

# CHAPTER I

## INTRODUCTION

### 1.1. Background

Food is a basic requirement for everyone in the form of foodstuffs that can be eaten and useful for survival. The meaning of food according to the WHO (World Health Organization) is all the substances that necessary for the body, except water and medicines and the substances used for the treatment (Putraprabu, 2008). Food is one of the basic necessities of human living beings which is the source of energy. Food is one of the basic human needs and is a source of energy. Without eating, people can suffer from lack of energy, so that it can inhibit the activity or daily routine. Therefore the human also needs to know the classification of the food itself to facilitate them in selecting foods to suit the needs of each.

The food can be classified into appetizers, main courses and desserts. An appetizer is a small first course of an overall meal. Common examples include: shrimp cocktail, calamari, salad, potato skins, mussels, bruschetta or cheese and crackers. The main course is the featured or primary dish in a meal consisting of several courses. The main ingredient is usually meat or fish . Dessert is a typically sweet course that concludes an evening meal. The course usually consists of sweet foods, but may include other items. In world cultures there are a wide variety of desserts including cakes, tarts, cookies, biscuits, gelatins, pastries, ice creams, pies, puddings, custards, and sweet soups.

One kind of dessert is cake. Cakes usually taste sweet and savory. The cake is often interpreted as a snack made from dough of flour, such as wheat flour, rice flour, sago flour or tapioca. Cakes in Indonesia are usually categorized based on their water content, namely moist cake. Brownie is one of cakes that quite famous in Indonesia. This cake has become well known in the world for hundreds of years ago.

History of brownie first appeared in public on 1893. There was an exhibition entitled Columbian Exposition held one of the major in the America, Chicago, Illinois at that time. A chef from the Palmer House made an innovation of cake after the owner of hotel, Bertha Palmer asked him to make dessert for her and the guests who were attended at the exhibition. The chefs were asked to create a cake that was different than the others, which were cut into a small piece and easy to eat. The second version of the story, brownie cake originated from a chef who forgot to add the ingredients of cake developer called baking powder into his chocolate sponge cake recipe. As a result, after sponge cake was baked, the cake did not expand like the usual cake that he made. Chocolate sponge cake texture should be soft, thick and contains many pores.

Not only internationally, but brownie is also a famous cake in Indonesia and it is already known by people in Indonesia since 15 years ago. Beginning from dissatisfaction tried steamed cakes recipe from her sister, Hj. Sumiwiludjeng in late 1999 began to do the experiment of the recipe until get the best taste. For her sense of taste, graduated from Cookery Jakarta Teachers' Training College (now University of Jakarta), found the taste of chocolate cake was less savory. After finding the right formula, then the cake was began to be marketed. The distinctive taste very easily favored by customers. Because of the texture and color of this cake were similar to brownies then Sumi named this cake to be steamed brownies cake, that previously the name was chocolate sponge cake. But because Sumi wanted her homemade cake was easily recognized by the customers then Sumi gave steamed brownies name on her cake.

A recipe is a set of instructions to make a dish. Every dish has the original ingredients before modified by a cook helper of kitchen. As does brownie, original ingredients of brownie are flour, butter, sugar, eggs, melted chocolate and almonds. It is one thing for sure that basic brownie ingredients has never changed since hundreds of years ago. On 1904, the first brownie recipe appeared in the book Cook Home Cookery, called Service Club Book, and on 1905 in a recipe book of The Boston Globe. The second recipe appeared on 1907 in cooking guide

Lowney's Cook Book, written by Maria Willet Howard and published by the Walter M. Lowney Company in Boston, Massachusetts.

Nowadays, the manufacturing process of brownie is not only baked, but can also be the steaming process known as steamed brownies. Brownies had been heavily modified with various additional taste such as cheese brownies, brownie banana, blueberries, strawberries, nuts, coffee, and many other variations of brownie. But it would be better if the cake is mixed with healthy and economical ingredients like cassava. It is healthy because it has the good benefits for the body and It is economically due to this material is easy to find.

Cakes made from cassava can be found all over the territory of Indonesia, this is because cassava is easily planted and grows on fertile or infertile land condition. Cassava symbolizes simplicity and consume cassava can also help national program that is one day no rice held by the government of Depok in order to reduce the consumption of rice and switch to tubers such as cassava. In addition, the ease of cultivation and its popularity in the community become an important factor in the development of cassava. Based on the problem above, the writer wants to write the final report with the title, **“Using Cassava as Added Ingredient in Brownie”**.

## **1.2. Problem Identification**

As we know, Indonesia is a rich country with the natural resource, but Indonesia is one of the countries that importing rice from other countries, which in the end makes this country become very dependent on food with rice, whereas in a fertile land, there are so many sources of carbohydrates better than rice, such as cassava, potato, corn, sweet potato, pumpkin, etc. Even now already encountered variety of modern food modification made by cassava, corn, pumpkin, etc. brownie is one of them. Now there are so many brownie recipes in circulation by using natural ingredients such as sweet potato, pumpkin, potato, maize, and cassava as a basic material or additional material.

### **1.3. Problem Limitation**

Nowadays, there are so many recipes, especially brownie, which was circulated by using natural ingredients such as sweet potatoes, pumpkins, potatoes, corn, and cassava, but here the writer wants to limit the problem by taking cassava as an additional material of making brownie.

### **1.4. Problem Formulation**

To give an explanation and the specificity of the problems that have been raised, then the writer formulates the problem into some subject matters as follows:

1. What kinds of cassava that used in making a brownie?
2. What are people's perceptions about the brownie of cassava?

### **1.5. Research Purpose**

This report was written with the purposes:

1. To find out the kind of cassava that used in making a brownie
2. To find out people's perceptions about the brownie of cassava

### **1.6. Research Benefit**

The benefits of writing this report are:

1. For readers: The readers can know that cassava is not the usual foodstuffs but cassava can be used as ingredients in foods that is healthy.
2. For Institution: To give clear information to Polytechnic related with the Culinary that included to Hospitality Industry.