Sukrilicious Bakery with Breadfruit Ingredient, Made by UGM Faculty of Medicine Students

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Breadfruit (Artocarpus altilis) is a local food substance that is commonly found in Indonesia. Yet its utilization is still not maximized. All this time breadfruit is consumed only in the form of fried, boiled, or chips.

But in the hands of some UGM Faculty of Medicine students, the breadfruit is transformed into bakery products that has high nutritional value and selling point. The students are Gentur Adiprabawa, Inna Rachmawati, M. Ridwan Ansari, students of Health Nutrition Sciences study program, and Diah Nurpratami as well as Masyitoh Dewi Mubarok students of Medical Education study program.

All of the five students processed the breadfruit into a variety of bakery products which by all means not less delicious than other bakery products. They developed the bakery business with breadfruit ingredient which is labeled "SUKRIlicious" (breadfruit delicious bakery). This business originated from the student creativity program, together they create products innovation from local food substance.

Gentur Adiprabawa told that breadfruit is chosen as the basic ingredient of bakery to increase the breadfruit’s selling and utility value. One of the efforts is undertaken by diversifying the product by processing the breadfruit into a variety of snacks in the form of bakery.

"During this time the breadfruit has not been utilized to the utmost, despite the fact that it is relatively abundant. Mostly the breadfruit is processed by boiling, frying or making it as chips. By processing it into the bakery, the economic value of this local food increases," he said on Thursday (16/9) on the UGM campus.

Gentur mentioned that bakery products made from breadfruit is also good for health. Breadfruit contains high nutritional value because it is rich in fiber (2%) and high carbohydrate content (35.5%).
Furthermore, Gentur conveyed that Sukrilicious is also safe for people with diabetes. "Breadfruit has a low glycemic index so it's good for people with diabetes," explained the student of class 2008.

To produce a variety of bakery, breadfruit flour is used as primary ingredient. To obtain breadfruit flour, bread fruit is peeled and thinly cut and soaked in water that is sprinkled with salt to prevent it from browning. Subsequently, it is dried under the sun or in oven. Afterwards, it is made to become flour using a blender or special flour tool.

It can directly be used to create a wide range of bakery dough. For Sukrilicious product, we mix it with flour in a ratio of 50:50,"Gentur explained.

The addition of wheat flour in the bakery dough, he continued, was intended to maintain the texture. "Initially, we only used breadfruit flour but the result was not quite good. It was less puffy and the texture was rough, "he said.

Inna Rachmawati added, some 2 kg of breadfruit flour can produce approximately 200 bakery products. The products offered are in the form of breadfruit sponge, breadfruit donuts, breadfruit muffins, breadfruit tart, breadfruit blackforest, breadfruit pukis, breadfruit pizza, breadfruit celery stick, breadfruit cheesestick, breadfruit brownies, breadfruit cake, and various pastries. The retail price varies between Rp1500 - Rp50 thousand.

"According to Inna, for development, they will open an outlet in the north of UNY Engineering campus, on Jl. Flamboyant, Karang Asem, in the upcoming October. “We want to direct the breadfruit bakery as breadfruit bakery trend that will become one of Jogja culinary icon," this girl who wears a headscarf was hoping.

The new business that began about six months ago could be said as a success. The business conducted by the five young students was welcomed by the public. The monthly turnover reaches 13 million. And presently, Sukrilicious has three employees who graduated from a vocational school majoring in Catering.
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