

CHAPTER I

INTRODUCTION

1.1 Background Of The Study

Kwetiau is a food product that is quite popular among Chinese descendants and is also popular with Indonesian people (Mutters and Thompson, 2009). Kwetiau has a noodle-like shape that is clear white in color and has a flat and wide shape (Horndok and Noomhorm, 2007). Kwetiau is classified into two groups, namely: wet kwetiau, which has quite a high water content, spoils quickly, and lasts a day if not refrigerated; and dry kwetiau, which can last a long time if packaged airtight (Fadiati et al., 2009). Kwetiau, or rice noodles, are a variation of rice flour-based noodle products, whereas noodles are generally made from wheat flour, which is high in gluten (Fu, 2008). According to Tanzil (2012), the type of rice in Indonesia that is suitable for making kwetiau is IR 64 rice, because this type of rice has moderate levels of amylose.

Currently, fiber is still rarely researched compared to metabolite compounds other primary, it is caused because fiber is a compound the nutritional content is negligible, but actually fiber has a role important that cannot be replaced by other substances. Dietary fiber consists of several one of the components is soluble fiber and insoluble fiber in the body.

Starch is one of the most widely used excipients in the manufacture of solid dosage forms in the pharmaceutical and pharmaceutical fields additives in the food sector. For obtain the desired starch characteristics according to needs, modifications are made (Handayani et al., 2013). One type of modified starch is resistant starch (RS). RS has properties like as with dietary fiber, namely some are insoluble and some are soluble dissolves in water.

Lentils contain quite high in carbohydrates, so allows it to be made into starch. Modification of the starch can produce high levels of dietary fiber so

can be used functional. The results showed that the crude fiber content of red lentils was 14.45%. The addition of lentils, which are processed into lentil flour because they contain low calories, low sugar, and low fat content, which can help reduce obesity (Anindita Tri Kusuma Pratita).

1.2 Objectives Of The Study

The objectives of this study are following below:

1. The aim of this research is to determine the panelists' acceptance of lentil kwetiau.
2. In order to follow the global trend and due to increasing demand on healthy foods, the study aims to create high-fiber kwetiau from lentil