

## **CHAPTER II**

### **LITERATURE REVIEW**

This chapter discusses the related literatures to the research including Bolu Kajo, Ingredients of Bolu Kajo, Standard Receipt of Bolu Kajo, Making Process of Bolu Kajo, Information about Banana, Types of Banana in Indonesia, and Benefits of Banana.

#### **2.1 Innovation**

“Inovasi adalah sebuah penemuan yang berbeda dengan sesuatu yang pernah ada atau dikenal sebelumnya” (Pahlevi, 2018). It means that innovation is an invention that is different from something that was existed or known. Furthermore, according to Baregheh, Rowley and Sambrook (2009) that state innovation is the multi-stage processes whereby organizations transform ideas into new/improved products, service or processes, in order to advance, compete and differentiate themselves successfully in their market place.

##### **2.1.1 Kinds of Innovation**

There are two types of innovation according to Bitar (2018):

1. When viewed from the speed of change in the innovation process there are two kinds of innovations, namely:
  - a. Radical innovation, which is carried out on a large scale by experts in their fields and usually managed by a research and development department. This radical innovation is often carried out in a field of manufacturing and financial service institutions.
  - b. Incremental innovation is a process of adjusting and implementing small-scale improvements.

2. Types of innovation based on functions, there are two, namely:

a. Technological innovation can be a product, service or production process and administrative innovation which can have organizational and structural properties.

b. Social innovation

## 2.2 Information of Bolu Kojo

Bolu Kojo is a cake that has sweet taste and the color is green. The name of Bolu Kojo for the first is Bolu Kemojo. The name of Bolu Kemojo is from the shape of Bolu Kojo at first is like Kamboja Flower. However, now the shape of Bolu Kojo not only like Cambodian Flower. Bolu Kojo is still popular until now. Bolu Kojo usually served in traditional events like wedding party or religion events.



**Picture 2.1 Picture of Bolu Kemojo**

(Source: <https://encrypted->

[tbn0.gstatic.com/images?q=tbn%3AANd9GcT2KCzNqpz5AKz5iJZVyLSC9y8gWY90XV6ML3sJZwGpHGm2cq3U](https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcT2KCzNqpz5AKz5iJZVyLSC9y8gWY90XV6ML3sJZwGpHGm2cq3U))

### 2.2.1 Ingredients of Bolu Kajo

There are some ingredients to make a Bolu Kajo, such as flour, egg, coconut milk, sugar, pandanus, margarine, and milk.

- **Flour**

Flour is a powder ground from grains — typically wheat. Flour is an ingredient you might not have given much thought (Halloran, 2016). Furthermore, Christensen (2019) states that flour contains protein, which forms gluten when mixed or kneaded. Gluten gives yeast breads their chewy, rustic texture, but it makes cakes tough and dry. The lower the protein content of the flour, the more tender a cake.

- **Eggs**

According to Huff (2015) states that eggs play an important role in everything from cakes and cookies to meringues and pastry cream — they create structure and stability within a batter, they help thicken and emulsify sauces and custards, they add moisture to cakes and other baked goods, and can even act as glue or glaze. The white is made almost entirely of proteins and water; the yolk, on the other hand, is packed full of nutrients, vitamins, and fats. Furthermore, (Wilson, 2013) states that eggs play an important role in our baked goods. Eggs add structure, leavening, color, and flavor to cakes and cookies.

- **Sugar**

According to BBC (2019) states that sugar adds more to cakes than a sweet taste. It also affects the texture, color and how well they keep. A light and airy cake texture is usually down to tiny air bubbles becoming trapped around the rough edges of the sugar crystals, which expand as the cake cooks. Sugar helps cakes stay moist after baking. A completely sugar-free cake will dry out quickly, so wrap cooled cakes in cling film to prevent moisture loss. Based on (Stone, 2016) Sugar plays an important role in any cake recipe. Without the inclusion of sugar, a cake would be bland and

uninspired in relation to flavor, but did you know that your cake would also be pale in color, squatty and dense? Sugar's effects on cake are quite diverse.

