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ABSTRACTS

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NUTRITIONAL COMPONENTS OF RENDANG

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Abstract

Rendang is a traditional food of Minang Kabau ethnic in Indonesia which is basic ingredients are consist of beef meat, coconut milk and many kind of spices. The cooking process of rendang will take hours (5-7 hours). During the process, all the ingredients should be carefully stirred until all the liquids evaporated and allowing the meat absorb the spicy condiments. Spices used in rendang are known as aromatic component, natural antimicrobial, antioxidant substances and as organic preservatives. The numerous type of spices used make rendang having complex and unique taste. Rendang can last for one week stored in room temperature, even last in about a month if stored in refrigerator, and up to six months if frozen.

The main objective of the research is to evaluate the nutritional values, to characterize the aromatic components in rendang and to study the shelf life of rendang in different condition.

This paper is presenting the preliminary results of the research. The result shown that the nutritional components of rendang are changes, the content of protein, fat, ash and carbohydrate are going up compare to the fresh meat. The findings indicated that the cooked rendang contained oleic acid ($\omega 9$) 6,95%, linoleic acid ($\omega 6$) 1,47%, dokosaheenoat acid ($\omega 3$) 0,18%, free faty acid contents 0,28%, the peroxide number and trans fatty acid are not detected.

Key words: *beef meat, coconut milk, spices, rendang, nutrition.*