

CHAPTER II

LITERATURE REVIEW

This chapter discusses about definition of design, recipe book, steps of designing recipe book, spinach, function of spinach, types of spinach, and rissoles.

2.1 Definition of Design

According to Ladjamudin (2005), design is stage has a goal to design a new system that can solve the problems facing the company obtained from alternative election system. Furthermore, Kusrini (2007), the design is a process the development of a new system specification based on the recommendation system analysis. It other word, design is a process to create and design a new system.

While, Marettta (2012), Design recipe book is the art of incorporating the content, style, format, design, and sequence of the various components and elements of a book into a coherent whole and there are 4 steps how to design a recipe book:

1. Start Your Book. Choose from hard back or spiral bound books.
2. Add Recipes and Photos. Use our web designer to make your book.
3. Customize Each Page of Your Book. Personalize your cover page, add a dedication.
4. Publish And Order. Order as many as you want no minimums.

2.2 Recipe Book

Yosi (2015), a recipe book is an arrangement of instructions or algorithm that shows how to make a dish. Recipe book is also generally used for people to learn a lot about cooking, especially with the variations of new and tasty dishes. This recipe book is very helpful all the people who are just learning or try to cook.

Sample of Recipe Book:



Figure 1: Source: Tuti Tresnawati. buku resep kreasi rissole, Jakarta: Dapur Nulekker, 2016.

2.2.1 Procedures of Designing Recipe Book

Fussell (2014) stated that there are some procedures in designing a recipe book. The tools and materials of designing a recipe book are:

- a. Computer for design
- b. Application design like photoshop
- c. Printer
- d. Internet access
- e. Paper
- f. Pencil
- g. Ruler
- h. Stapler

The following is the steps to design a recipe book:

1. Setting Up the Layout of the Document

open photoshop and select file > New. Under page size select custom from the drop down menu to open the custom page size window. Under name type "Cover" and set width to 29,7 cm and Height to 21 cm. Click Add, and then OK.

2. Selecting Fonts for Use In Your Layouts

The write use Wide Latin font 18 and set the Top Margin to 18 mm, Bottom Margin to 23 mm, Inside Margin to 21.5 mm and Outside Margin to 15.5 mm. Set the Bleed to 3 mm, but keep the Inside value at 0 mm. Click OK.

3. Setting Up a Master for Your Book

Ensure the Pages panel is open by going to Window > Pages. You will see that an A-Master consisting of two pages combined as a spread has been automatically added in Photoshop.

4. Creating a Striking Opening Page

Double-click the page icon for Page 1 to bring up the page on screen. Use the Rectangle Frame Tool (F) to create a large frame, extending across the whole page, up to the bleeds. Set the Fill of the Frame to [Paper]. For some of the pages, we can use images set against a white or pale background to provide contrast and allow shots of simple ingredients to really stand out. You can use the Levels filter in Photoshop to increase the white in a given photo before placing the image in Photoshop.

5. Designing a Vibrant Introductory Spread

Double-click on the page icon for Page 3 in the Pages panel top bring the page up on screen. Use the Type Tool (T) to create a new frame 133 mm in Width and 48 mm in Height. Type text for a header, 'The Importance (paragraph break) of Ingredients'

Insert a short introductory paragraph after another break, here I've used 'Try to use organically sourced, fresh ingredients in your cooking. (paragraph break) You will taste the difference!'.

6. Creating a High-Contrast Recipe Spread

Double-click the Page 4-5 icons to bring up the spread. Go to View > Fit Spread in Window. Introduce some vertical guidelines onto Page 4 to

allow us to create evenly sized columns. Drag a guideline to 130 mm, a second to 76 mm, and a third to 69 mm.

7. Designing an Engaging Method Spread

Double-click on the Page 6 page icon in the Pages panel to bring it up on screen. From the top ruler drag a horizontal guideline down to 122 mm. From the left-hand ruler drag a vertical guideline to 86 mm. Use the Rectangle Frame Tool (F) to create a frame that fits within the bottom-left corner of Page 6, the boundaries of which you've created with the guidelines. Extend it to the edges of the bleed.

