

# CHAPTER I

## INTRODUCTION

### 1.1 Background

Indonesia is a big rice consumption country. According to Vice President, Jusuf Kalla (as cited in Bilkis, 2015), each Indonesian consumes 114 kilogram rice each year, or it is about 315 gr each day. Not only rice, according to the report from the United State Department of Agriculture (as cited in Suhendra, 2012), Indonesia was noted as the second biggest importir of wheat in the world that reached 7.1 million ton importing. The Chief of Ocean and Agricultural Economy Ministry Coordinator, Diah Maulida, said that nowadays, the consumption of wheat and its product selection in Indonesia has already become the second choice after rice. In short, rice and wheat become the well known primary food in Indonesia.

From the data above, it shows that wheat has also become the food choices for Indonesian people. Wheat can substitute rice, because it also contains carbohydrate. This is called as food diversification. Food diversification is an activity of changing one kind of food with the other one that has the same nutrition (Ardiansyah, 2016). For example, carbohydrate with carbohydrate, protein with protein, vitamin with vitamin, etc. Food diversification is to maintain the human health, because consuming one kind of food too frequently is not good for human health. Consuming the variety of food with a balance nutrition is the principle of food diversification.

As it is already stated, wheat can fulfill the necessity of carbohydrate for human body. However, just consuming wheat is not good for human health. Wheat contains high glucose which can increase the blood sugar in human body, increase the risk of heart disease. Moreover, wheat contains phytic acid that can increase the risk of anemia and osteoporosis, and cause constipation because it contains less fiber (Astarina, 2015). To decrease these bad effects, variation of wheat with a balance nutrition is needed.

One of the variations product of wheat is doughnut. Doughnut is made from wheat flour, with additional ingredients such as egg, yeast, sugar, salt, and butter which is processed from fermentation. Besides carbohydrate, doughnut also contains protein which is good to build the body cells. To make the doughnut become healthier and contain a balance nutrition, people can add the doughnut dough with fruits or vegetables which contains many nutritions. For example banana and avocado.

Banana and avocado contain many nutritions which are good for human body. Banana and avocado have many benefits for human body such as swit the blood vessels, help the digestion in the gut, normalize the function of the heart, decrease the arthritis, etc. Adding banana and avocado into the dough can give the vitamins and minerals to the doughnut. Both banana and avocado also can minimize the bad effect of the wheat itself.

As it is already explained that the wheat can substitute the rice as the source of carbohydrate, the writer wants to make the product from the wheat especially wheat flour. The writer wants to make the doughnut which use banana and avocado as the additional ingredients to make the doughnut healthier and contains a balance nutrition. In addition, the writer wants to know how to make fruits doughnut in terms of finding out the appropriate composition of the ingredients. The writer will also write the steps and process how to make banana and avocado doughnut in a recipe book. Based on problems above, the writer wants to write the final report with the title, "**Making Banana and Avocado Doughnuts and The Process to Make Them into a Recipe Book**".

## **1.2 Problem Formulations**

1. What are the appropriate compositions in making banana and avocado doughnut?
2. How are the processes of making the recipe book of banana and avocado doughnut?

### **1.3 Problem Identification**

Based on the problem formulation above, the writer divides the problem identification into two points. First, the appropriate composition in making banana and avocado doughnut, and second is the process to make it into the recipe book.

### **1.4 Problem Limitation**

The writer only focuses on finding the appropriate composition of the fruit doughnut ingredients and the processes to make it into the recipe book.

### **1.5 Research Purpose**

1. To find out the appropriate composition of ingredients in making banana and avocado doughnut dough.
2. To find out the processes of making the recipe book of banana and avocado doughnut.

### **1.6 Research Benefits**

1. For writer: to give the informations about the appropriate compositions to make banana and avocado doughnut and to rises the ability of cooking and making a recipe book.
2. For readers: this final report can be a motivation to make a new creation of healthy food and it can be references of making banana and avocado doughnut that stated in recipe book.