

CHAPTER I INTRODUCTION

A. Background

The results seminar is a presentation of the making and results of the *Buku Resep 15 Makanan Nusantara Berbahan Dasar Ikan* design aimed at introducing and presenting the results of the cookbook design, before the finalization stage of the cookbook. This recipe book raises the theme of Indonesian dishes made from Seawater Fish and Freshwater Fish with the aim of preserving Indonesian recipes and teaching how to process fish properly.

The abundance of nutrients found in fish positions it as a readily accessible and significant source of nutrition worldwide (Chen et al., 2022). Indonesia is incredibly rich when it comes to fish. With the archipelago surrounded by saltwater and thousands of rivers, lakes and swamps that are spread across the archipelago, the country is home to an amazing variety of freshwater fish species. Some of these include catfish, goldfish, gourami, tilapia, and catfish. These fish are managed by fish farmers with the commercial goal of generating significant production for the domestic market. Fish can also be an educational object for fishing communities or fish farmers who depend on fish, fish can be used to teach about local economy, distribution, and economic empowerment through fish farming and marketing. Some schools also teach that fish can be an entry point for a deeper understanding of biology, ecology, and other natural sciences.

In addition to supplying essential nutrients, foods offer a variety of other components that contribute positively to overall health (Slavin and Lloyd, 2012). Indonesia has a very abundant marine products, as of 2020 the fishing industry in Indonesia reached 6.43 million tons and it will increase every year in the future due to the increasing consumption level. Indonesia is ranked second in the world as the largest producer of marine fish based on the data below. In a broad sense, the per capita consumption is anticipated to experience variations in the upcoming years. Conversely, the per capita consumption of other goods like wheat and corn in Indonesia is predicted to exhibit relatively consistent growth in the coming years.

B. Purpose

Based on this description, the objectives of this Results Seminar are:

1. Presenting the results of the recipe book and proposal
2. Spreading information regarding the results of the recipe book
3. Getting suggestions and inputs from panelists in the process of finalizing the cookbook.

C. Benefits

The benefit of the results seminar for the author is to get advice and input to develop the recipe book design and know the shortcomings in making recipe books.

D. Recipe Book Description

The design of the “Buku Resep 15 Makanan Nusantara Berbahan Dasar Ikan” cookbook includes various types, processing and serving methods. In making it, the

selection of ingredients and processing methods in the recipes were obtained from various sources, both through the internet and printed books. Recipes that have been collected and through the research stage are poured into the form of a cookbook design. The recipe book design will go through the assessment stage by the supervisor and panelists to find out the shortcomings in the recipe book that should be revised, as well as the feasibility of the recipe book design and the quality of the recipes.

