

# **CHAPTER I**

## **INTRODUCTION**

### **1.1 Background**

Several kinds of beans such as green beans, soya beans, and red beans have many advantages for the body. Red beans (*Phaseolus Vulgaris*) is one type of beans (*Leguminosae*) that has starch as well as high fiber. Red beans provide approximately 135 kcal per 100 grams of edible part. If someone eats beans as many as 100 grams, then the amount to be sufficient for approximately 20% of the needs protein of fiber per day (Koswara, 2012). The high fiber of red beans could help prevent coronary heart disease. Red bean has low index of glycolic so that it can avoid the risk of anemia and diabetes. Red bean also contains phenol compounds that act as antioxidants in the body. Red beans are classified as foodstuffs can improve nutrition because they are source of protein.

Red beans are usually cooked as soup mixture and porridge. This bean is also used as main ingredient of traditional cake “kumbu”. The facts make red bean food products are not familiar, especially among teenager and children. Furthermore, there are so many new variations of contemporary food that come from other countries such as Korea and America.

To avoid the monotonous of consuming red beans, it should be a new variation to make them more interesting. The Government Regulation Number 68 of 2002 about Food Security states that the purpose of food diversification is to increase the consumption of a variety of foods with the balance principles nutrition. There are so many ingredients that can be used to make any kinds of food. Innovation itself is the improving of kinds, taste, variant, even the shape of a food. However the main

ingredients can be substituted or combined to make a new variation of food, but the alternatives should have the same nutrients.

In the development of food diversification program to support the food security, red beans has considerable potential to improve the food diversification. In addition to productive food, red beans can be combined with cakes of Palembang. Cake is one of the products which has sweet taste, rich in sugar, fat and obtained from baking. According to (Hamidah, 2009) in Prisilia, et al ( 2015), Cake contains flour, sugar, salt, eggs, milk, water, aroma and fat . Cake is also called Bolu. Bolu is kind of bakery product that uses flour, sugar, and eggs as the main ingredients. The cake can be baked or steamed (Veranita, 2012). As the main ingredients flour contains protein, magnesium, vitamin B1, calcium, etc. However flour can be substituted with red beans, because both red beans and flour have the same substances such as protein, fat, and carbohydrate.

Based on previous explanation, the writer is interested to substitute flour as main ingredient with red beans in some cakes. Besides, the writer will also socialize the final recipe of red beans cakes, it is made to give the information about the step of making red beans cakes. In brief the writer will make the cakes by adding red beans or substitute flour with red bean and socialize the kinds of developing red beans cakes. The title of this final report is **“Developing Cakes using Red Beans as the Main Variant”**.

## **1.2 Problem Formulation**

Based on explanation that has been stated before, so that the problem formulations are:

- a. How to develop cakes using red beans as the main variant?
- b. How to socialize the kinds of developing red beans cakes?

### **1.3 Problem Limitation**

Based on problem formulation above, the research that will be done is making three kinds of cakes by using red beans, namely Bolu Kojo, Bolu Mentega (Butter Cake), and Bolu Lapis. The writer also socialized the developed red bean cakes.

### **1.4 Operational Definition**

There were two important variables to be defined operationally to give a clear description about the research. Those variables are:

a. Developing

The developing that will be discussed in this research are about the way how to develop cakes by adding red beans as the main variant.

b. Cake with red beans

Generally the main ingredients of cakes are by using flour. In this case, the writer will substitute some of the flour with red beans. Both of flour and red beans have the same nutrients, so it can be the other alternative to make a cake.

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

➤ **Research Purpose**

- To find out whether cakes with red beans can be developed or not.
- To know how to socialize the developed red beans cakes

➤ **Research Benefits**

- **For writer**
  - To add the writer knowledge about food diversification.
  - To improve the ability of writing by cooking the food and design into recipe book.

- To know the making process of several cakes by using red bean.
  - To give information about the research and development to make an innovation of cakes with red beans addition.
- **For Reader**
- To add the reader's knowledge about food diversification
  - To be a reference to cook cakes using Red Beans
  - To increase the reader mindset to make the other innovations of food