

CHAPTER I

INTRODUCTION

1.1. Background of Study

The iconic culinary item known as a nugget is loved because of their high nutrient content, low price, and extended shelf life, chicken nuggets are one of the most popular breaded and battered meat products. Typically, chicken nuggets are made with broiler chicken meat (BCM). However, BCM is a major source of meat proteins and is eaten in every country as cooked meat. (Nahar Sabikun *et al.*, 2021). Nuggets are bite-sized chunks of meat that are breaded and fried to form a crispy exterior coating. They are often prepared from chicken or fish. They are a popular option for quick lunches or snacks because of their popularity and versatility. As a delightful finger meal, nuggets are delicious on their own, but they also taste great when coupled with different sauces and dips. Nuggets are a wonderful treat for both children and adults because of their crispy exterior and sensitive, juicy interior. Although the most popular version is chicken nuggets, there are many options for individuals who prefer other proteins or even vegetarian alternatives. Nuggets continue to be a well-liked and practical food option for people of all ages, whether they are served at home, in restaurants, or as a part of fast-food menus.

Eggplants, enoki mushrooms, and oyster mushrooms are exceptional ingredients for the creation of delicious vegetarian umami nuggets. These three components each bring their unique umami-rich characteristics to the table. Eggplants, when roasted or grilled, develop a smoky, meaty flavor that forms the savory base. Enoki mushrooms, with their delicate, almost seafood-like taste, acts as a subtle oceanic umami hint, while oyster mushrooms, when sautéed, release a deep, earthy umami essence. Combined, they create a beautiful unity of umami flavors that provide depth and complex composition of flavors to the nuggets. These ingredients not only enhance the taste but also

offer a satisfying, meaty texture, making them perfect components for vegetarian umami nuggets that cater to both the palate and ethical choices of plant-based eaters.

Nuggets are of great benefit for people who are doing the vegan and vegetarian lifestyle so that they can enjoy nuggets like other people may enjoy. The vegetarian nuggets made with enoki mushrooms, tofu, eggplant, and oyster mushrooms present a delicious alternative. These nuggets are not only tasty, but they are also nutrient-dense. The delicate texture and mild flavour of enoki mushrooms give the nuggets a slight hint of earthiness. Tofu, a versatile and high-protein food, adds a boost of plant-based protein while providing a soft mouthfeel. In addition, tofu, though in the process used as a binding agent, has relatively same or slightly higher source of protein than a lean of chicken breast that is usually used to make the normal chicken nuggets. Tofu, as well, has calories almost to that of chicken breast. That is why, eating one of the vegetarian nugget analogs will also be a mouthful and can fulfill the needs of calories the body needs. The addition of eggplant adds a pleasant meat-like texture and a slightly sweet and savoury flavour. Eggplant, combined with oyster mushrooms and enoki mushrooms, increases the contents of fiber and it is more beneficial than using a normal chicken breast to make the nuggets. The combination of the three main ingredients replaces the connective tissues found in lean chicken breast, making up the loss with dietary fibers. Furthermore, oyster and enoki mushrooms besides having the contents of fiber and less fat, they contain protein and amino acids that produces the fifth basic taste, umami. Oyster mushrooms add to the overall flavour and mouthfeel of the nuggets with their meaty and chewy texture. To sum up, the combination of the 3 main ingredients of the nugget and tofu are more beneficial since it contains to little to no contents of cholesterol while chicken breasts used to make a normal nugget has a high number of cholesterol content. These vegan nuggets include a wonderful combination of textures and flavours and are breaded in a crunchy, savoury coating before being baked or fried to perfection. These plant-based nuggets are ideal for individuals who live a vegan or vegetarian diet and offer

a guilt-free and delectable alternative to typical meat-based nuggets that can be enjoyed by anyone.

1.2 The Objective of The Study

There are few objectives that should be achieved from this study :

1. Vegans are given the alternatives to try nuggets made from different ingredients and composition as well as healthier
2. Promote a vegan lifestyle to the general community which should also be healthier
3. Illustrating and showing the general community that vegan food is also as tasty as non-vegan consumptions