

CHAPTER 1

INTRODUCTION

1.1 Background of The Study

Why I chose this dish, because I don't think there are many who have made and modified this dish, in the selection of ingredients I chose a dish that can be considered healthy because of the selection of ingredients such as quaker oat's, tempeh, long beans, low fat milk, and using fiber crime to add to the sauce. The ingredients that I prioritize are vegan and flour such as tempeh and long beans, while the substitute for flour is quaker oats, and for the adhesive and thickener it is low-fat milk, so that it can become a dough, it must be given by kneading and heating it in a pan until it becomes dough. In this case the food I make has a lot of nutrients and vitamins.

Long beans have many benefits, nutrients, and vitamins. Long beans contain protein, fat, carbohydrates, calcium, phosphorus, iron, vitamin A, vitamin B, and vitamin C. In addition to these nutritional content, long beans have various benefits, namely as a source of carbohydrates and protein, smoothing the digestive process, and preventing absorption. fat.

Tempe is a traditional Indonesian food that has been known for centuries, especially in the cultural order of people's eating, especially in Yogyakarta and Surakarta. Tempe is usually used for snacks and daily meals, besides that tempeh contains vitamins and has many benefits. Currently tempe is not only known throughout Indonesia, Through the Netherlands, tempeh has been popular in Europe since 1946. In 1984 there were 18 tempe companies recorded in Europe, 53 companies in America, and 8 companies in Japan but to foreign countries such as China, In India, Taiwan, Sri Lanka, Canada, Australia, Latin America, and Africa, tempeh has begun to be known even though it is still in limited circles.

Besides that, tempeh is relatively cheap, tastes good, has high nutritional content, has medical potential, and can be processed into various foodstuffs, has made tempe more popular in Indonesian society. Tempe as a traditional fermented food, with soybean raw materials and a starter culture of *Rhizopus oligosporus*, has great properties to prevent various degenerative diseases such as atherosclerosis, coronary heart disease, diabetes mellitus, cancer and others. There are two groups of vitamins found in tempeh, namely: water soluble vitamins (vitamin B complex) and fat soluble vitamins (vitamins A, D, E, K). Tempe is a very potential source of B vitamins. The increase in vitamin B12 is most striking in the manufacture of tempeh, so tempeh is the only source of vitamin B12 from plant foods. Vitamin B12 is not produced by tempeh molds, but by contaminant bacteria, namely *Klebsiella pneumoniae* and *Citrobacter freundii*. Tempe also has many health benefits such as preventing coronary heart disease, boosting the immune system, preventing cancer and anemia, losing weight, improving brain performance.

Oatmeal is a healthy food that is good for daily consumption. In this case, you can eat oatmeal with a mixture of milk and add various pieces of fruit such as strawberries, bananas, blueberries, or other fruit. The oatmeal used in this brulee product is used as a substitute for flour which is around 50% quaker oat flour that has been mashed, while 50% is wheat flour. Oatmeal has many benefits such as providing antioxidants, increasing insulin and reducing blood sugar levels, providing vitamin and mineral intake, increasing good cholesterol levels. Oatmeal also contains vitamins and nutrients, besides having natural fiber content, oatmeal also contains various other nutrients that are no less important. Starting from the content of fat, protein, vitamins B1, B2, B3, B5, B9, calcium, magnesium, folate, phosphorus, manganese, potassium, and iron. Some of these ingredients can certainly help meet the body's daily nutritional intake.

The characteristic of the product that I make is that I mix this brulee bomb with creamy lodeh sauce, because in terms of the ingredients itself, the brulee bomb is very different from other brulee bombs, the brulee bomb that I made has a soft texture and the color is more towards light brown, because of The flour mixture is made from quaker oats, and this food can be a substitute when you are hungry. In terms of aroma, when it's finished frying, it smells like pizza, because the aroma of tempeh and long beans comes out.

The benefits of Vegetable oat's brulee bomb with creamy lodeh sauce are

- a. This light snack is very healthy for the body for people who are on a diet or who have diseases such as diabetes
- b. Can lose weight
- c. Maintain digestive health and can control blood sugar
- d. Increase bone strength and the best food after exercise
- e. This food is high in fiber, because it is made from quaker oat's vegetable and low- fat milk

1.2 The Objectives of The Study

- a. Can identify processes in developing new products
- b. Can know how to pack properly and correctly, such as giving a logo or nutrition pack in this Rnd
- c. Opening up insights and ideas so that they can be better trained to modify or find new products.
- d. Following consumer preferences
- e. Market strategy and business analysis
- f. Technical product design and development
- g. Menciptakan pasar baru di masyarakat
- h. Technical product design and development

1.3 The Benefits of Study

- a. Creating innovation regarding new products
- b. Can know every nutritional value, as well as vitamins contained in each component
- c. Can know every selling value of a product made