

## CHAPTER II

### LITERATURE REVIEW

This chapter presents about Traditional food, kue lumpang, how to make kue lumpang, Coffe, variant of coffee, and food Innovation.

#### 2.1 Traditional Food

According to (Winarno, 1994), “*pengertian makanan tradisional adalah makanan dan minuman termasuk makanan jajan serta bahan campuran yang digunakan secara tradisional*”. It means that what is called traditional food is food and drink that uses traditional ingredients. Mean while, according to (Annim, 2012):

*“Makanan tradisional diolah mengikuti ketentuan (resep) yang diberikan secara turun-menurun. Pada umumnya hasil resep turun menurun dan biasanya lebih banyak diturunkan di dalam keluarga. Hal ini dilakukan dengan cita rasa khas makanan tersebut tetap terjaga”*.

It means that traditional food are food that use traditional recipes for generations.

Based on the statement above, the similarity is obtained that traditional food is a food that uses a mixture of traditional ingredients for generations. Therefore, the writer concludes that traditional food is food that is made using a hereditary recipe and uses traditional ingredients.

#### 2.2 Kue Lumpang

*Kue lumpang* is Palembang's traditional food made from rice flour, so it has a chewy and soft texture. Usually *kue lumpang* has several variations of taste such as pandanus flavor and brown sugar. People usually serve this cake as a snack in the morning or as a dish when there is a celebration. *Kue lumpang* is a unique cake, according to fitria (2019) This cake is unique, because during the steaming process, the dough will automatically make a hole in the middle, so when it's cooked it looks exactly like *lumpang*. When cooked, people serve *kue lumpang* with savory grated coconut. When we bite the cake, the texture is very chewy with a sweet taste.

### 2.2.1 How to Make *Kue Lumpang*

*Kue lumpang* made from coconut milk, suji leaves, pandan leaves, granulated sugar, tapioca flour, rice flour and salt. According to fitria (2019) The first step in making *kue lumpang* is dissolve coconut milk, suji leaves, pandan leaves and sugar by blending. The mixture will produce a thick green dough. Then strain the green dough and put it in a container that containing tapioca flour and rice flour. Mix the mixture thoroughly and add some salt. Next put the cake mixture into the mold. The next step is steam the mixture around 30 minutes.

### 2.3 Coffee

According to Bhara L.A.M (2005):

*“Definisi kopi adalah suatu jenis tumbuhan yang dibuat menjadi minuman dengan sifat psikostimulant sehingga menyebabkan seseorang yang meminumnya akan tetap terjaga (susah tidur), mengurangi kelelahan atau stress saat bekerja, serta mampu untuk memberikan efek fisiologis yakni energi”.*

It means coffee is a type of plants that have seeds and the seeds can be processed into drinks that have many benefits for human body.

However, according to Saputra E (2008) coffee is

*“Menurutnya, pengertian kopi adalah tanaman yang memiliki dua jenis utama, yakni Coffee robusta dan Coffee Arabica. Kedua jenis kopi ini sangat digemari oleh masyarakat, baik yang ada di dalam negeri ataupun masyarakat yang ada di luar negeri”.*

It means that coffee is a plant that has two different types and is well-liked by domestic and foreign communities.

According to Ramadhani (2020) said that

*“Tubuh akan terhindar dari risiko penyakit kardiovaskular, gangguan pencernaan, serta kematian dini. Bahkan, menurut penelitian tersebut, takaran 2-*

*3 gelas atau setara dengan 170-375 mg kafein per hari bisa menurunkan resiko disfungsi erektil.”*



It means that coffee has benefits for the body but with the right dose

Based on the statement above, the writer concluded that coffee is a type of plants that have seeds and the seeds can be processed into drinks that has many benefits for human body but with the right dose. Coffee has different types which are also very popular with domestic and foreign communities.

### **2.3.1 Kind of coffee**

Coffee is a type of plants that have seeds and can be processed into drinks. according to CNN (2019) there are two types of coffee that best known and have many fans, namely arabica and robusta coffee. The difference between the two varieties is from the shape of the coffee bean itself. Robusta coffee is rounder while arabica is more oval. From the height of the plant, Robusta coffee can grow up to 4.5-6 meters, while arabica can only reach heights of 2.5-4.5 meters. The example of coffee variants can be seen in the table 1.

### **Kind of coffee**

<p><b>Arabica Coffee</b></p> <p>Arabica Coffee is coffee that has a soft, sweet, sharp, and also strong flavor.</p>	 <p>source : <a href="https://food.detik.com/info-kuliner/d-4229894/ini-5-perbedaan-kopi-arabika-dan-robusta-suka-yang-mana">https://food.detik.com/info-kuliner/d-4229894/ini-5-perbedaan-kopi-arabika-dan-robusta-suka-yang-mana</a></p>
<p><b>Robusta Coffee</b></p> <p>Robusta coffee is a coffee that has a neutral flavor and has a aroma like beans.</p>	 <p>sources : <i>Biji-kopi-robusta-sangrai-gayo-i.15948580.857072190</i></p>

Tabel 1. Variant of coffee

## 2.4 Food Inovation

The definition of innovation is to make the new invention which different from the previous. According to *Peraturan Pengganti Undang Undang No. 18 year 2002* , innovation is a research activity, or developing which has the goal to develop the practical values and the contexts of the newest knowledge. Meanwhile another definition of innovation according to Rogers (1983) is an idea, opinion, practically, or object/thing which realize and accepted as the new thing by someone or group that will be adopted. According to Fadila (2018) food innovation is a new creation of a menu of food both in recipes or variants. Therefore, food innovation is an activity of make the new foods

which different from the previous foods in order to introduce people about the new food itself. Every human being has the innovation whether it is in the entrepreneur field, technology, culinary, etc.