

## CHAPTER II

### LITERATURE REVIEW

#### 2.1 Purple Sweet Potato

As cited in the official website <http://inovasikesehatan.blogspot.co.id/2013/03/Khasiat-Ubi-Jalar-Ungu-bagi-Kesehatan.html> (2013) and <http://kesehatan96.blogspot.com/2013/04/khasiat-ubi-ungu-bagi-kesehatan.html> (2013-2016) the purple sweet potato has a Latin name *Ipomea batatas* Poiret. Purple sweet potato can be used as an ingredient for making snacks, egg cakes, drinks, buns, and even ice cream. The nutrient content of purple sweet potato is higher when compared to other types of sweet potato, started from 100 gr purple sweet potato contains vitamins A approximately 7,700 mg vitamin A content in tomatoes and beets. The content of the purple sweet potato including Zn, K, Mg, Cu, lysine, vitamin C, B1, minerals, fat, protein, crude fiber, and also includes a high carbohydrate source.

The efficacies of purple sweet potato for health are as follows:

- Accelerating blood circulation

Anthocyanin or purple pigments on purple sweet potato is an anti-oxidant substance that can absorb air pollution, and can inhibit blood clotting so that blood flows to be smooth.

- Preventing cancer

Beta-carotene, vitamins C and vitamins E content can act as anti-oxidant that prevents the growth of cancer cells and various cardiovascular diseases.

- Expediting Dedigestion

Fiber and pectin in a purple sweet potato is capable to digest food well so that digestive disorders like constipation and hemorrhoids can be overcome.

- Preventing Diseases

- Anthocyanin on purple sweet potato also has a function as an anti-oxidant, anti-cancer, anti-bacterial, and protection against liver damage, stroke and heart disease.

- Selenium and iodine substances in purple sweet potato is 20 times higher than other purple sweet potato so that it can be anti-cancer cells.

- Anti-bacterial activity in a purple sweet potato 3.2 times higher than the different varieties of blueberries.

- The active ingredient selenium and iodine 20 higher than in other purple Sweet potato. So, purple sweet potato can treat or be anti-cancer.

- Purple sweet potato can treat asthma patients.

- Providing carbohydrates

High carbohydrate content in purple sweet potato can be used as an alternative as a substitute for rice. The color of purple sweet potato can also be used as natural food colorants.

- Providing Vitamin

Purple sweet potatoes are rich in vitamins, such as Vitamin C, Vitamin B Complex, and Vitamin A.

It can be concluded that the purple sweet potato which has the Latin name *Ipomea batatas* Poiret, has many benefits.

## 2.2 Rissoles

As cited in the official website <http://kulinerbee.blogspot.co.id/2013/07/resep-dan-cara-membuat-risoles-enak-dan.html> (2013) rissoles is a kind of finger foods or typical snacks of Indonesia. Rissoles in Dutch called is rissole, namely pastry containing minced meat and vegetables rolled which was then given a layer of bread crumb and then fried until it golden brown color. Filling of rissoles could be of minced beef, chicken, fish or even a shrimp, and vegetables such as potatoes, carrots and mushrooms. The rissoles skin is made from ingredient such as flour, butter, egg yolks and milk.

As cited in the official website <http://kiostips.blogspot.co.id/2013/04/resep-membuat-risoles-dan-mengenal.html> (2012) One characteristic of rissoles is quite prominent is the skin that are generally coated with flour or bread crumb, so the surface is a little rough, but it gives a taste of its own. In addition rissoles

generally elongated and slightly flattened, this snack is very delicious when served with green chili sauce.

Pierre (2010) says that, rissoles originally a kind of pastry from western country introduced into Indonesia as the days of Dutch colonization in Indonesia. Rissoles become one of Indonesian popular snacks because its tastes and ingredients that have been modified to Indonesian society. Rissoles filling usually consists of various processed vegetables such as carrots, potatoes. Rissoles usually enjoyed as a snack or light meal in a relaxed moment. Rissoles also one of the snacks that are often found in various events such as the inauguration of the office party, wedding, anniversary, thanksgiving, and other family social events.

So the conclusion, rissoles is a traditional snack made from wheat flour and can be combined according to taste, shaped in such a way and coated with bread. Rissoles can be filled with several stuff such as meat and vegetables.

