

## **CHAPTER II**

### **LITERATURE REVIEW**

#### **A. Culinary**

Culinary is a part of life that is closely related to the daily food consumption. Food is a substance, usually derived from animals or plants, which are eaten by living beings to obtain energy and nutrients. Based on Fadheli (2013) culinary is a part of life that is closely related to the daily food consumption. Culinary is processed in the form of food. The foods are in the forms of side dishes, food or snacks and drinks. Because each region has a taste of its own, would not be surprised if every region has different culinary traditions.

Started from the emergence of different culinary traditions, in some places in Indonesia culinary festivals are often held. At the festival, traditional culinaries are provided in each area where the event is held. In the culinary festival, food vendors have a chance to promote their products.

Refer to the above explanation, this indicates that the culinary an important role in the daily life. Culinary can be one object of tourist attraction that can attract many tourists to make a culinary festival. From the culinary festival could be a business opportunity for dealer's culinaries so creates new job opportunities for many people and from this culinary festival will also be able to create a wide variety of food innovation for the competitiveness of each dealer.

#### **B. The Innovation of Food**

According to Rogers (1983) defines that innovation is an idea, practice or object/objects are recognized and accepted as a novelty by a person or group to be adopted. Innovation is a new invention that is different from existing or previously known.

Product innovation according to Crawford and Benedetto (2000, p.9) in Dewi (2010, p.23) is innovation that is used in the overall operation of the company where a new product are created and marketed. Food innovation is an idea or ideas to create new products from one or a few products. Innovation food used by some employers, food vendors and anyone who want to develop their new product. Somebody or entrepreneurs who are always innovating, then it can be regarded as an innovative entrepreneur. Innovative person who will always seek to make improvements, presents something new or different unique with existing ones. Innovative is also an important attitude for which should be owned by an entrepreneur. The implications of the characteristics of innovative entrepreneurs who are able to bring about a change in the surrounding environment. Creative and innovative is the ability to move less productive resources into productive resources so as to provide economic value.

## **1. The Characteristic Changes in Innovation**

Innovation has categories such as something new or original, could be a discovery or improvement changes, is the result of creativity, providing a solution of a problem and providing value or benefit. Innovation indirectly become the distinguishing characteristics of a person or an organization because always thinking and looking for something different for the achievement of effectiveness and efficiency, with increased yields and profits. Innovation is an improvement which has certain properties that can be categorized as an innovative product. Based on Mujahid (2012) there are six kinds of characteristic changes in innovation.

### **a. Substitution**

Substitution is the act of putting one thing in the place of another.

### **b. Alternation**

Alternation is successive change from one thing or state to another and back again.

c. Addition

Addition is the process of adding or joining something to something else.

d. Restructuring

Restructuring is the act of organizing a company, business, or system in a new way to make it operate more effectively.

e. Elimination

Elimination is the act or process of removing something to find a better purpose.

f. Reinforcement

Reinforcement is the act or process of reinforcing or the state of being reinforced.

## 2. **The Role of Food Innovation**

Innovation is not just well in the creation of new products and better, but also the development of better systems and new business concepts. Based on Humasunri (2013) innovation will appear belief that innovation means progress. Americans believe that in the end they can create "heaven on Earth" where there is a recovery of all kinds of diseases, in which the experience acquired through virtual reality, where there is a nutritious delicious food, and where political differences can be resolved without violence. That shows how important an innovation.

According to Sarijani (2014) the results showed that the role of creativity and innovation is indispensable in the development of the product, because there are always new ideas for culinary products. Ultimately raising turnover thus increasing revenue. Business development is indeed necessary when business conditions are threatened, either by a new competitor or start shunned customers. In the development effort required an attitude that can be excavated from someone, with the ability to hone creativity then implement in real action as the embodiment of innovation, thus contributing

towards an extraordinary increase in turnover, the increase of customers and increase profits.

In running a business, should always be interesting innovation to increase the interest of customers and visitors, so customers or visitors do not get bored with the type of business that is very monotonous.

