in prolonging its shelf life, the shelf life of the vegetarian rendang at

most will be 2 months in the freezer and 3 day in the chiller. One of the thing that could further helps in prolong it's shelf life is to improve the container (packaging) especially when it going to be shipped across the island. The other thing that needs to be improve is in making the analogue meat texture so it could at least replicate 90% of that of a real meat.