8. Putting Together a Mouth-Watering Final Page

Now that you've 'done the cooking' you want to see the beautiful results! We've used a simple white with bright colour palette for the pages so far. For contrast we're going to create a dark, moody page for the finished recipe shot. Double-click the Pages 8-9 page icons to bring the spread up on the page. Use the Rectangle Frame Tool (F) to create a frame that extends across the whole spread, reaching up to the edge of the bleed on all sides. Go to File > Place and select an image with a dark background. It doesn't have to be black, but something which will contrast well against a paler text. Click Open.

9. Preparing Your Book for Print or Digital

The aim of this tutorial has been to show you some ways of creating striking, contemporary and minimal layouts for a cookery book. You can use the ideas presented here to create your own exciting layouts. Once you have put together your whole book, you may want to export this as an Interactive PDF for sharing online (go to File > Export > and select Adobe PDF (Interactive) from the Format menu; and select Spreads from the subsequent menu). Alternatively, you can create a print book by going to File > Export > and selecting Adobe PDF (Print) from the drop-down menu. Select Press Quality from the Adobe

PDF Preset drop-down menu, and check All Printer's Marks from the Marks and Bleeds menu.

2.3 Spinach

Spinach is a kind of green leafy vegetables or red. Soft-stemmed spinach and can be consumed. Spinach has a rounded shape leaves and stems long enough. Spinach is mostly found in marshes or planted in moist soil. Spinach consists of several types. Variety is the famous spinach spinach green and red. Spinach including vegetables recommended by scientists as having a high iron content. Spinach is not too bitter, so it's great for your baby consumed. Spinach is commonly marketed under the condition it was in the form of bonding. Spinach can be used for various culinary preparations, both complementary menu of rice and a side dish or as a snack. (Kusumawati, 2015).

2.3.1 Advantages of Spinach

Spinach is famous for its high iron content. Therefore, spinach is very good for the formation of red blood cells in the body. Spinach is also high in vitamins such as vitamin C intake enough spinach can help your body's immune system and relieve heartburn symptoms. However, the spinach has a relatively high content of purines and can trigger an increase in uric acid in the joints. Recommended for gout sufferers in order to reduce the intake of spinach. (Kusumawati, 2015).

2.3.2 Types of Spinach

The types of spinach are distinguished by the color and shape of the tree and its characteristics. In Indonesia is very suitable for spinach plants, spinach plants have a sense of pleasure and high in the content of essential nutrients in it. In Indonesia there are many types of spinach commonly flourish in the yard of the house. Spinach also has a different function of each type, here are 4 types of spinach are often encountered in Indonesia. (Kusumawati, 2015).

1. *Bayam Petik* / *Bayam Kakap* (*A. hybridus*)

Bayam Petik wildy grown in the countryside, this type of spinach is usually only in the leaves only. This type of spinach has thicker and bigger leaves than the usual spinach in the market. *Bayam Petik* is usually used for vegetables also pan-fried and some even make it as spinach chips.



Figure 2: bayam petik

2. *Bayam Cabut* (*A. tricolor*)

This spinach is usually harvested in a way removed and then sold to the market, the stem is quite soft because when it is small this spinach has been harvested, usually the maximum planted the longest until the age of 25 days.



Figure 3: bayam cabut

3. *Bayam Duri* (*A. spinosus* L.)

This spinach resembles a spinach but is thinner and has a slightly pointed leaf, at the base and branches of thorns. Spinach is usually used as an alternative

medicine, powerful to overcome fever, eczema, ulcers, tuberculosis, sore throat and more.



Figure 4: bayam duri

4. Bayam Itik (*A. blitum*)

This type of spinach has small leaves and more subtle. Characteristic of this spinach has a smaller leaves than spinach pull, leaves of this plant has a difference with the reddish color on the hands and on the edge of the green leaf. As well as red spinach Red spinach is very different from other spinach because this spinach has a red color on the leaves to the stem.