## **2.3 The Ingredients of Rissoles**

### **2.3.1 Eggs**

Sudaryani (2003) mentions that, eggs are farm products that contributed most to the achievement of community nutritional adequacy. Obtained from an egg perfectly adequate nutrition because it contains substances - excellent nutrition and easy to digest.

According to Wardayati (2011), the function of eggs in rissoles batter is to give protein, to increase taste and emulsify the batter. Meanwhile, the function of egg is also as the glue after rissoles is rolled and coated by the bread crumb.

### **2.3.2 Wheat Flour**

According to Syarbini (2013 : 15) Wheat flour is the result of the milling. Wheat is one of the grain crops commonly grown in countries such as America, There are three types of flour, based on the protein content is high, medium and low.

The function of flour in rissoles batter is as the main ingredient to the rissoles batter, medium protein content is usually used

### 2.3.3 Bread Crumbs

Bread crumbs is the bread used to make bread crumbs is loaf bread. Bread crumbs is flour made from dried and crushed bread. Often called is a flour made from bread with dried and crushed. While regular bread crumbs is often used for traditional foods such as bread crumbs rissoles (Anonymous, 2008).

Bread crumbs is often called bread flour, it is made from dried bread. The bread is usually loaf one. The loaf is dried and then smashed into small and coarse pieces.

As cited in the official website <http://www.resepkit.com/detailTips.asp?recId=176> (2002 - 2016) the function of bread crumbs for rissoles is to coat the rissoles. It has coarse texture when compared to other types of flour. It is usually used to make the texture of the food to be crisp. The bread crumb is usually used to coat the rissoles after it is dipped into whip egg.

### 2.3.4 Butter

Butter (Shortening) is made from animal it is a solid fat that has the plasticity and certain stability, usually white, so often called white butter. This ingredient obtained from mixing two or more fat, or by hydrogenases. White butter is widely used in foodstuffs, especially in the manufacture of cakes and pastries. The function of batter is to improve the taste, structure, texture, tenderness, and increase the volume of bread or cake (Winarno, 1997)

As cited in the official website <http://jendelakokojava.blogspot.co.id/2012/09/macam-dan-fungsi-bahan-bahan-pada-adonan.html> (2012) butter for rissoles is butter made from the animal, the function of butter in the rissoles batter is to increase the taste, add the nutrient and avoid sticky while being cooked

### 2.3.5 Milk

Milk is a highly nutritious drink produced lactating dairy cattle, such as dairy cattle, dairy goat, or even buffalo dairy. Milk is highly perishable unless it has undergone special treatment. If fresh milk is let on the room temperature the fat of the milk will clot on the surface and it will be contaminated or bacteria.

There are two types of milk: liquid milk and powder milk. Liquid milk has better taste but it is easy to be stale. Meanwhile the milk powder is easy to be stored but it is less tasty. (Sumoprastowo, 2000)

As cited in the official website <http://writecooklove.blogspot.co.id/2011/01/fungsi-bahan-bahan-yang-digunakan-dalam.html> (2011) the function of milk in rissoles batter is as to give nutrient and increase the taste.

## **2.4 Recipe Book**

As cited in the official website <http://kulinermagz.tripod.Com/wawasan.htm> Recipes book are instructions on how to prepare a dish. In order to obtain good cooking results, it is required recipes arranged in a regular, concise, and clear, so that readers can easily understand the instructions.

The function of recipe book is as follows:

- a) To give clear instruction
- b) To facilitate the purchase of ingredients
- c) To facilitate the preparation of the ingredients
- d) To facilitate the determination of the amount and quality of the ingredients
- e) To control the amount of portion
- f) To show the value of nutrients contained in the food that will be served
- g) To be as the references

Ardyan (2015) says that, Recipes book are generally defined as the knowledge of how to do the dishes or meals by knowing the difficulty, it also means the arrangement. The recipes book is a manual or cooking shows are accompanied by ingredients that need to be measured with a certain measurement, seasoning, processing methods and ways to serve.

The terms of formulation recipe divided into six, there are:

- a) Write the dish
- b) Write tools
- c) write ingredients
- d) write the instructions or steps how to cook clearly and concisely
- e) write how to serve

The conclusion is recipe book is a book composed of ingredients, tools, and step-by-step information that is used to create and to process the dish. The recipe book is also provided with information and guidance about how to choose the appropriate ingredients. As well as information about how to serve the results of the dishes. The function of recipe book is to show the basic food processing, to enhance creativity and increase knowledge about the food.