

CHAPTER II

LITERATURE REVIEW

2.1. Traditional Food

Fardiaz (1998) states that traditional food is food and beverage, including snacks and mixed ingredients or ingredients used traditionally, and has long been developed specifically in the area and processed from recipes that have long been known by the local community with local ingredients and has a relatively appropriate taste to the tastes of the local community. The other definition from Marwanti (2000), traditional food has the meaning of people's daily food, whether in the form of staple food, side dishes, or special dishes that have been passed down from generation to generation. The processing methods for traditional food recipes and their taste are generally passed down from generation to generation so that traditional foods vary from place to place or region.

2.2. Pempek

Pempek, or others known as Empek-Empek or Mpek Mpek, is one of traditional foods from Palembang. Pempek is typical of fish cake that is made of fish meat and tapioca powder and spices, and it serves with sweet and sour sauce called Cuko.

At first, Pempek is made from belida fish. However, with increasingly scarce and expensive price of belida fish, so belida fish replaced with mackerel fish that cost more cheaply, but with a flavor that remains tempting. Besides mackerel fish, there are also other fish that are cheaper.

Apriani (2021) provides a procedure to make Pempek. The ingredients of making Pempek are:

- 500 gr ground mackerel fish
- 250 ml ice water
- 350 gr sago
- 2 cloves of garlic crushed

- 2 tsp salt
- 1 egg
- 1/2 tsp mushroom powder
- 2 tbsp cooking oil

The steps of making Pempek are:

1. Mix ground mackerel fish and ice water, stir well.
2. Add egg, salt, crushed garlic, mushroom powder, stir well.
3. Enter the sago gradually, stirring slowly, knead as necessary until easy to set-up.
4. Take a handful of dough, shape as needed.
5. Boil the water in a stew-pan.
6. Once boiling, pour the cooking oil.
7. Enter the Pempek into the stew-pan, wait until they float then drain it.
8. Fry Pempek with oil over medium heat until cooked golden brown and serve with cuko. For those who do not like fried, it can be eaten directly after boiling.

According to Cahyono (2021) the best types of sago for Pempek is sago tani. He says that not all types of sago are suitable as raw material for Pempek. He also says the difference between sago tani and other sago is the color produced. Sago tani will produce Pempek with white color, while other sago will produce colors that tend to be dull. Cahyono (2021) also says that the texture of a good Pempek must be chewy, but that doesn't mean it's hard. And also if Pempek is too soft, it can't be called Pempek. Moreover, Suryaningrum and Muljanah (2009) argue that the type and quality of starch used also affects the texture and color of the pempek produced. Good quality starch will produce pempek which has high elasticity and white color.

In addition to providing a savory taste, garlic is also used to reduce the fishy smell. This is related with Winarno's theory (1991). He states that garlic contains essential oils that have a pungent smell, with the presence of these essential oils, garlic is a spice that has a fragrant aroma, it can also give a savory taste to the food. Meanwhile, Goldshall and Solms (1992) give an opinion that the

taste in food is produced from the spices used in food processing such as onions, salt, flavoring, pepper so as to create a whole food taste.

2.3. Food Innovation

Rogers (2010) defines that food innovation is an idea, practice or object that is recognized and accepted as a novelty by a person or group to be adopted. Innovation is a new invention that is different from existing or previously known. Verbeke (2010) explains the skepticism towards innovation in traditional food by discussing that traditional products are usually bought due to their special character and special taste and manipulation of this would ne-gate the traditional 'moniker'.

There are several examples of food innovations, such as Tempe Steak, Cauliflower Pizza, and Ramen Burger. Tempe Steak is an innovation from steak which is basically made from meat. Tempe has high protein so that can replace the role of meat. Tempe is an option for those who adhere to a vegetarian lifestyle or those who want to reduce the consumption of animal protein. Next, there is a pizza crust that can be made from cauliflower which is then referred to as Cauliflower Pizza. Cauliflower pizza has a low carbohydrate content but tastes no less delicious than a real pizza. The texture is not as chewy as a crust made from wheat flour, but this version is much healthier and lower in calories. And last, there is an innovation that combines Burger which is American food with Ramen which is Japanese food. The combination of these two foods is called a Ramen Burger. What makes it unique is the appearance of a ramen burger unlike a burger in general. The meat and vegetables that used to be between the bread are now replaced with noodles.

2.4. Oyster Mushroom

Oyster mushrooms, the common name for the species *Pleurotus ostreatus*, are one of the most common types of cultivated mushrooms in the world. They're also known as pearl oyster mushrooms or tree oyster mushrooms. Oyster mushrooms are beloved the world over for their delicate texture and mild, savory flavor. The mushrooms typically have broad, thin, oyster-or fan-shaped caps and

are white, gray, or tan, with gills lining the underside. The caps are sometimes frilly-edged and can be found in clusters of small mushrooms or individually as larger mushrooms. Oyster mushrooms are more expensive than white button mushrooms but less so than rarer mushrooms like *morels*, and take little prep since they can be used whole or chopped. They can be dried and are typically eaten cooked. They are even used to make mycelium furniture and many other products.



Figure 2.1 Oyster Mushrooms

(Source : <https://www.healthline.com/nutrition/oyster-mushroom-benefits>)

Martawijaya and Nurjayadi (2010) states that oyster mushrooms have a more complete and richer nutritional content than other vegetable commodities. According to Sumarsih (2015) the nutritional contents in oyster mushrooms per 100 g can be seen in the table 2.1:

Nutritional Contents	Composition (per 100g)
Calories (Kcal)	345
Protein (%)	15
Carbohydrates (%)	64.1
Fat (%)	2.66
Ash (%)	7.08
Sodium (mg)	133.7

Potassium (mg)	33,120.0
Magnesium (mg)	1,289.0
Calcium (mg)	27.6
Zinc (mg)	109.6
Iron (mg)	68.6
Copper (mg)	12.9
Water (%)	86-87.5

Table 2.1 Nutritional Contents of Oyster Mushrooms

Meanwhile, the following table is a list of the nutritional contents of mackerel fish meat and its percentage per 100 grams (USDA, 2017).

Nutritional Contents	Composition (per 100g)
Calories (Kcal)	305
Protein (%)	19
Carbohydrates (%)	0
Fat (%)	1.90
Ash (%)	0.93-1.54
Sodium (mg)	89
Potassium (mg)	344
Magnesium (mg)	60
Calcium (mg)	16
Zinc (mg)	0.64
Iron (mg)	1.48
Copper (mg)	0.08
Water (%)	65.73

Table 2.2 Nutritional Contents of Mackerel Fish