

CHAPTER 1

INTRODUCTION

1.1 Background

Bakpao, food originating from China, is popular in Palembang. Nowadays, *Bakpao* is sold with many varieties of fillings and topping decorations. The fillings of *Bakpao* can be chocolate, kidney beans, or green beans. *Bakpao* is also sold with attractive topping decorations such as Chinese zodiac *Bakpao*, *Bakpao* with a cute cast that is formed according to Chinese zodiac character, so they can attract customers who see. Of course, the color of the *Bakpao* also gives customers an interest in consuming it. *Bakpao* sold in Palembang is usually white. Palembang people are very interested in consuming it, because it tastes good and suits the tastes or interests of customers.

It's easy to make *Bakpao*. Mix flour, sugar, white butter, yeast, and water. Flour contains vitamins A, E, D, and K. Sugar provides energy because they contain high carbohydrates. White butter containSt proteins, starch, and other carbohydrates, lipids, fiber, water, and as well as low levels of vitamins, and minerals. Yeast makes the dough expand. Water can make sugar and increase the temperature of the dough..

Purple sweet potatoes contain dietary fiber, minerals, vitamins, anthocyanins, and antioxidants, In one medium-sized purple sweet potato contains 4 grams of fiber. The purple sweet potato minerals are calcium, magnesium, potassium, phosphorus, sodium, iron, and potassium. Purple sweet potato also contains several vitamins (B1, B2, B3, B6, B9 (folate), E, K, and A) (Healthy Physician, 2020). This purple sweet potato has the same anthocyanin pigment as found in black cherries and other grapes. Compared to fruits that contain other anthocyanin pigments, purple sweet potatoes have a relatively neutral flavor. Therefore it will not damage the taste of food (Detikcom, 2020). Antioxidants are compounds that slow down and prevent

oxidation, and play an important role in maintaining the quality of food products (such as rancidity, changes in nutritional value, changes in color, aroma, and physical damage to products) (Dosenpendidikan.com, 2014).

Dyes is one of the additional components commonly used in the manufacture of food and beverages. This dye is needed to provide a special attraction for people who want to consume it. The more beautiful a color of food, the greater its appeal (Kerja Net, 2020).

Based on the explanation above, the writer got an idea to make a final report project with the title "Making *Bakpao* from Purple Sweet Potatoes as an Innovated food" because purple sweet potato is not only as a natural coloring agent but also as a main ingredient".

1.2 Problem Formulation

Based on the background above, the problem formulation of this research is "How to make *Bakpao* with Purple Sweet Potatoes?"

1.2 Research Purposes

Based on the formulation of the problem that have been mentioned above, the purpose of this research is to know the appropriate recipe in making *Bakpao* with Purple Sweet Potatoes.

1.3 The Benefit

The result of this study will bring benefits to researchers and readers in terms of increasing knowledge about *Bakpao*. It is hoped that this recipe can be used by the public to make a new variant of *Bakpao* using purple sweet potatoes.