

ABSTRACT

This study aims to develop innovation in the manufacture of imitation meat based on shitake mushrooms using the sous vide cooking technique. The main goal of this research is to create a plant-based meat alternative that is similar in texture, taste and nutrition to animal meat, while addressing global challenges regarding environmental sustainability and human health. The methods used include culturing shiitake mushrooms under optimal conditions to improve their organoleptic properties, as well as applying sous vide cooking techniques to produce a final product that is more consistent in terms of texture and taste. This study will also analyze the nutritional composition of the resulting imitation meat, considering the content of protein, fiber and other important nutrients. The expected results of this study are shitake mushroom-based imitation meat which has a soft but chewy texture, and tastes close to real meat. In addition, it is hoped that this product will have a balanced nutritional profile and provide a quality source of plant-based protein. This innovation has the potential to reduce the environmental impact of the livestock industry and promote sustainable lifestyles.

Keywords : Imitation Meat, Sous Vide, Shitake Mushroom