

Abilawa, Wild Ginger Ice Cream by Students of Pharmacy UGM

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Abilawa character is certainly familiar to the ears of the traditional shadow puppet fans. Yes, Abilawa is the pseudonym of one of the Pandava figures, namely Bhima/Werkudoro. However, this Abilawa is actually not the particular gallant figure, armed with Ponconoko nail.

This *Abilawa* is a product innovation of ice cream made from ginger that is called "start of ginger business" or abbreviated to "Abilawa". Abilawa born from the creative hands of UGM Pharmacy students who are encouraged to make alternative products made from ginger which has been widely used as raw material for traditional medicine. The students are Topan Sawitra, Ina Rahmawati, Arum Setianingrum, Widi, and Khairul Ikhsan who recently have completed pharmacy professional education.

"On July 14, 2005, the Government of Indonesia launched a national movement to drink ginger (GNMT) in which one of its aims is to increase ginger use extensively in an effort to improve health. The GNMT inspired us to create a processed product made from ginger, namely ice cream. Besides, we saw that ginger has a great business opportunity to be developed in the industry," said Khairul Ikhsan in the recent Research Week event on UGM Campus.

Khairul said that Abilawa is an ice cream loaded with nutrition because it has high curcumin content. Curcumin is known to be beneficial to maintain liver health (hepatoprotector), anti-oxidants, as well as increase appetite.

The making of the ice cream is quite simple, the same with making ice cream in general. In making the ice cream, 0.5 kg of powdered ginger is processed by mixing it with hot water and then it is filtered. Furthermore, the filtered water is added with lemon and let to cool. The processed product from ginger is then processed along with other ice cream ingredients, such as cow's milk, sugar, salt, emulsifier, and stabilizer.

"In making this Abilawa ice cream we use ice cream materials sold in the market to be further processed together with ginger," he explained.

In one time production, they are able to produce 60 cups of ice cream in 100 ml size. These five students sell Abilawa at a price of Rp2500 per cup. For a one-time marketing they are able to sell up to 100 cups of ice cream.

The products that have been launched in 2009 temporarily are only available at the UGM Sunday Morning Market (Sunmor). In order to expand market share in the future they will establish cooperation with the Pharmacy and Herbal Corner.

The product innovation is not only successful in providing alternative flavors choice for ice cream fans, but has managed to bring Ikhsan and his friends to become the third winners in the Indonesian Pharmacy Student Scientific Week (PIMFI) 2009.

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