- **Coconut Milk**

Coconut milk is a white, milky substance extracted from the flesh of mature coconuts. It can benefit health in several ways, such as by stimulating weight loss and lowering cholesterol (Eske, 2018)

- **Margarine**

Loved for its ease of spreading and scooping, margarine has long been a choice ingredient for bakers as its soft texture makes it light work to whip up into buttercream frosting or to cream into sugar for a sponge cake (bakery, 2017)

- **Pandanus**

Pandanus is used to lend a unique taste and aroma to some savory dishes, but mainly it is used to flavor desserts and some drinks. Pandan leaves have a naturally sweet taste and soft aroma (Schmidt, 2018)

### 2.2.2 Standard Recipe of Bolu Kojo

For making Bolu Kojo there is a standard recipe. The ingredients are Flour, Eggs, Coconut Milk, Margarine, Pandanus, and Sugar. The standard recipe of Bolu Kojo cake can be seen as follows:

**Table 2.1 Standard Recipe of Bolu Kojo from Farah Queen**

No.	Ingredients	Measure
1.	Flour	500 gr
2.	Eggs	4
3.	Coconut Milk	800 ml

4.	Margarine	100 ml
5.	Pandanus	20
6.	Soft Sugar	300 gr

Source: <https://www.liputan6.com/ramadan/read/2527507/berbuka-puasa-dengan-kue-bolu-kojo-yang-bertekstur-lembut>

### **2.2.3 Making Process of Bolu Kojo**

There are some steps to make Bolu Kojo. According to Queen (2015) that state the steps are first; blend the pandanus, coconut milk and strain. Second, warm for a while then let it cool. Third, beat the eggs and refined sugar until it expands. Then, Pour coconut milk and pandanus, Stir well. Next, add melted butter, mix well. After that, add the flour slowly until it runs out and mix well. The last, pour into baking pan and bake in oven until cooked.

Based on the steps writer conclude, there are seven steps to make Bolu Kojo. First is mix coconut milk, pandanus strain and blend them. Second is warm them. Third is mix sugar and eggs. Then, pour coconut milk and pandanus. Next, mix melted butter. After that, add flour slowly. The last is pouring the dough to baking and bake until cooked.

## **2.3 Banana**

### **2.3.1 Information of Banana**

Banana fruit contains much nutrition. According to Ware (2017) that state bananas are one of the most widely consumed fruits in the world for good reason. Eating them could help lower blood pressure and reduce the risks of cancer and asthma. Futhermore, Durr (2017) that state banana is good sources of fiber, potassium, and vitamin c. Bananas contain no fat, cholesterol or sodium and low in calories.

There are fast facts about bananas according to Ware (2017) as:

- Bananas are rich in potassium and fiber
- They may help prevent asthma, cancer, high blood pressure, diabetes, cardiovascular disease, and digestive problems.
- Ripen bananas at room temperature and add them to cereal for a tasty breakfast.
- People who use beta blockers should not suddenly increase their intake of bananas.

### **2.3.2 Types of Banana in Indonesia**

Banana is a fruit that is always consumed by Indonesian people. It is one of the types of Indonesian fruits. This fruit is also popular in the world, especially in South East Asian (Syah, 2017). As supported by Wikipedia (2017) that state Indonesia is the seventh ranked banana producing country in the world. Banana production centers are located in Sumatera, Java, and Bali.

There are some types of banana in Indonesia according to Syah (2018) as:

1. Plantain (Raja Banana)



**Picture 2.2 Plantain/Raja Banana**

Source: <https://factsofindonesia.com/types-of-bananas-in-indonesia>

Plantain has certain characteristics. The skin is thick but slightly rough. If it is ripe, the fruit is orange yellow, with a fragrant aroma and the taste is legit and sweet. The advantage of plantain is that it has a fragrant aroma compared to other types of bananas. Besides this type of banana has a size that is not too large or small. Another characteristic of plantain is if it is not ripe or cooked, eat this banana green and then change color to golden yellow. The delicious thing about this banana is that it can be consumed directly without first being fried or boiled or steamed.

