

## **CHAPTER II**

### **LITERATURE REVIEW**

This chapter consists of information about definition of design, recipe book, definition of food and drink, and peanuts.

#### **2.1 Definition of Design**

Kusrini (2007) stated the “ design is a process the development of a new system specification based on the recommendation system analysis. Furthermore, Ladjamudin (2005) said that “design is stage has a goal to design a new system that can solve the problem facing the company obtained from alternative election system”. And also added by Basuki (2019) the definition of design is a design pattern that forms the basis of making an object. In other word, design is a process to create and design a new system.

#### **2.2 Recipe Book**

Recipe is the knowledge how to cook by knowing the obstacle and the way how to do it. It can be also define as the instructions how to cook complete with the ingredients and the amount of them, how to cook them, and how to serve them. Albert (2016) stated that “ recipes are important tools for cooking, because they are a series of important information about certain dishes”. It is line with Rosalina (2013) who said tat recipe book is a guidelane that contains the way of processing food including the ingredients needed, the steps and serving it.

So, recipe book is helping tools for cooking that is a sequences of notes that contains the way of processing food including the ingredients needed, the steps, and serving it.

There are many function of recipe cooking process, but the main point of the recipe book is as the complete intruction of cooking inclufing the way of choosing, preparing, cooking, and ingredients. To make a recipe book according to Indriani (2011), there are four formula of designing recipe book.

1. Write the equipments
2. Write the ingredients
3. Write the instructions how to cook clearly and concisely.
4. Put the pictures

### **2.2.1 Procedures of Designing Recipe Book**

According to Roberts (2019) there are some procedures of designing your own recipe book :

1. *Choose the focus or theme of the cookbook.*

If you want to write a cookbook, chances are you already have a general t you want to write about.Design a consistent and book-friendly format for the recipes. For example, you might want to write a dessert cookbook or a party food and appetizer cookbook.

2. *Find your niche.*

Once you've chosen a broad theme, narrow down the focus of your cookbook so it really stands apart. While lots of new cookbooks are published every year, you'll increase the chances of being published if you make yours stand out from the others.

3. *Decide if you're writing the cookbook for personal or professional use.*

If you'd simply like to write a cookbook for your own use in the kitchen or to give to family and friends, you can be more casual with the writing, photo quality (if you even take pictures), and structure of the book. If you want to write a cookbook to be published, you'll need to make the book as polished, creative, original as possible, and show your community.

#### *4. Decide the style of the cookbook.*

Once you've narrowed down the scope of your cookbook, decide the mood and feel of the book

### **2.3 Information about food and drink.**

Indonesia is one of countries that has many variants of food and drink. Indonesian food is one of the richest culinary traditions in the world, and full of good tastes. Indonesian food has complex flavors, which are obtained from certain ingredients and a mixture of spices.

#### **2.3.1 Definitions of food**

Arif (2018) stated that “the definition of food is one of the energy sources needed by the human body. So that it can do everything or activity in life. Thus, food is one of the main things that the body really needs”. According to Rachman (2018) food is anything that can be eaten and after being digested it will be absorbed by the body and will be useful for health and survival. So, it can be concluded the definition of food is anything than can be eaten and food is one of the energy sources needed by the human body for health and survival.

#### **2.3.2 Information about brownies and pudding.**

There are the definitions about brownies and pudding :

##### **1. Definition of Brownies**

According to Danakusuma (2014) brownies is one of the favourite dessert in America, originating from the USA, developed around the end of the 1880s, either because of a manufacturing mistake or through thoughtful work. Brownies are a kind of ordinary cake but use melted chocolate bars and which have a very sweet, delicious taste. Septiana (2018) said “ brownies are cakes that are soft and dense, blackish brown and have a distinctive chocolate flavor ”. This food is much favored by the public both from children, teenagers, and the old because the dominant chocolate flavor is delicious and the texture is soft. Initially brownies were

only brown bread that didn't have anything. But, because of the human creativities,brownies have a lot of variety. The variations are brownies with meises, cheese, vanilla, and new products for snow cake. Although there have been many beautiful and delicious variations, the delicacy and characteristic of brownies will not be left behind.

