

CHAPTER I INTRODUCTION

1.1 Background

Indonesia is famous with many kinds of food and drink. Food is one of the basic human needs, Prasetyono (2018) said that, “ *Makanan sehat ialah dengan meramu berbagai jenis makanan yang seimbang, sehingga terpenuhi seluruh kebutuhan gizi bagi tubuh serta mampu dirasakan secara fisik dan mental*”. Added by Salvana (2018) “*makanan adalah sebuah proses yang penting bagi tubuh. Dengan makan, tubuh kita mendapatkan nutrisi sekaligus energi yang dibutuhkannya untuk mempertahankan hidup*”. So, food is an important process for the body, by producing various types of balanced food, so that all nutritional needs for the body are met and can be felt physically and mentally. Food is human must fulfill this need for continuity his life. Without food, humans cannot survive because human rank at the top in the food chain. At first, human only need the food as a stomach filler to survive. Nowadays, food changes from just a stomach filler to a culinary activities. Culinary activities are delicious display and taste of food. Food can help people to get energy and help the growth of the body and brain. There are two ways human can get food that are process their own food and buying instant food.

To get an ideal body health, human must consume healthy food and drink. Drink is everything that can be consumed and can eliminate thirst. Generally, drinks are liquid, but some drinks are solid like ice cream, shaved ice. The type of food we consume must have a balanced proportion among carbohydrates, protein and fat. It is recommended that the composition are carbohydrate, protein, and fat. The class of carbohydrates we usually consume are rice, bread, noodles, and sticky rice. While proteins are divided into two, namely animal protein and vegetable protein. Examples of animal protein include meat, eggs, fish, and milk. Examples of vegetable proteins are fruit, vegetables, and nuts.

Nuts are seeds that are used for food for humans and animals. Size of nuts is larger than cereals. It consists of various types, one of them is peanuts. Peanuts are seeds that grow in the soil. Peanut shells are brown in color and have rough lines. The taste of peanuts is a little sweet, but still hard when the peanuts are unprocessed.

Nowadays, there are many ways to process the peanuts into various food. Moreover, there are variations of food from peanuts such as rempeyek, cookies, cake, peanut sauce and so on. Here, peanuts can be used as a base for making new variants of food and drink.

In this occasion, the writer tries to create a recipe book of new variants of processing peanuts. There are many kinds of recipe books about food and drink made from peanut that discuss new variants especially for brownies, pudding, and milkshake. So, the writer is interested to design a recipe book about food and drink made from peanut.

Indriani (2011) stated that a good recipe book contains information about ingredients, how to make, the equipments used and the pictures. In fact, the recipe book contained about the ingredients, and how to make it. Then the writer would like to make a recipe book in accordance with the theory of Indriani. Based on the data above, the writer would like to write this final report entitled **“DESIGNING A RECIPE BOOK OF FOOD AND DRINK MADE FROM PEANUT”**

1.2 Problem Formulations

Based on the explanation above, the problem in this final report is how to design a recipe book of food and drink made from peanut?

1.3 Limitation

By seeing the problem formulation of this research, research limitation is focused on 3 kinds of food and drink from peanut. They are brownies, pudding, and milkshake made from peanut.

1.4 Purpose

The purpose of this final report is to design a recipe book of food and drink made from peanuts.

1.5 Benefit

There are benefits from the research, such as :

a. For the writer

The benefit are to increase the knowledge of cooking with peanuts and to improve the writing and cooking skills of the writer.

b. For the readers

To enhance their knowledge about making new variants recipes of food and drink from peanuts and also designing a recipe book.