

CHAPTER II

LITERATURE REVIEW

2.1 Innovation

Innovation is related to finding new ways to develop a product. Schilling (2013) in Eric (2014), defines that innovation is the practical implementation of an idea into a new device or process. Innovation is the addition of new or unusual ingredients, new combinations or product, different processing systems or elaboration procedures including packaging, coming from different origin or cultures, being presented and supplied in new ways, and always having temporary validity (Guerrero, 2009).

The innovation in food industry is essential to gain a competitive advantage and create value and its outcomes can be both tangible and intangible. Tangible/Intangible are the outcomes of innovation. The examples of tangible outcomes of innovation are new product, design, and expertise, while the examples of intangible outcomes of innovation are new processes and ways of conducting business. (ResearchGateGmbH, 2008).

From definitions above, innovation can be defined as the implementation of a new idea focused on developing something using new ways that have different from previous products.

2.2 Bakpao

2.2.1 Definition of Bakpao

Bakpao is a traditional Chinese food. This is known as bun in Indonesia because it is absorbed from Hokkien language spoken by majority of Chinese people in Indonesia. *Bakpao* itself literally means baozi which contains meat. Baozi can be filled with other ingredients such as chicken, vegetables, sweet srikaya, soy butter, azuki beans, green beans, and so on, according to taste (Anonymous, 2006).



Picture 4.Bakpao

Source: www.resepmasakanawan.blogspot.com

2.2.2 Ingredients of *Bakpao*

Bakpao is one of the fermented foods, *Bakpao* is made from flour dough fermented by yeast. *Bakpao* is usually made with butter, flour, yeast, sugar, and water. All of the ingredients have high nutritional values. Butter is rich in fat and also many vitamins, especially A, E, D, and K2. However, butter is not particularly nutritious when considering its large number of calories. Flour consists of proteins, starch, and other carbohydrate lipids, fiber, water, and ash as well as low levels of vitamins, minerals, and enzymes (Giannou, 2003). Sugar provides a source of energy in our diet because it is rich in sweet carbohydrate (Victoria, 2011). This instant yeast must be mixed with water and sugar so that the sugar becomes carbon dioxide which will make the mixture rise. Making *Bakpao* takes about 3 hours from making the dough to steaming. The process is fairly short because the ingredients used are simple and easy to obtain, and it does not take long time for the fermentation process.

2.2.3 Process of Making *Bakpao*

The process of making *Bakpao* that is taken from Resepkoki (2015) can be seen as follows:

Ingredients:

Flour 300 gram

Butter 30 gram

Yeast 8 gram

Sugar 100 gram

Water 150 ml

Equipment:

Spatula

Scale

Rolling Pin

Steamer

Measuring Cup

Mixer

Dough Cutter

Baking Paper

Procedure:

1. Poor the flour, sugar, yeast into the mixer. Then turn on the mixer.
2. Put the water little by little to the dough.
3. Add the butter to the mixture until the mixture is evenly mixed and smooth.
4. Remove the dough from the mixer using a spatula.
5. Divide the dough into several parts using a dough cutter, then round the dough then wrap with cloth or plastic wrap. Let stand for 30 minutes.
6. Roll the dough using a rolling pin. Then fill the dough, either with chicken meat, chocolate, green tea, green beans, or another according to the desired taste. If you do not want to fill it, you can add it with Chinese Zodiac decorations.
7. Place the filled *Bakpao* on baking paper and let it sit for 30 minutes.
8. Steam the *Bakpao* for 10-15 minutes in a steamer filled with boiling water. Remove the steamed *Bakpao* from the steamer and the *Bakpao* is cooked.

2.3 Natural Dyes

Foods that have delicious taste will increase our appetite. But, the taste of delicious food will not be interesting if it is not good to see. For this reason, the appearance of food also needs to be considered in order to be able to attract the interest of people in eating it. An effort that can be done to enhance the appearance of food is to provide attractive colors. However, we also have to pay attention to the dye whether it is safe or not. It would be better if we use natural ingredients as food coloring (Christina, 2017).



Picture 1. Example of Natural Dyes from Vegetables

Source: www.thebeakerlife.com

Natural dyes have health benefits because they act as a source of vitamins, antioxidants, and antimicrobials. Antioxidants can act as anti-cancer substances and fight free radicals in the body which cause various diseases (Ananningsih, 2016). The antioxidant components and colors produced and the stability properties are as follows:

1. Chlorophyll gives a green color that is sensitive to acids, heat, alkalis, and metals.
2. Carotenoids give yellow, orange, red colors that are sensitive to light, oxygen, acid, heat
3. Anthocyanin gives a red or blue color that is sensitive to pH, heat, light, metal

4. Curcumin gives a yellow color that is sensitive to oxygen, strong acid, and heat.
5. Betalain gives purplish red which is sensitive to heat, alkali, metal. Natural dyes are very good to use for food so that food becomes safer and healthier. (Natural Colorants for Food and Nutraceutical Uses Delgado-Vargas, 2002).

2.4 Purple Sweet Potato

Sweet potatoes also contain vitamins, minerals, phytochemicals (antioxidants) and fiber (pectin, cellulose, hemicellulose). Sweet potato has B vitamin content, namely B6 and folate (B9) which play a role in preventing inflammation of the growth and development of brain cells (Jaya, 2013). The nutritional content of various sweet potato varieties in 100 grams of sweet potatoes with the skin contains 90 calories or equal to 376 kJ. Sweet potatoes are also rich in complex carbohydrates, fiber, beta-carotene (provitaminA carotenoids), vitamin C, vitamin B6, manganese and potassium (Carakhasiatmanfaat.com, 2020).

Purple Sweet Potatoes have the Latin name *Ipomoea Batatas*. *Ipomoea Batatas* is one type of tuber plant that is rich in carbohydrates. According to a research report conducted in 1992, sweet potatoes are rich in fiber, complex carbohydrates, proteins, vitamins A and C, iron, and calcium, and obtain the highest nutritional rating in terms of vegetables. Sweet potato varieties with dark flesh color contain higher beta carotene, when compared with bright fleshy color (Hidupsehatalami copyright, 2020). To make the color of purple yam is quite easy, just by steaming purple yam that has been cleaned, purple yam can be steamed for 15-20 minutes, after that purple yam can be smooth or blended. Then the Purple Sweet Potato is ready to be used or mixed into the material to be made later.



Picture 2.Example of Purple Sweet Potato

Source: www.alodokter.com