

CHAPTER I

INTRODUCTION

1.1 Background

Bell pepper is one of the *Capsicum annuum* species. Generally, the plants produce fruits in green, yellow, and red colour. But it also produces fruits in chocolate/brown, white, and purple. Usually the white part (ribs) and the seeds are not consumed because of the bitter taste, but does not mean it is inedible. The plant is native to South and Central America and then the seeds were imported to other countries because bell peppers can be grown in a variety of climates. It has an aromatic taste and crunchy texture and is not as hot as other peppers. The green pepper has a slightly bitter taste, while the yellow and red (ripest) are more sweet and fruity.

Bell pepper is rich in vitamin C and a good source of antioxidants. The vitamin C and carotene (photosynthetic pigment) content both increase with ripening. As the vitamin C and carotene content increase, the antioxidant capacity also goes up. Bell pepper is considered a low GI food too. Bell peppers can also be valuable sources of health-supportive sulphur compounds. Several recent studies have taken a close look at the presence of enzymes in bell peppers called *cysteine S-conjugate beta-lyases* and their role in a sulfur-containing metabolic pathway called the thiomethyl shunt. These enzymes and this pathway may be involved in some of the anti-cancer benefits that bell pepper has shown in some animal and lab studies. They may serve as the basis for some of the anti-cancer benefits shown by green, yellow, red and orange vegetable intake in recent studies, including a recent study on risk reduction for gastric cancer and esophageal cancer (George Mateljan, 2007).

Cooking bell pepper in high heat can damage some of the nutrients in bell peppers. In one recent study, the effects of grilling on sweet green bell peppers can destroyed the flavonoid (plant pigments) called luteolin after grilling it for 7-8 minutes at a temperature 150°C (302°F). So in order to serve bell pepper in new and nutritious way also to avoid nutrient loss, the writer hope this paprika curd can fulfill that matter.

The writer want this product with curd texture because it doesn't need high temperature to make, so the nutrition keep maintained on the product. Second, the product can be eaten directly and also it's easy for body to digest. Curd means coagulating milk or dairy product by adding edible substance which will cause the protein to tangle into solid massive, like sour milk cheese in cheese making (Anonymous, 2017). Chickpeas is not a dairy product yet still it can make the curd texture because of the high protein and starches combination, so it helps thickening liquid (Sarah Zhang, 2016).

1.2 Objective

The objective of this product is to serve paprika in a new way to consume yet still nutritious, also as a product for those allergic with soy product and for pregnant woman in order to fulfill daily nutrients. Since these product use chickpeas too, the writer hope can increase the sale of chickpeas and remind people that chickpeas is also healthy as soybean because it's rarely used in Indonesia.