CHAPTER II

LITERATURE REVIEW

In this chapter the writer discusses preservation of traditional food, variation, recipe book and standard of recipe, design, elements of design, the stages of the design process.

2.1. Preservation Traditional Food

The book "Makanan Tradisional Makna Sosial dan Manfaatnya Sebagai Makanan Sehat ("Functional Food") Serta Upaya Pelestariannya" written by Arsiniati Moeriabrata-Arbai, explains that traditional food has a socio-cultural meaning that serves to strengthen solidarity and increase the sense of national unity and integrity. On this basis, it is necessary to preserve traditional food. This book also describes several ways that can be done to preserve traditional foods. The first thing to do is to conduct research and collect data on the origin when it was introduced and the socio-cultural meaning of traditional food in their respective areas. Second, get used to eating traditional foods at home. Third, conduct counseling to the community about the benefits of traditional food to change the behavior of liking traditional food. Lastly, creating new recipes for traditional food modifications that are more delicious and interesting so that they can compete with foreign products.

2.2. Rice Flour

According to Nurani and Yuwono (2014) flour is a form of material processing through milling. Flour has low water content, which affects its shelf life of flour. The amount of water contained in flour is influenced by several factors, including the nature and type or origin of raw materials manufactured of flour, the flour treatment, the humidity of the air, storage area, and type of packaging. Flour is also one of the alternative forms of semi-finished products

recommended because they will be more resistant to store, and easy to mix, shape, and cook faster as required in practical modern life. The most common way to reduce the moisture content is by drying, either by drying or by drying with a normal dryer.

There are various types of flour, for example, Tapioca Flour, Corn Flour, Glutinous Flour, Wheat Flour, Sago Flour, Bread Flour, Hunkwe Flour, and Rice Flour. The author chose rice flour as the basic ingredient for making a variety of traditional foods. Rice flour is the result of milling rice, both white rice, and brown rice. The difference between white and brown rice flour is in the part of the rice grain that is milled. In brown rice flour, the outer layer of rice grains is milled all at once, while in white rice flour, the outer layer is removed before grinding. Rice flour is known to have a fairly high antioxidant content and is good for consumption if you are on a gluten-free diet or suffer from gluten intolerance. 100 grams of white rice flour contains the following nutrients: 80 grams of carbohydrates, 7 grams of protein, 94 milligrams of phosphorus, 75 milligrams of potassium, and 23 milligrams of magnesium. The protein content in rice flour is quite high, even higher than in milk and yogurt. In addition, rice flour is also rich in fiber, iron, B vitamins, and lignan compounds. Some characteristics of rice flour have a slightly transparent white color, feel soft and smooth when palpable with a finger, and contain about 20% amylose. Rice flour will form a food product with a soft texture, but when cooked it does not become sticky. The color of rice flour is opaque or not clear after cooking.

2.3. Variation

Based on Winataputra in Sumrotunnjanah, Suteja, and Anam (2015) variations are changes that are intentionally made or created to give a unique impression so as not to be monotonous. So, variation is a movement made to make changes by developing a product to give a new impression.The writer's intention in the sentence "to give a unique impression so as not to be monotonous" is that the writer gives a new taste by adding toppings to five traditional foods. The five traditional foods are:

1. Nutella Semprong, previously known as semprong, is a traditional food made from rice flour and has a sweet taste from sugar. Here the writer makes a variation in the form of giving a topping as a Nutella or chocolate filling on a semprong to give a new impression of the taste and smell of the Nutella.

2. Putu Ayu Milo & Cheese, the variation that the writer made in this second meal is to add milo powder to the putu ayu batter and topped with cheese so that putu ayu has a new impression in terms of color to brown and also taste, as we all know generally putu ayu is a green cake topped with coconut.

3. SerabiPandan, generally serabi are foods with the basic ingredients of rice flour which has a white color. The writer makes variations by adding toppings to the pancake, for example, milo topping, cheese, and chocolate, and the writer gives some coloring to the serabibatter to beautify the food.

4. Pancong cake, the writer makes variations by putting toppings on the pancong cake and also putting a sprinkling of cheese in the pancong cake to add a savory taste.

