

# CHAPTER I

## INTRODUCTION

### 1.1 BACKGROUND STUDY

pudding is one of the most common desserts that we see in our everyday live, relatively simple to make, and also very versatile to use either a standalone dessert or a topping for drinks. From supermarket to restaurant, variations of flavor, sizes and texture. Pudding is typically made with common dessert flavor such as fruits, chocolate, vanilla, matcha, and sometimes vegetable. Pudding also usually served with either a type of sauce or even whipped cream that complement the flavor. Pudding is one of the most common dessert types that people enjoyed from kids to adult. Pudding usually less messy to eat and can hold longer in room temperature than cakes.

Because of that I choose Kangkung from Lombok as the main Ingredient/flavoring for the pudding. Kangkung from Lombok is bigger in size than other kangkung, thicker and contain more water because it is grown in a river not on the land. Kangkung is high in fiber and iron that can reduce anemia and digestive problem (Jacoeb and Sri, 2021). From economic term, kangkung is relatively cheap, easy to get and also sold everywhere in Lombok. Indonesian people intake of vegetable is still relatively low around 43% of the recommended intake, because of that I choose kangkung to increase our vegetable intake (Yanto, Verawati, Muchtar, 2020). With Komak as the sauce, a local ingredient from Lombok as well with the benefit of high protein and fiber that can with digestive problem, as an antioxidant, and fulfill daily protein need (Suharjanto, 2010). “KaaKo” can also be a healthier choice of pudding because the less sugar than average pudding and contain vegetables. The sauce taste is similar to *bubur kacang hijau* and the pudding itself taste like *daluman*, leafy like taste.

## **1.2 OBJECTIVES STUDY**

1. Kangkung is mostly enjoyed as a side or even a main dish in Lombok for example, Plecing Kangkung, Tumis Kangkung, Pecel, etc. Rarely kangkung is made into other food product, especially a type of dessert like pudding. Komak also an underrated ingredient that rarely used outside of Lombok as a dish let alone a dessert.
2. The lack of popularity of Kangkung and Komak from Lombok is one of the reasons for me to use these ingredients to boost their popularity outside of Lombok and promote locally source ingredients.

## **1.3 BENEFITS STUDY**

### **1. Benefit for Student:**

Researchers can discover new ideas by improving the recipe or adapt the technique/ingredients into their own ideas/recipe.

### **2. Benefit for OTTIMMO INTERNATIONAL:**

Have a new recipe reference of a new dessert product.

### **3. Benefit for Readers:**

To inform readers about kangkung from Lombok and Komak can be use in a non-savory dish.