### C. *Bakso*

*Bakso* is kind of meat balls made from mixture of ground meat and tapioca. Based on Soemansyah (2013) presentation of *bakso* generally served with broth and added noodles, rice noodles, and fried onions. Variations of *bakso* are now highly developed, such as *bakso* with chicken, fish, and shrimp. *Bakso* can be used as complementary foods such as fried rice or soup.

Based on wikipedia (2015) *bakso* has root of Indonesian Chinese culinary art it is shown from the term 'of *bakso*' is derived from the *Bak-So*, in Hokkien language which literally means 'ground meat'. Because most of Indonesia's population is Moslem, then the more general of *bakso* in Indonesia made from *halal* meat such as beef, fish, or chicken. Now, most sellers of *bakso* are Javanese. The place is famous as the center of *bakso* is Solo and Malang, *Bakso Malang* called. *Bakso Malang* and *Solo* are dish of *bakso* served with typical Java. *Bakso* are from China but different from *bakso Malang* and *Solo*. Chinese *bakso* are usually made from pork or seafood and lightly browned color and shape is not round at all. While *bakso Malang* and *Solo* made of beef, that have gray color and round once.

#### 1. **The Main Ingredients of *Bakso***

Making *bakso* is not difficult for somepeople. But in making high-quality and healthy *bakso* is not easy and requires its own knowledge. Healthy *bakso* can be generated if the ingredients used are also healthy and followed with the use of the equipment and the procedures of processing is as well as hygienic packaging (Wibowo, 2014, p.5)

To produce healthy *bakso*, needed a healthy meat. Based on Wibowo (2014, p.6) the meat is produced from healthy animals. The selected meat is low in fat content. In addition, selected parts of the meat needs to be the content of trans fatty acids and low cholesterol. Not only that, it needs special handling of meat, so it will be produced healthy and high quality *bakso*.

The ingredients selection of *bakso*, are :

a. Beef

The beef used in making *bakso* should be fresh. The meat for the meatballs should be not much fatty and not much veined. Fat and sinew on the meat should be separated.

b. Fish

The type of fish used for *bakso* will determine the texture of the product. Therefore, the types of fish thick, fleshy and not a lot of spine are good for the *bakso*. Types of freshwater fish, such as tilapia, tawes, and carp are great fish to make *bakso*. Types of fleshy white fish such as grouper, mackerel, and snapper.

c. Chicken

To produce a healthy chicken *bakso*, it needs to choose the good part of chicken meat, such as using breast meat and avoid the upper and lower thigh meat. Because of the lower thighs and upper thighs are dark meat chicken that contain saturated fat and higher cholesterol than the breast meat.

**Table 2.1**  
Nutritional Composition per 100 grams of Meat

Type of meat	Protein	Water	Fat
Chicken	18,20	55,9	25,0
Fish	20	82,22	1,09
Beef	18,8	66,0	14,0

Source : Chicken and beef (Dalilah, 2006, p.17), fish (Yani, 2012)

d. Tapioca Flour

To produce tasty and high quality of *bakso*, the amount of tapioca flour used is about 10-15% of the weight of the meat. Ideally, at most 10% of the weight of the meat.

e. Iced Water and Salt

Grinding the meat and other ingredients should always use cold water or iced water and salt. Iced water will keep the temperature of the meat staying cool during the grinding process so that the water content in the meat does not melt while the salt serves to hold the water in the meat. If the water is not cold, it will melt the salt in the result, it is difficult to form the dough and to maintain the savory taste of the *bakso* products.

f. Seasoning

Basic seasoning of *bakso* are garlic, pepper, onion, leek and fried onion.