## 2. Ambon Banana



**Picture 2.3 Ambon Banana**

Source: <https://factsofindonesia.com/types-of-bananas-in-indonesia>

Ambon banana is straight with a length of 15-17 cm and a diameter of 42 mm with a fairly thick skin. The uniqueness of ambon bananas is that they remain green even though they are ripe. But if it is too ripe the color is yellowish brown spots. This banana has a fragrant aroma without seeds. If you consume ambon moss bananas, you will find whiter fruit and a smaller size compared to other types of banana. Likewise, the aroma contained in these bananas is very fragrant and has a high flavor than other types of Ambon bananas. In terms of accumulating the same as plantain, it can be consumed directly

### 3. Barangan Banana



**Picture 2.4 Barangan Banana**

Source: <https://factsofindonesia.com/types-of-bananas-in-indonesia>

The characteristics of barangan bananas are straight textured with a length of about 11 cm and a diameter of 30 mm. Barangan banana flesh is slightly white, tastes sweet and does not have seeds. These bananas are usually served as desserts at party events. Barangan banana is a leading commodity in North Sumatra, especially in Deli Serdang District. Why is this used as a superior commodity? because the bananas have enough nutrients for the body. Among them is every 100 grams of barangan bananas containing 110 Cal energy, 25.8 grams of carbohydrates, 1.2 grams of protein and vitamin C 3 grams. But not only in North Sumatra, this banana is cultivated but also some other areas in Java began to cultivate this type of banana.

### 4. Mas Banana



**Picture 2.5 Mas Banana**

Source: <https://factsofindonesia.com/types-of-bananas-in-indonesia>



As the name implies, this banana has a golden color when ripe with thin skin. Smooth texture with sweet and fragrant flesh. Very suitable to be eaten directly and fried. In addition to what we characterize above, bananas are small and fairly small. Many party events, wired or feast present this type of banana as dessert. Besides its sweet taste, banana peel skin has the ability to absorb toxins as well as residues of harmful chemicals. Therefore, this banana is safe and suitable for consumption. When ripe, bananas have thin and sticky skin if they want to consume. The benefits of this banana are very good for toddlers because in addition to the sweet taste and the price is quite affordable compared to other bananas.

#### 5. Kepok Banana



**Picture 2.6 Kepok Banana**

Source: <https://factsofindonesia.com/types-of-bananas-in-indonesia>

Thick-textured of kepok bananas with cream, smooth flesh, and green when raw and yellow when cooked. Generally this type of banana will be more delicious if it is boiled or fried. The thing that is enough to be taken into consideration in consuming kepok banana is its content. Do you know what it is? Consuming kepok bananas can overcome constipation and smooth the digestive system. Kepok bananas are processed a lot like boiled or steamed. And usually in processing, kepok banana is used as the main ingredient in baking or sponge cake.

### 2.3.3 Benefits of Banana

Every fruits have own benefits. One of them is banana which has many benefits for human body. According to Bjarnadottir (2018) that state consuming banana can give some benefits for body, there are:

#### 1. Bananas Contain Many Important Nutrients

Bananas are among the world's most popular fruits. Native to Southeast Asia, they are now grown in many warm parts of the world. Bananas vary in color, size and shape. The most common type is the Cavendish, which is a type of dessert banana. Green when unripe, it yellows as it matures. Bananas contain a fair amount of fiber, as well as several antioxidants. One medium-sized banana (118 grams) also boasts:

- **Potassium:** 9% of the RDI
- **Vitamin B6:** 33% of the RDI
- **Vitamin C:** 11% of the RDI
- **Magnesium:** 8% of the RDI
- **Copper:** 10% of the RDI
- **Manganese:** 14% of the RDI
- **Net carbs:** 24 grams
- **Fiber:** 3.1 grams
- **Protein:** 1.3 grams
- **Fat:** 0.4 grams

Each banana has only about 105 calories and consists almost exclusively of water and carbs. Bananas hold very little protein and almost no fat. The carbs in green, unripe bananas consist mostly of starch and resistant starch, but

as the banana ripens, the starch turns into sugar (glucose, fructose and sucrose).

## 2. Bananas Contain Nutrients That Moderate Blood Sugar Levels

Bananas are rich in pectin, a type of fiber that gives the flesh its spongy structural form. Unripe bananas contain resistant starch, which acts like soluble fiber and escapes digestion. Both pectin and resistant starch may moderate blood sugar levels after meals and reduce appetite by slowing the emptying of your stomach. Furthermore, bananas also rank low to medium on the glycemic index (GI), which is a measure — from 0–100 — of how quickly foods increase blood sugar levels. The GI value of unripe bananas is about 30, while ripe bananas rank at about 60. The average value of all bananas is 51. This means that bananas should not cause major spikes in blood sugar levels in healthy individuals. However, this may not apply to people with type 2 diabetes, who should probably avoid eating a lot of well-ripened bananas — and monitor their blood sugar carefully if they do.

