

# CHAPTER I

## INTRODUCTION

### 1.1 Background

Human life cannot be separated from the food, without any food, human would not live much longer. Prasetyono (2016), "*Makanan adalah meramu berbagai jenis makanan dengan kandungan yang seimbang. Dengan keseimbangan gizi dari makanan yang kita konsumsi akan menjadi sebuah kesegaran fisik dan juga mental*". On the other hand, Food becomes something that must be consumed every day. Give us energy for daily activities. It is able to run any activities. Food is a variety of foods that have a balanced content that produces nutrients for the body, such as the main course are rice and meat, appetizers are vegetables and fruits and snacks such as cakes, pudding and *gorengan*. It can be concluded that human really needs food to fulfill the nutrition that the body needs. In addition to the staple foods needed by the body, humans also need a snack as a substitute meal.

Based on Remedias (2016), a snack is food consumed outside the main meal schedule as breakfast, lunch, and dinner. These snacks are consumed to delay hunger and fill the time gap between the feeding schedules. Snacks is called the munchies. It would a family favorite food. One of this snacks is rissole. Rissoles is a complementary food that is very popular in Indonesia. In rissole is contains nutrients that are good for our body. It is easy to get and easy to make. This is one type of food commonly called *gorengan*. Rissoles are usually sold by the Indonesian people use cooking oil that used regularly. It is not good to be consumed for the body.

Siregar (2014) stated that *gorengan* are popular snack. *gorengan* is very popular because it is easy to find, *gorengan* also has a taste that is accepted by many people. *Gorengan* vendors can be found on the roadside or walking around with a cart. There are many kinds of *gorengan* such as *pisang goreng*, *tempe*, *tahu*, *ubi*, *singkong*, *sukun*, *bakwan*, *rissoles* it will be more delicious if eaten in

the warm. Rissoles is one of *gorengan*. Rissoles is usually filled with meat and vegetables wrapped in a flat and smeared with paneer flour and fried or in the oven, so the writer choose rissoles because rissoles in addition to popular foods, rissoles are also easy to make, easy to create and implement pastry and food and beverage lessons in the english department.

Rissoles has many kinds of shapes and flavors, for example Triangle, Square, and Rectangular. It also has different ingredients. While, Rissole filling has many variations too, like potatoes, carrots, rice noodle and others. Fill a rissoles is sauteed with fine spices by using a little oil. Potatoes and carrots are cut into small squares and added leek and chopped meat as the fill of rissoles. However, there is no variant on the rissoles skin. In general, rissoles skin is made of a mixture of flour, eggs, water, butter and salt. But here, the rissoles skin is made by adding the mixture of spinach. The rissoles skin is made of flour, eggs, butter and others then it is added the sprinkle of spinach and litle milk powder to provide different flavor variants. Now there are limeted people who make rissoles by using spinach as the main ingredient, the writer also prefer spinach because spinach has a concentrated content of green dyes that make more natural dyes than other green vegetables, so automatically there is limited recipe book of rissoles's variant.

According to Yosi (2015), "*Buku resep adalah susunan instruksi atau algoritma yang menunjukkan bagaimana membuat sajian. Buku resep juga umumnya digunakan orang untuk belajar banyak tentang memasak, apalagi dengan variasi masakan baru dan lezat*". This recipe book is very helpful all the people who are just learning or try to cook. Recipe book is a printed media which is able to cover all over the societies. Recipe book is also a guide for cooking which is understandable, because it uses comprehensible language. One recipe book also varies to other recipe books. It causes the recipe for cooking one menu is not the same. There are variations of ingredients and procedures to cook. However, there are rarely found the recipe books which are written in English because people do not understand English and difficult to figure out the ingredients and steps or procedures to cook in English. Recipe books are designed

in such a way using apps like photoshop and more show the layout and contents of the recipe book. This recipe book can also be used by everyone to be a cooking guide and can also be sold in bookstores.

Indriani (2011), stated that a good recipe book contains information about ingredients, how to make, the tools used and the drawings of the cooking steps themselves from the beginning to the results. In fact, the recipe book contained in the community in general only contains about the ingredients, and how to make it. Then the writer will make a recipe book in accordance with the theory of Indriani. In the end, it can be concluded that recipe book of rissoles's variants still limited. Based on the data above, the writer would like to write about "DESIGNING THE VARIANT SPINACH RISSOLES'S RECIPE BOOK". In this final report.

## **1.2 Identification of Problems**

There are no variant of rissoles and there are also no spinach rissoles' recipe book that written in English.

## **1.3 Limitation Problem**

From identification above, the writer would like to limit the problem that is about how to design a variant spinach rissole's recipe book in English.

## **1.4 Problem Formulation**

The problem formulation in this final report is how to design a variant spinach rissoles's recipe book?

## **1.5 Research Purpose**

The purpose of this final report is to give information on the procedure of designing a variant rissoles's recipe book.

## **1.6 Research Benefit**

Research Benefit in this final report, namely:

- a. For the writer

Benefits that can be obtained directly by the writer in the form of their high motivation in making this final report due by the amount of

information obtained by the writer can find out about the importance of recipe books to learn cooking.

b. For the readers

The reader can find lots of information about the food to be consumed by everyone and know many dishes contained in the recipe book.

c. For the government

Providing innovating food that contains sufficient nutrients for our body and it can be consumed for all, also easier for people to learn to cook.