Making Banana Heart Steak Vegetarian Food

Mercy A. Lumare¹, Linda Sinolungan², Varen O. C. Umboh³

¹ Politeknik Negeri Manado, Email: mercyLumare@gmail.com
² Politeknik Negeri Manado, Email: lindasinolungan369@gmail.com
³ Politeknik Negeri Manado, Email: Varenumboh@gmail.com

Abstract: Vegetarian steak dishes have had many changes or modifications from the general recipe. Steak food is made by modifying the ingredients and shape of the steak. Additionally, vegetarian steak has many recipe modifications in the current culinary era. As time passes, interest in vegetarian food starts to increase due to the increasing interest in the demands of a healthy lifestyle. The discovery of the idea of modifying a vegetarian steak menu using typical Minahasan spices is a relatively new creativity in the culinary world. Therefore, it is prideful to elevate and preserve Minahasa culture through food. Activities to develop and introduce this food menu have been carried out in various ways, such as food tests for people who eat vegetarian and non-vegetarian food. Vegetarian food testing for banana flower steak was done using organoleptic tests at a well-known hotel restaurant. The results of testing this banana flower steak food have received official recognition. Therefore, vegetarian steak made from Minahasan spices is considered suitable for consumption and marketing.

Keywords: vegetarian steak, recipe modification, Minahasan spices, Indonesia.

INTRODUCTION

According to some researchers, e.g. Dima & Sinaga (2023), Jabat & Saragih (2021), Muhammad et al. (2023), Sari et al. (2024), and Su & Horng (2012), nowadays, developments are increasing rapidly, from technology and infrastructure to the culinary world. These changes, modifications, and fusions in food aim to make food and drink more interesting to look at and taste (Angeliq et al., 2020; Maulana et al., 2020; Wahyuni, 2022). One of them is making banana heart steak vegetarian food. This is done to meet the needs and lifestyle of culinary connoisseurs (Aulia et al., 2018; Harsana & Triwidayati, 2020; Setiawan, 2016). In the end, according to several researchers e.g., Menajang et al. (2024), Nuraga et al. (2024), Sadjab et al. (2024), and Sjaiful (2023), the existence of banana blossom steak vegetarian food can support the tourism industry.

On the other hand, this development also encourages culinary connoisseurs and society to maintain a healthy body by consuming healthy food (Harsana & Triwidayati, 2020; Ratih et al., 2022). It creates a vegetarian lifestyle for a group of people (Hapendatu et al., 2016). This vegetarian group influenced menu changes and food ingredients, eliminating meat (Utomo et al., 2014). A vegetarian lifestyle opens up opportunities to create menus by replacing meat with other substitute ingredients like plants or vegetables (Stanley & Villarino, 2022). Foods that are commonly known, especially among the new generation of millennials, are influenced by Western culture, namely the leading food or main course in the form of steak steak (Erdiana, 2019). People's passion for steak in Indonesia has spread widely. The steak menu known in Western culture consists of four components: protein, carbohydrates, vegetables, and sauce (Kanzler et al., 2015).

Based on the background above, the author sees an opportunity to modify the main course. In this case, steak in the form of meat is replaced by other available ingredients to meet the needs of vegetarian food lovers and healthy lifestyles, even for people with certain beliefs. Seeing the development of the craze for steak, the author found an innovation where this steak will be cooked using typical "Minahasa" spices with the title Making Banana Heart Steak Food.
METHOD

This research was conducted at a house located in Manado, North Sulawesi. Data sources use two types: primary and secondary: observation, interviews, and documentation collected data. Primary data produces information that reflects the truth according to factual conditions. Secondary data is used to support primary data. Secondary data was obtained through a literature study from books, journals, articles, and previous research. Food ingredients in Steak: Banana Heart, Gluten, Ear Fungus, Egg Yolk, Garlic, Onion, Cornstarch, Totole, Pepper, and Margarine. Food ingredients in Bumbu RW sauce: Cayenne pepper, curly chili, galangal, lemongrass, garlic, shallots, cloves, nutmeg, ginger, garlic leaves, salt, coconut milk, and total. Food ingredients in Purple Sweet Potato Mash: Purple sweet potato, coconut milk, sugar, salt and water. Research tools: Knives, Pans, Sutils, Cutting Boards, Blenders, Containers, Plates, Aluminum Foil Cups, and Aluminum Foil Paper.