## 2. Equipment

The use of the equipment is also needed to support making process of *bakso*. There are the equipment needed by Wibowo (2014, p.19) such as:

a. The meat grinder

For small-scale *bakso* processing, meat grinding could be done manually. However, for larger scale or a large capacity is required grinding meat machine which is driven by an electric motor.

b. Stove or boiling furnace

The gas-fueled stove is the best choice to proces *bakso*. This stove is clean and has high temperatures so making *bakso* is more efficient. Oil burner can also be used, as long as the oil and smoke is maintained not contaminate *bakso*. Usually, the pressurized oil burner is quite economical and relatively clean, especially if the tank where the oil is placed away from the processing of *bakso*.

c. Boiling pan

Container used to boil *bakso* can be either a pot or a tank made of enamel, aluminum, or stainless steel. Stainless steel tank is the most ideal choice. Because the benefits of stainless steel are lower alloyed grades resist corrosion in atmospheric and pure water environments, while high-alloyed grades can resist corrosion in most acids, alkaline solutions, and chlorine bearing environments, properties which are utilized in process plants.

d. Equipment and other facilities

Other necessary equipment, including large and small scales, *bakso* filter, fan, buckets and plastic basket, stainless steel knives, and cutting boards. The use of equipment that is easy to rust should be avoided. Auxiliary equipment of plastic or coated stainless steel is highly recommended.

Other important equipments are working equipment and working safety equipment. The equipment include gloves, apron,

headgear, masks, working clothes, rubber boots, cleaning equipment, fire fighting, and medicine.

#### **D. Siomay**

*Siomay* is a food that originates from Tiongkok (China). Based on Supriatna (2013) in Mandarin, this food is called *shaomai*, while in Cantonese called *siu maai*. In Beijing dialect, this food is called *shaomai*. *Siomay* was brought by traders from China to Indonesia. *Siomay* originally served as a home-cooked meal. Original *siomay* is made of chopped pork and then wrapped in dumpling sheet, served together with other snacks or for breakfast or over a cup of tea such as Yam Cha. In Chinese cooking recipes, siomay with minced pork wrapped in a thin skin of flour. However, siomay is also made of shrimp, crab meat, or beef. Siomay made cylindrical, and it is decorated by using crab eggs, grated carrots, or peas. After being cooked by steaming, siomay is served with vinegar or soy sauce.

In Indonesia there are various types of siomay based meat for the content, ranging from siomay mackerel fish, chicken, shrimp, crab, or a mixture of chicken and shrimp. Materials for the contents mixed with sago or tapioca. Siomay also no longer wrapped in the dumpling sheet. Based on wikipedia (2015) *siomay* is an Indonesian steamed fish dumpling with vegetables served in peanut sauce. It is derived from Chinese Shumai. It is considered a light meal that is similar to the Chinese Dim Sum, but it is cone shaped. It is traditionally made from *tenggiri* (wahoo) fish meat. Sometimes other types of seafood such as tuna, mackerel, and prawn also can be used to make *siomay*. Other complements to *siomay* are steamed cabbage, potatoes, bitter gourd, boiled egg and tofu. *Siomay* is cut into bite size pieces and sprinkled with peanut sauce, sweet soy sauce, chili sauce and a droplet of lime juice.

*Siomay* is served after flushing with peanut sauce made from mashed peanuts and diluted with water. Seasoning for peanut sauce are chili, sugar,



garlic, salt, and vinegar or lemon juice. As presented, siomay is equipped by additional peanut sauce, chili sauce, or ketchup.

### 1. Basic Ingredients of Siomay

The basic ingredients of siomay, are:

#### a. Mackerel Fish

To cook *siomay*, fresh mackerel fish required, the following will be given some tips by Ilhaq (2015) in selecting fresh mackerel fish.

- It has bright skin
- It is hard
- Its eyes are clear and convex
- The gills are fresh and red
- It has strong fins
- The belly does not tear easily
- The fish is not stink

**Table 2.2**

Nutritional Composition per 100 g of Fresh Water and Some Fish Brackish Fish

Kind of fish	Protein (g)	Fat (g)	Carbohydrate (g)	Mineral (g)	Water (g)
Goldfish	16	2,0	1,0	1,0	80
Milkfish	20	1,3	1,5	1,2	76
Tawes fish	9,7	5,1	1,7	1,5	82
Gabus fish	20	1,5	0,2	1,3	77
Damselfish	17,5	5,0	0,5	2,0	75
Catfish	17,7	4,8	0,3	1,2	76

Source : Yani (2012)

b. Tapioca Flour

Based on Trisnani (2014, p.1) tapioca flour is used as a basic materials to make *siomay*. To produce good quality *siomay* then tapioca flour must be good quality, because quality flour greatly affects the results.

c. Dumpling Sheet

Dumpling sheet is generally sold in plastic packaging that is ready to use. Based on Winneke (2013) dumpling sheet is sold in size of 10 x 10 cm and is generally produced by the seller of fresh noodles. Dumpling skin is not cut to length but it is rolled thin and cut into squares. It is sold in two types, for boiled or for fried.