5. Kembang rocking, the writer adds sesame topping on the cake as a variation.

2.4. Recipe Book and Standard of Recipe

According to Evawati and Susilowati (2013) recipes are instructions regarding the number of ingredients, how to mix, the process, and the workings of a dish. The recipe also has a meaning as a method to apply the basic techniques of certain ingredients. The recipe is made so that people can follow the appropriate instructions so that the results are as desired. As said by Evawati and Susilowati (2013) standard recipes are instructions that explain how to make and prepare a dish, usually developed from how to process it, the equipment, and the serving pattern. The purpose of the standard recipe is to ensure the quality of the food produced, not only focusing on quality of the food but also considering the standard recipe, equipment available, skills of the person serving, and budget. The results have been calculated in exact numbers based on a specific estimated number of servings.Evawati and Susilowati (2013) gives the standard structures of recipe, they are: recipe's name, result (including total result, portion, size of the

dish), materials and quantities, equipment needed (including measuring equipment, tool size, tool parts), instructions for preparing dishes, instructions for storage, or simple maintenance, instructions on servings, plates or utensils, and garnishes needed.

2.5. Design

According to Sachari and Sunarya (2001) design is a product of social, economic, and human life order, as well as a reflection of a culture that is tangible and valid for a certain period. Meanwhile, according to Beta (2008) design is a creative activity in solving problems in the design of functional or aesthetic objects that have principles on technical aspects, functions, and materials, without releasing the elements of color, line, texture, compositional balance, and shape.

From the theory above the writer can be concluded, design is the activity of designing a creative idea that includes techniques, forms, and aspects that apply over a certain time.

2.6. Elements of Design

According to Kristianto (2020) elements of design include line, shape, texture, space, size, value, and color. Kristianto said that the design elements have a similar function to the ingredients in cooking. The use of each design element in a layout will give a different layout. It's the same with ingredients, if you already understand the ingredients then we can make new recipes. Similarly, by understanding the use of each design element, we can create a design with a completely new layout. Elements of design include:

1. Line: Any sign that connect one point to another. Lines can be used to set the layout, direct the reader or convey emotions to the reader.
2. Shape: Something that has a height and a width. With form, the reader is helped to recognize an object, attract attention, communicate the designer's ideas, and add to the attractiveness of a layout.

3. Texture: The look or feel of a surface. Textures add dimension and richness to a layout, emphasizing or bringing in a certain feeling/ emotion.

4. Space: The distance or area between or around something. Space separates or unites layout elements, defines an element, or as a resting place for the eye.

5. Size: How big or small something is. Size shows the most important elements, grabs attention and fits all elements of the layout.

6. Value: How dark or light an area is. Value separates the elements of a layout, giving it a certain feel and creating an illusion of depth.

7. Color: The last medium of symbolic communication. Color brings a certain mood, grabs attention, emphasizes something, and sets the layout elements.

2.7. The Stages of Design Process

As written by Arin (2009) in her blog, there are 6 points of the stage of the design process. The first step that must be taken is to collect ideas in making designs. Second, focus on the ideas that have been created. Focusing on these ideas means diving deeper into the science and understanding the ideas that we will write about in the book. If we have determined what ideas we will discuss, to strengthen the knowledge that we will represent in the book to be written, we can add references from other sources, of course by including the source of the writing so that it is not considered a plagiarist. Third, create the outline. Outlining is done so that the writing is directed and remains focused on the ideas that will be conveyed, not straying into other issues that do not need to be discussed in the book. The outline also makes it easier to write and compose. With the framework of the book to be made, the author will be more focused on writing the book, so that the contents of the book will be focused on the things that will be explained. Fourth, the draft will underlie the logic, thinking, and reasoning of how the author will design. Revisions need to be made to improve all writings. In some cases, usually during revisions, many authors say that revision is the same as rewriting part or all of the contents of the book. This revision aims to make written work better than before. Editing is done to fix the writing (if there is writing or usingthe

wrong vocabulary) to fix the layout of the writing and the preparation of the writing so that it has an aesthetic that can attract the reader.