This research was carried out in several stages and trials: hedonic tests and organoleptic tests. This test is carried out to measure the level of desire or liking for a product. In all trials, the author collected data by conducting interviews and questionnaires with several people selected to be respondents in this research. Interviews are intended for lecturers, and questionnaires are for people closest to the respondent. The author chose these people because they are the author's relatives and can be trusted.

Organoleptic testing is related to testing food ingredients based on likes and desires for a product (Triandini & Wangiyana, 2022). Furthermore, organoleptic testing, also known as sensory testing or sensory testing, is a testing method that uses human senses as the primary tool for measuring product acceptability (Pinto et al., 2024; Rizkyka & Riyanti, 2024). This study used the senses of taste, sight, and smell to assess test results. Organoleptic tests are carried out in institutions or industries such as hotels. The author took Chef Respondents to taste and assess our research product dishes at the Four Points Hotel by Sheraton. The author chose the Four Points Hotel because the author previously had work experience at that place, and according to the author, the chef at the Four Points Hotel understands Minahasan cuisine and culinary development.

RESULT AND DISCUSSION

Result

This research’s design was based on healthy but contemporary and exciting food, namely Mivesteak. Mivesteak is made from vegetables or is called vegetarian steak. Vegetarian food in Manado is rarely found and marketed to the public. This food can be found in certain restaurants that sell specifically healthy foods, namely vegetarian. At this time, with the development of the times, the culinary world is also developing, including vegetarian food.

Mivesteak is an innovation made by the author, with the main ingredient being banana heart combined with ear mushrooms to get a texture that resembles meat and gluten as a complement or fiber in this steak. The sauce is also made from Minahasa ingredients, usually found in Manado, with sharp spices and a satisfying spicy taste. The author also does not remember to complement this food with carbohydrates, namely purple sweet potatoes. Purple sweet potatoes, often found everywhere, are the author's choice to replace rice or potatoes. With the uniqueness of each food, the author made it very well by carrying out trials so that he got the right taste, which suited and complemented each other.

This idea was found in vegetarian food made from tofu or tempeh, so it can no longer be called an innovation but only a modification of this food. Why does it have to be Steak? This food is classified as high-class and popular with everyone. In this way, the author innovated to keep up with modern food developments.
Product Trial

The results of the trials carried out can be seen in Table 1

Table 1. Mivestek Recipe on First Try

<table>
<thead>
<tr>
<th>Steak</th>
<th>Mash</th>
<th>Sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Heart 100gr</td>
<td>Purple sweet potato 40 gr</td>
<td>Red onion 50gr 1 sdt</td>
</tr>
<tr>
<td>Mushroom 60gr</td>
<td>Coconut Milk Sasa 20gr</td>
<td>Garlic 10gr Mushroom broth 2sdt</td>
</tr>
<tr>
<td>Gluten 75 gr</td>
<td>Sugar ½ sdt</td>
<td>Cayenne pepper 10gr Margarine ½ sdm</td>
</tr>
<tr>
<td>Cornstarch 3 sdm</td>
<td>Salt ½ sdt</td>
<td>Lemongrass 15 gr/1 segment Flour ¼ sdm</td>
</tr>
<tr>
<td>Garlic 3 siung</td>
<td>Pepper ½ sdt</td>
<td>Coconut cream 10ml Leek</td>
</tr>
<tr>
<td>Onion ½ Buah</td>
<td>Water 150ml</td>
<td>Salt ¼ sdt Basil leave</td>
</tr>
<tr>
<td>Mushroom Broth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pepper ½ sdm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This research uses knives, pans, sutils, cutting boards, blenders, containers, plates, aluminum foil cups, and aluminum foil paper. Next, there is the manufacturing process. Mash-making process: Purple sweet potatoes are steamed for 35 minutes. After steaming, let it cool, then peel the purple sweet potato skin. Mash the purple sweet potato until it does not feel lumpy. Heat a frying pan and add the purple sweet potato. Pour the coconut milk into the purple sweet potatoes pan, and add the sugar and salt. Mix until you get a texture that resembles mash. Lift and mash is done.

