

# CHAPTER I

## INTRODUCTION

### 1.1. Background

Many people visit places they have never been to, not only for their attractiveness, culture and nature but also for the culinary. According to Long (2004) culinary tourism as a way of experiencing other cultures through food. The local food of a country is associated with the country's culture and image, as well as representing a core expression of a destination's intangible heritage, and through its dining experience, tourists can gain a truly authentic cultural experience (Okumus, Okumus, & McKercher, 2007).

Many countries in the world are famous for their local food, such as Italy with pizza as its local food. This round and flat dough is baked in the oven and usually covered with tomato sauce and cheese. In Turkey, the most famous local food and can be found easily in other countries is Kebab. Kebab is a fast food consisting of beef grilled like satay, then sliced, added with fresh vegetables and mayonnaise, then wrapped in tortillas. Then, there is Pad Thai, a stir-fried kwetiau dish that is commonly known as street food in Thailand, which has a distinctive taste of sour, sweet, and salty. And in Indonesia, Rendang is the famous local food, a meat dish from West Sumatra.

Apart from West Sumatra, other provinces in Indonesia have its own local food. Some of the famous local food such as, Papeda, a Papuan local food in the form of sago porridge. Then, there is a sweet food, Gudeg which its main ingredient is raw jackfruit. It is a local food from Jogjakarta. Coto Makassar, a soup containing a mixture of beef is the local food from Makassar. And the most famous local food from Palembang is Pempek.

Pempek, one of the local food from Palembang, is generally made from mashed fish meat which is then mixed with sago and several other ingredients such as eggs, mashed garlic, flavorings, and salt. Pempek can also be formed into various kinds, such as Pempek Kapal Selam, Pempek Lenjer, Pempek Adaan, Pempek Keriting, etc.

Pempek can be made from various types of fish. Pempek is mostly made from mackerel fish, this is a type of fish that is rich in antioxidants, coenzyme Q10, and omega-3 fatty acids. Besides the used of the meat, the skin of mackerel fish is also used to make Pempek Kulit. Then, there is Pempek made from snakehead fish. Snakehead fish has high protein, even higher than salmon. There is also Pempek made from red snapper, this fish is in great demand because the meat is delicious and tasty and has high protein content. And there is Pempek with belida fish. Actually, this fish is the main ingredient of delicious Pempek. Unfortunately, this fish is rarely found and the price is quite expensive.

In addition, there are also Pempek that its main ingredient is not from fish but it is from shrimp, squid, chayote, pumpkin and oyster mushroom. Shrimp has high nutrition and a distinctive meat texture that produces an attractive taste and color. Squid contains DHA fatty acid which is higher than other seafood. Chayote has soft texture and savory taste. Pumpkin is rich in vitamins A, B and C, minerals, and carbohydrates. And oyster mushrooms contain nutrients that are good for health.

In this report the writer is interested in making innovation of Pempek by using oyster mushrooms. Oyster mushroom is one type of edible mushroom. According to Feeney et al (2020) Oyster mushrooms are considered healthy because of their richness in proteins, fiber, vitamins, and minerals. Oyster mushrooms are consumed as a functional food as their attractive taste and aroma, nutritional and medicinal value. Oyster mushrooms can also be found easily in markets or supermarkets in Palembang. Oyster mushrooms can be an alternative dish that can be consumed by vegetarians (those who do not eat animal products but still consume milk and eggs). The writer chooses to innovate in making Oyster Mushrooms Pempek because the ingredients contained in oyster mushrooms are considered healthy and Oyster Mushrooms Pempek have almost the same texture with the texture of the Pempek with the main ingredient of fish.

Based on the explanation above, the writer writes the Final Report with the title of **“Making Oyster Mushrooms Pempek as one of Palembang Traditional Foods”**

## **1.2. Problem Formulation**

Based on the background above, the problem of this study is how Oyster Mushrooms Pempek is made as one of Palembang traditional foods?

## **1.3. Purpose**

Based on the formulation of the problem above, the main purpose of this study is to know how Oyster Mushrooms Pempek is made as one of Palembang traditional foods.

## **1.4. Benefit**

The benefit of this final report is to give knowledge to the English Department students on how to make Oyster Mushrooms Pempek as one of Palembang traditional foods.