

CHAPTER I

INTRODUCTION

1.1 Background of the study

Food has an important role in people's lives. Food not only functions as a biological need for humans to survive, but food is also a social and cultural need for humans in a community or society (Sri Utami, 2018). The development of healthy food has now developed very rapidly. Food manufacturers not only sell food products that are sensory acceptable but also have high nutritional value. Because of this, a new category of food has emerged called functional food. (Winarno, 2012).

One food ingredient that is being widely developed is black rice (*Oryza sativa Indica*), one of the processed forms of which is flour. Black rice has a good source of protein, a source of minerals such as selenium, and also contains good nutritional elements, also containing quite high levels of fiber. In addition, it contains phytochemical compounds such as phenolics and lignin and flavonoid anthocyanin compounds (Suardi, 2008). Black rice also has a low glycemic index which is useful for maintaining stability blood sugar so it is safe when consumed by diabetics as a diet menu. Black rice flour has a distinctive dark purplish-black color, which comes from the natural pigments present in the outer bran layer of the rice. This gives baked goods made with black rice flour a unique appearance.

One of the traditional Korean foods made from rice flour is Tteokbokki. Tteokbokki, or topokki, is a popular Korean street food made with cylindrical rice cake (tteok) cooked in a spicy, sweet, and savory sauce made primarily with gochujang (korean red chili paste). Tteokbokki or topokki is a favorite dish enjoyed by many Koreans and people around the world for its addictive spicy-sweet flavor and chewy texture.

This research will provide important insights for the development of health, this high antioxidant food from black rice flour will produce a product that is nutritious and suitable for people on a diet.

1.2 Objective of the study

1. In order to keep up with global trends and because of increasing demand gluten-free and healthy foods, this research aims to create gluten-free and High antioxidant tteokbokki from local sources, which is black in color from black rice flour.
2. To identify the nutrients of the black tteokbokki.