

## CHAPTER I

### INTRODUCTION

#### 1.1 Background

Fruits have many benefits for healthy especially to complete the vitamin needs in the human body. Dragon fruit is one of fruits that has many nutrition such as *protein, vitamin B1, B2, B3, and C, fiber, and mineral*. It is proven to lower blood sugar as well as blood pressure, strengthen bones and teeth, promote healthy blood and tissue formation, strengthen the immune system, heal bruises and wounds faster and prevent respiratory problems (Bonnie, 2011). From those benefits, consuming dragon fruit is very good for people especially for adults. Besides good for adults' healthy, dragon fruit is also good to consume for infants. Children aged under five usually often run into indigestion, so good for them to eat dragon fruit that contains high fiber. Some of these benefits can be seen that there are four types of dragon fruit such as black, yellow, white, and red dragon fruit.

The types of dragon fruit that is often consumed by people in Indonesia are white dragon fruit (*hylocereus undatus*) and red dragon fruit (*hylocereus costaricensis*). Both have differences of seed oils of acid composition and also the appearance like leathery and slightly leafy skin but still good for healthy. Red dragon fruit is the same as other dragon fruits but the difference was that the red dragon fruit has red flesh color. It has the sweetest flavor without any unpleasant taste among others and it believed more nutritious for the body's, health and have attractive colors (Oktaviningsih et al., 2015). It is very potential to be developed into functional food so this fruit consumed by people not only directly but also being processed it to make delicious food.

In fact, there are variation food from red dragon fruit such as a *pudding, dodol, juice, soup, chips, syrup*, and actually there is also variant cake using red dragon fruit likes *brownies, chiffon cake*, and so on. This is very usual thing to consume red dragon fruit. It happens because the cost of this fruit is high enough than other fruits. Not only that, it contains a lot of water and easily damaged so

many people are difficult to execute this fruit become an innovation food products that is good served (Wahyuni, 2012). To avoid usual thing of consuming red dragon fruit, people should make a new variant food to make healthy food but still low budget. For example, making traditional cakes use red dragon fruit as base material.

Making the new variant of traditional cakes related to the food diversification. According to Riyadi as cited in A'yunillah et al. (2015), food diversification is a process of selecting a food that does not depend on one kind of food, but has variations or alternatives towards the base materials of foods. It can conclude that, food diversification is one of the way how people make a new variant in using ingredient variation to reach the nutrition of food itself. In order to increase the nutrition quality of people.

In here, red dragon fruit can be used as base material of making traditional cakes. It can combine with other liquid ingredients like coconut milk, margarine, water and others. The traditional cakes that will be made is from Palembang. The aim of making innovation red dragon cakes is to increase the variant cakes from Palembang but does not omit the characteristic of the cake itself.

Based on the explanation above, the writer wants to combine red dragon fruit with traditional cakes. There are 5 chapters will be discussed in this report. First, the writer will introduce the problem of using red dragon food as base material of traditional cakes. Second, the writer will discuss about dragon fruit and base material of traditional cake to get information about red dragon cake. The writer will also talk about recipe book, and the quality of food. These theories will be used in this research. Next, the writer will do some research and development, interview, observation and limited field testing of using red dragon fruit in making traditional cakes. Finally, the writer will conclude by using alternative ingredients can be made new variants of traditional cakes or not. In conclusion, the writer decided to write this final report with the title **“Using Red Dragon Fruit as New Variants of Traditional Cakes from Palembang.”**

## **1.2. Problem Formulation**

Based on the background above, the issues that are discussed in this report are :

1. How is to use red dragon fruit as basic material in making traditional cakes from Palembang?
2. What are people's responses toward new variants of traditional cakes from Palembang by using red dragon fruit?
3. How is to socialize the new recipe of red dragon fruit cakes to community?

## **1.3 Problem Limitation**

The scopes of this report are making variation of traditional cakes from Palembang such as *Gandus*, *Kue Lumpang*, and *Srikaya* by using red dragon fruit as base material, and making the form of socialization the new recipe of red dragon fruit cakes as final documentation.

## **1.4 Research Purpose**

The purposes of this research are to make new variants of traditional cakes from Palembang by using red dragon fruit, to find out people's responses toward the new variants of traditional cakes from Palembang by using red dragon fruit, and to make the form of socialization the new recipe of red dragon fruit cakes as final documentation.

## **1.5 Research Benefit**

The writer hopes that the research about using red dragon fruit as new variants of traditional cakes can give advantages especially can help increasing food diversification in Palembang so it will improve the ability of cooking and writing by cooking and writing it into a recipe book. It also can develop the spirit of entrepreneurship.