Dumpling sheet function to wrap the *siomay* dough and *bakso*. It aims to form a product so look neat and interesting.

d. Complementary Ingredients

Complementary ingredients for *siomay* generally used with a little measure meat. According to Trisnani (2014, p.12) complementary ingredients needed for *siomay* such as, garlic, fish sauce, ice water, water, pepper and salt.

## 2. Making Process of *Siomay*

The procedures for making *siomay* according to Sari (2014) are as the following:

a. Preparing the Ingredients

Preparing the ingredients with predetermined measured in accordance with the recipe namely tapioca, salt, pepper, garlic, flavoring, eggs, water, and scallion.

b. Cleaning

The mackerel is cleaned by discarding the head and bone. Then it is disemboweled by using sharp stainless steel knife. After that the fish is washed by running water.

c. Separating Meat

Once all parts of the body of the fish washed, then fillet the fish which aims to separate the meat from the bone by way of fish placed on the chopping block in the tilted position, then with a sharp stainless steel knife, the flesh at the base of the gills are cut to the bone, then meat fish slashed towards the tail until the meat is detached from the bones.

d. Washing

Fish meat that has been separated from the bones and skin (fish fillet) is washed over a stainless steel strainer. Washing the fish fillet conducted by using clean water to remove dirt and reduce the fishy odor that attach to the fish fillets, then fish fillet should be drained by putting the fish fillet into the leak.

e. Grinding

Fish fillets that have been washed using clean water then do grind by using grinding tools or chopper. The purpose of grinding is to crush the fillet. It can ease the process of mixing all ingredients or dough-making. The time needed for grinding fillets is about 3 minutes. After that, the fish can be weighed based on the needs.

f. **Mixing**

Mixing is done by putting all the ingredients into the bowl. The ingredients are fish meat, salt, pepper, mashed garlic, eggs, seasoning, tapioca and iced water. Tapioca should be added gradually. Then all ingredients should be stirred until they become well blended mixture. The time required for this mixing process is for 15 minutes.

g. **Forming**

After the dough is well blended, wrapped the dough in dumpling sheet and shape the dough with a 4 cm diameter and 3 cm thick, in order to obtain a same shape.

h. **Steaming**

After the dough has been formed then it is steamed for 30 minutes at a temperature of 100 degrees C in a steamer. Steaming aims to cook a product and to reduce the water content in the raw ingredients.

## **D. Peanut Sauce**

Peanut sauce is a sauce made from fried peanuts, widely used in the cuisines of Indonesia. Based on Trisnani (2014, p.13) the ingredients of peanut sauce are peanut, brown sugar, and the complementary ingredients.

### **1. Peanuts**

According to Ningsih (2011) Peanut is a plant food production means for farmers. The main product is the peanut seed with high protein content and oil. Based on pondokibu.com (2011) the appropriate peanut for making peanut sauce is not wormy and moldy. The grains do not stick one to another.

## **2. Brown Sugar**

Good color brown sugar is brown or bright black. According to Karso (2013) pale brown sugar can be caused by synthetic antioxidants such as natrium group. The use of brown sugar in peanut sauce to strengthen the taste and add color of peanut sauce so it doesn't look pale.

## **3. Complement Seasoning**

Complement seasoning for peanut sauce is generally only slightly used. According to Dapur Entris (2014, p.13) complement seasonings needed for the peanut sauce are soy sauce, garlic, red chilli, water, lemon juice, vegetable oil and salt.