## **2. Definition of pudding.**

Pudding is one of the most popular food or dessert menus because of its soft, chewy and sweet texture. The main ingredient in making this pudding is milk, meizena flour, eggs. Warits (2016) stated that pudding is the name for a variety of desserts that are generally made from ingredients that are boiled, steamed, or bakedso as to produce a gel with a soft texture.

### **2.3.3 Definition of drink**

According to Arif (2018) drinks are one of the important necessities of life and must be fulfilled. The function of drinking is to prevent thirst, add nutritional value and meet the body's need for water. Drinks are everything that is consumed and can relieve thirst. While, Nugraha (2008) stated that drink have several basic functions, namely as thirst relievers, appetite stimulants, energy enhancers, and facilities to help the food digestion process.

#### **1. Definition of milkshake**

According to Jova (2016) milk shake is a cold drink from a mixture of milk, ice cream, and flavored syrup that is shaken until foamy. In the UK, milkshakes are a mixture of milk with various flavors of syrup, without ice cream.The term milkshake, as the name implies is a drink from a mixture of milk (milk) that is (shake)

## **2.4 Informations about Peanuts.**

Peanut is one type of beans that are rich in important nutrients and have a lot of benefits, one of the benefits is for the health of the body. Peanut can be consumed with various processed, namely fried, boiled, baked, and so on. Moreover, in Indonesia peanut can be processed into various kind of food and drink that have delicious taste.

### **2.4.1 Definition about peanut.**

Nadya (2009) said that,

“peanuts are legumes from the fabioidae family which are also important plants from the family of second legumes after soybean plants. Peanuts are one of the tropical plants that grow in shrubs that have a height of 30-50 cm and plants that emit small leaves. Peanuts are food crops in the form of shrubs originating in South America, precisely from Brazilia.”

It is line with Tinn (2007), “peanuts are legumes that contain a lot of vegetable protein and can be consumed in various forms, including vegetable ingredients, sauces, and fried or boiled.” So, peanuts are legumes from the fabioidae family that contain a lot of vegetable protein.

### **2.4.2 The Benefits of Peanut**

Because peanuts are rich in nutrients, peanuts can provide many benefits to the body. Peanuts has a sweet taste and typical fragrance. Therefore, peanuts is widely used to make various types of foods. Based on (Fimela, 2017) there are six benefits of peanuts for health :

#### *1. Stabilize Body Cholesterol*

Peanuts contain unsaturated fatty acids which are useful for maintaining cholesterol stability. This is also useful to prevent heart risk.

#### *2. Reducing Blood Sugar*

For those of us who have problems with blood sugar, peanuts can be used as nutritional intake to reduce blood sugar levels in the body. Peanuts are

useful in reducing blood sugar because they contain manganese which can absorb excess calcium and glucose.

### 3. *Overcome Stress or Depression*

As one of the foods containing tryptophan, peanuts are believed to be good for preventing and overcoming stress and depression.

### 4. *Reducing the Risk of Gallstones*

The study states that the nutrients contained in peanuts are good at reducing the risk of gallstones. These foods are also beneficial in preventing the risk of various infections in the gallbladder, liver and other internal organs.

### 5. *Prevent Early Use*

The content of vitamin E in peanuts is very good to help prevent the risk of premature aging, wrinkles on the skin and dullness. Vitamin B in peanuts is even believed to make skin glow and stay young.

### 6. *Prevent cancer*

At present, cancer is still one of the most feared diseases. To prevent the risk of cancer, a healthy lifestyle, exercise and adequate rest is very important. Plus, also consume peanuts because these foods contain p-coumaric acid which is good in helping prevent the risk of cancer and killing cancer cells.

Based on experts' opinions above, it can be concluded that peanut is a healthy food that can be eaten by everyone. It contains so many nutrients that has really good function for human body especially for health.