

ABSTRACT

This research discusses about the use of Jackfruit and seeds in making mousse. This research is motivated by the decreasing level of productivity of jackfruit. In general, the jackfruit consumed is only the fruit, resulting in the accumulation of jackfruit seeds as food waste that can be consumed. In additionally to the jackfruit seeds there are nutritional values including carbohydrates, fats, and sugar. Jackfruit is usually used in dessert product as flavor and aroma. As food waste that has nutritional content that can be used, therefore the authors conducted research by utilizing jackfruit as a substitute for sugar and vegetable fat in mousse products. This research uses an Research and Development (RnD) method in food products and the consumer acceptance test is conducted by spreading questionnaires organoleptic tests to 100 panelists from various different professional. The result o this test found a comparation o recipe formulations using 50% white chocolate, 50% jackfruit seeds, and 100% jackfruits fresh. This, the product can be accepted by the public, especially the Healthy Life Style Program Community. After conducting nutrition test on product mousse using jackfruit as a substitute for sugar and vegetable fats, there is a very low nutritional content of sugar, fat and carbohydrates, although economically it's a bit expensive compared to mousse products in general.

Keywords : Utilization of Jackfruit, Jackfruit Mousse, Substitute For Sugar and Vegetable Fat