## 3. Bananas May Improve Digestive Health

Dietary fiber has been linked to many health benefits, including improved digestion. A medium-sized banana has about 3 grams of fiber, making bananas a fairly good fiber source. Bananas contain two main types of fiber:

- **Pectin:** Decreases as the banana ripens.
- **Resistant starch:** Found in unripe bananas.

Resistant starch escapes digestion and ends up in your large intestine, where it becomes food for the beneficial bacteria in your gut. Additionally, some test-tube studies propose that pectin may help protect against colon cancer.

#### 4. Bananas May Aid Weight Loss

No study has directly tested the effects of bananas on weight loss. However, bananas do have several attributes that should make them a weight-loss-friendly-food. For starters, bananas have relatively few calories. An average banana has just over 100 calories yet it is also very nutritious and filling. Eating more fiber from vegetables and fruits like bananas has repeatedly been linked to lower body weight and weight loss. Furthermore, unripe bananas are packed with resistant.

#### 5. Bananas May Support Heart Health

Potassium is a mineral that is essential for heart health especially blood pressure control. Despite its importance, few people get enough potassium in their diet. Bananas are a great dietary source of potassium. One medium-sized banana (118 grams) contains 9% of the RDI. A potassium-rich diet can help lower blood pressure, and people who eat plenty of potassium have up to a 27% lower risk of heart disease. Furthermore, bananas contain a decent amount of magnesium, which is also important for heart health.

#### 6. Bananas Contain Powerful Antioxidants

Fruits and vegetables are excellent sources of dietary antioxidants, and bananas are no exception. They contain several types of potent antioxidants, including dopamine and catechism. These antioxidants are linked to many health benefits, such as a reduced risk of heart disease and degenerative illnesses. However, it is a common misunderstanding that the dopamine from bananas acts as a feel-good chemical in your brain. In reality, dopamine from bananas does not cross the blood-brain barrier. It simply acts as a strong antioxidant instead of altering hormones or mood.

## 7. Bananas May Help You Feel More Full

Resistant starch is a type of indigestible carb found in unripe bananas and other foods which functions like soluble fiber in your body. As a rule of thumb, you can estimate that the greener the banana, the higher its resistant starch content. On the other hand, yellow, ripe bananas contain lower amounts of resistant starch and total fiber but proportionally higher amounts of soluble fiber. Both pectin and resistant starch offer appetite-reducing effects and increase the feeling of fullness after meals.

### **2.4 How to make your own cooking videos**

There are five steps to make your own cooking video. According to Brown (2019) as:

#### 1. Pre planning

In order to make a great cooking video that people want to watch and follow you will need to plan ahead. There are so many different cooking videos out there you want to find a recipe that has not already been aired numerous times. If you have your own recipe even better! If you want to make a recipe for the first time, do not do it on camera instead practice first so that when you do make your cooking video, it will be easy to follow and you have not to edit out huge mistakes.

#### 2. Quantity of Camera

Using one camera can be tricky if this is your first cooking video, however using two can give you better quality. It can however prove costly to have more than one camera and of course difficult to operate. You could consider using a professional later down the line for better results but to begin with it is better to have a friend to help you with focus and corrections to the white balance. If a close up is needed you should stop what you are doing and continue when the right shot has been obtained. Using different shots such as close ups can make it

easier for viewers to see exactly what you are doing so they can follow the instructions and full frame so that they get to know you. Most of all it is advisable to add a tripod to your equipment so that you don't get wobbly shots.

### 3. Brightness

Before you film your cooking video you should make any corrections necessary to the white balance. This will make sure you get the true colors of the film and reduce the chance of you getting background hues. It is simple to do by using a white piece of paper and looking through the camera to adjust the white balance so that it gives a true white.

### 4. Wear the right clothing

So that you do not distract viewers from the recipe or make it less appealing you should never wear white or wear anything with loud prints when filming your cooking video. You want the focus to be on the food not your clothing. It is better to wear a bright but solid colored outfit instead.

### 5. Displaying the finished recipe

Show you are cooking video viewers how the finished product looks by adding it to a plate or bowl and garnishing to finish. You want the viewers to have their mouths watering and be looking out for more of your recipes in future. Make your viewers mouths water with a shot that makes them hungry for the recipe such as a close up of freshly made bread being poured apart, juicy meat coming away easily from the bone or even the sauce being drizzled over the finished product.