Figure 5: bayam itik

2.3.3 The Benefits of Spinach for Health

Spinach is a popular vegetable in Indonesia, green leafy vegetables are rich in vitamins and iron contained therein. The many benefits of spinach are the reasons for this vegetable in the human diet. Here is the reason why we should include spinach in your diet. There are 10 benefits that a human body gets when consuming spinach:

1. Helps to lose weight

Spinach is a vegetable that is rich in nutrients such as vitamin C and iron, high in fiber so increase metabolism and spinach also helps burn calories so it will be very good to support your diet program.

2. Improve the quality of sperm

Have normal sperm count and healthy, this is very important because without it will be difficult to get offspring. Spinach is a green vegetable rich in folic acid, iron, zinc and antioxidants - all of which make healthy sperm and become a champion swimmer.

3. Heart health

Spinach has a good antioxidant content, vitamins, omega 3 fatty acids and folic acid is good for the heart. Nutrition from spinach will increase blood flow in the body and prevent arteries covered by bad cholesterol. Eat spinach can reduce your chances of getting a heart attack.

4. Beneficial for diabetics

Spinach has a very low glycemic index, which makes it an excellent choice for diabetics as it helps stabilize blood glucose levels. This is good for preventing diabetes as well by preventing the dysfunction of beta cells that produce insulin.

5. Can help cure constipation

The content of spinach rich in fiber can help you in curing constipation. Spinach will also help cleanse, rebuild and renew your digestive tract. If you have severe cases of constipation, you can try drinking 100ml of spinach juice mixed with the same amount of water.

6. Maintain the beauty of the skin

Antioxidants found in spinach can prevent wrinkles and signs of aging. Spinach also helps dispel toxins, and strengthens your skin tissue to give skin a beautiful glow.

7. Provide benefits of whiter teeth

Spinach contains calcium to strengthen bones and teeth also have abrasive qualities that help in removing stains. In addition, spinach can increase the production of saliva that neutralizes the harmful acids in the mouth.

8. Helps prevent cancer

Diets rich in kaempferol flavonoids, spinach coincidence is rich in this content so that diligently consume spinach can reduce the risk of ovarian cancer by 40% in women. Also the content of spinach such as chlorophyll, carotenoids, omega-3 fatty acids and micronutrients such as vitamins, minerals and antioxidants against tumor formation and reduce the number of cancer molecules.

9. Helps prevent brain damage

As we get older our brains are declining. Antioxidants present in spinach can protect the brain from free radical damage caused due to aging.

10. Beneficial great for eye health

Two antioxidants present in spinach, called Lutein and Zeaxanthin have a great role for eye health, preventing diseases such as cataracts and age-related macular degeneration. With the many benefits of spinach shows that spinach is an important item to include in the diet to get a healthy body.

2.4 Rissoles

Rissole is the name of food that is familiar in Indonesia because many of the people who make this delicious food. However, it turns out there are also people who are unaware or do not know the name of this one food. So on this occasion, we will discuss a bit What is the risoles and the origins of risoles food.

Risoles derived from the Dutch language which means pastries containing meat, usually minced meat, and vegetables wrapped in omelette, and fried after coated panir and chicken egg whisk. Two types of risoles known in Indonesia are vegetable risoles mixed with stir-fried meat, and risoles containing ragout. This rectangular cake shape is like an envelope. Triangular-shaped Risoles generally contain ragout.

This dish can also be roasted in the oven, and served as a hors-d'oeuvre or light entrée. Small sized risoles can be used as decoration for dishes of large chunks of poultry or beef meat. Risoles can be eaten with aqueous bean sauce, bottled sauce, or cayenne pepper.

The contents of risoles can be chicken, beef, fish meat, shrimp, button mushrooms, carrots, potatoes, or beans. The omelet is made from a mixture of wheat flour, egg yolks, butter (margarine), and water or milk, (Hashfi, 2016).

Risoles used to be called roinsolles, became known in the 13th century. At that time, the food was just a fried pancake in a frying pan using butter or beef fat. Year by years, these foods are filled with minced meat. In French culinary terms, the rissoles means to make chocolate. A risoles are always wrapped by bubble pastries or the like, usually fried, but sometimes baked in the oven. The flavor of the risoles can be salty or sweet. Sweet taste is obtained by sprinkling it with refined sugar and complete it with a fruit sauce, (Hashfi, 2016).