

## **CHAPTER 1**

### **INTRODUCTION**

#### **1.1 Background**

Food diversification is a process of changing the main comestible with other ingredients. Those ingredients have many benefits and the same substance. It means food consumption does not only depend on one type of food source but also have balance nutrient.

According to Sutrisno in Budiningsih (2009), the definition of food diversification is narrower of food consumption. It is an effort to diversify the kind of food consumed, including food booster of energy and nutrients. Eating various food is supported to complete the adequacy of food and nutrient, whether in quality and quantity.

Everyday Indonesian usually consume rice every three times a day as the main food. Unfortunately rice is not good if it is consumed every day since it can give the bad impact for body's health such as overweight, cholesterol and diabetes.

Food diversification is not intended to replace the rice, but to change the consumption patterns, so people will consume many kinds of food and get better nutrition. By increasing any kinds of food in the consumption patterns, it is to expect to decrease the consumption of rice.

According to Cahyani (2008), in fulfilling carbohydrate we don't need high substance but we need little only. Besides main food, we can get carbohydrate from other food such as other dish or even vegetable and included drink. Because of that there are alternative food that we can use like cassava or purple sweet potato. In farming, there are four crops among that to fulfill daily needs such as cassava or purple sweet potato than rice or corn. Rice have many variety and have possibility to be changed so it's depend on the weather. Only Cassava or purple sweet potato is easier as a main crop except for alternative food only, that's why we need innovation for all kinds of tuber that have not be carry out as a main food.

Innovation of foods is the improving of kinds, taste, variant and shape of a food. Innovation of food also combines or proves from proving food. Improving of the innovation will give us new kind of food, even more famous and more interested than previous food, By having innovation of food, it will get lot of benefits from the ingredient of the food itself such as vitamin, nutrition and carbohydrate. For the example, innovations of purple sweet potato. It will give new variant of a food. The color of purple sweet potato gives interesting color to the variant. furthermore, the taste of purple sweet potato will give unique and different taste than the previous ones.

Purple sweet potato can be used as a main food to replace rice, because purple sweet potato has lot of calories. Besides, purple sweet potato contains lot of vitamin A, ascorbic acid, riboflavin, phosphorus and calcium and carotene. Moreover, purple sweet potato can be used to replace rice as a main food because has lot of energy, vitamin, mineral, and it is base on the productivity for each day if it is compared with other comestible. Purple sweet potato has good energy, high quality, protein, vitamin and mineral. As a source of carbohydrate, purple sweet potato has lot of chance as a substitution of main crop, so it can apply the important point to have various crops and decrease rice consumption.

In the development of food diversification program to support the preservation of food self-sufficiency, the purple sweet potato is one of the food commodities which has advantages to support the program. The purple sweet potato has a considerable potential for improving production and tubers can be processed into a variety of products that can promote the development of agro-industrial diversification. Purple sweet potato is one of the 20 types of food that serves as a source of carbohydrates. Purple sweet potato can be an alternative to accompany rice towards food security. The utilization of purple sweet potato is an important step in the wisdom of diversification, since purple sweet potato can be planted in dry and wet areas in rainy and dry seasons. Purple sweet potato can support diversification of food has strong reasons.

In addition to productive is quite high compared to plant rice, purple sweet potato contains nutrients that positively affects the health because contain dietary fiber and antioxidant vitamins that are reliable to prevent oxidative stress one purple sweet potato can be applied with traditional snacks such as for example rissoles. As main ingredients rissoles usually uses flour. However it can be replaced or supplemented with purple sweet potato. Because the flour and purple sweet potato have the same substances are carbohydrates that are good for the body. Because every human being needs balanced carbohydrates.

A rissole is traditional food which is containing mincemeat, vegetables and scrambled eggs. It is a kind of fried snacks. A rissole is made from chicken, beef, fish, shrimp and mushroom, carrots, potato or string bean. Is batter made by flour, egg, margarine, water or milk. This kind of rissoles is known well with vegetables and beef. Shape of rissoles is, square and triangle. Rissoles can be consumed with chili sauce or chili only.

Variant and innovation of purple sweet potato itself have no documentation. One of media that can publish it by containing on recipe book. Recipe book is a book that contains about the way to cook, from that book, people will know how to process the food. With this book, everyone will be helped specially for Indonesian people. This book can be a reference to every people cook lover.

Based on, explanation above the writer is interested to combine purple sweet potato with rissoles batter and the writer interested to support food diversification and keep traditional snacks by using alternative ingredients. Furthermore, the writer will write recipe book as the last product. The writers choose “The New Variations of Purple Sweet Potato Rissoles with Sweet Filling Made into a Recipe Book” as the title of final report.

## **1.2 Problem Formulation**

- What are the variations based on flavor that can be made from purple sweet potato rissoles?
- How are the processes of making purple sweet potato recipe book?

## **1.3 Problem Identification**

Based on the problem formulation above, the writer limits the problem identification into two points.

- Making variation of purple sweet potato rissoles that has vitamins and protein.
- Designing the recipe book about purple sweet potato rissoles.

## **1.4 Problem Limitation**

The scope of this final report is about designing a recipe book and makes a variation of rissoles. The writer focuses on how to design the recipe book to make an innovation of rissoles.

## **1.5 Research Purpose and Research Benefit**

- **Research Purpose**
  - To find out whether development can be conducted to make the innovation purple sweet potato rissoles.
  - To find out how to design the recipe book of purple sweet potato rissoles.
- **Research Benefit**
  - The benefits of this final report are:
- **For readers:**
  - To add their knowledge about traditional snacks and diversification food.
  - It can be a means of knowledge and culinary references.

- This final report can be a motivation to make a new creation of healthy food and it can be references to make purple sweet potato rissoles by recipe book
- **For writer:**
  - To improve knowledge and also to improve ability of food, especially traditional snacks.
  - To improve the ability of writing by cooking the food and write it into a book recipe. It also can develop the spirit of entrepreneurship.
  - to give information about the research and development to make an innovation of purple sweet potato rissoles and to improve the ability of cooking and making a recipe book