Sauce-making process: Clean all the spices first; finely chop all the Minahasan spices; after cutting, fry the spices over medium heat for 10 minutes; while frying, stirring occasionally so that the spices are cooked perfectly; if the spices are brownish, remove from heat. Then drain. Blend all the spices using a blender and add 250 ml water. If it is entirely smooth, drain the spices. Separate the ground spices from the juice from the spices. Cook the spice juice again over low heat, then mix all the flavorings. Cook for 3 minutes, then mix in the coconut milk. In this process, it must be stirred continuously to produce the right texture. Heat the frying pan, add the margarine until it melts, then add the flour. Stir until the margarine and flour are thoroughly mixed. Add the spice essence that has been processed in (point 7). Cook for 2 minutes while stirring continuously; if the viscosity level is above, The spice juice resembles a sauce; it is best to taste it when it is just right.

Steak-making process: Boil water until boiling and add wood ear mushrooms for 5 minutes, then add gluten for the last 2 minutes, finely chop the garlic and onion, "slice" the banana blossoms, then boil until the sap from the banana blossoms comes out, then boil. Drain and squeeze so that the water absorbed by the banana flower comes out. "Saute" banana blossoms until fragrant, "Slice" ear mushrooms; blend finely sauteed banana blossoms and boiled gluten and egg yolk. After grinding it in a coarse blender, put it in a container and mix the chopped garlic and onions. Mix in the cornstarch, mushroom stock, and white pepper, shape it like a steak, then grill using margarine.

Discussion

The results of the first trial process were that the food had an unfavourable colour, the sauce tasted spicy, and the mash tasted like excess coconut, so the taste of the sweet potato needed to be more dominant and pronounced. It can be seen in Figure 1.
Our goal is not just to change the taste and appearance of our food, but to make it better. The feedback we receive from our respondents is a crucial part of this process, and your active involvement is key. It guides us in making the necessary changes to enhance the taste and appearance of our food, aligning it more closely with the preferences of our customers.

During the second trial, one of the authors was sick or not in top condition, so in making the sauce, the author gave it a spicy taste compared to the first trial. Other writers feel the same way. Of course, this process is carried out with standard hygiene, so the author uses a mask and gloves. The evaluation results from respondents provide new ideas for improving the taste of our food. In the following process, we will try using squeezed coconut water or coconut milk, which the author used in the first trial. Dissolve the coconut milk with water so you do not feel the additional components in the packaged coconut milk. For the sauce, we will try using cornstarch and be more careful. We will also get the same taste as in the first trial or even better than the first trial.

In the third trial process, the author was quite satisfied with the taste and appearance of Mivesteak food. Because the author has found the correct dosage of each component in Mivesteak, we also do not change the coconut milk to squeezed coconut milk because we found another alternative in using coconut milk, namely dissolving it with water so that the taste of instant coconut milk is not too strong so it can produce the right taste.
The author is deeply appreciative of the active role that the respondents played in the testing process. Your comments and suggestions have been crucial in determining the taste, colour, and texture of Mivesteak. Your input has significantly influenced the selection of the final recipe for the upcoming organoleptic test.

CONCLUSION

Based on the explanation and experimental activities that have been carried out, it is concluded that the ingredients and spices that have been adjusted from trial 1 to trial four have become products that meet the requirements regarding mixture, taste, and appearance and have received recognition from the industry. Suitable packaging for Mivesteak uses aluminum foil cups, making Mivesteak last longer than plastic mica. The marketing used to sell this product is through social media platforms like Instagram, Facebook, and TikTok. Target marketing is aimed at people who like vegetarian food and consumers or buyers who like vegetarian food. The suggestion from this research is that to maintain the authenticity of the food, the manufacturing method must follow the stages and processes in accordance with the author’s research. Further research is needed to select packaging. Promotional methods require creativity and a more approach to consumers or buyers to gain more interest in Mivesteak. Assistance is needed from the Manado State Polytechnic campus to obtain a patent for this research.

ACKNOWLEDGMENT

REFERENCE


https://doi.org/https://doi.org/10.1016/j.foodchem.2014.09.075


https://doi.org/10.59921/icecomb.v2i1.27

https://doi.org/10.62794/ijober.v1i3.531

https://doi.org/10.59921/icecomb.v2i1.23

https://doi.org/10.1051/ctv/ctv2024390130


https://doi.org/10.59921/icecomb.v2i1.26


