

CHAPTER I

INTRODUCTION

1.1 Background of The Study

Gnocchi (/ˈn(j)ɒki/ N(Y)OK-ee,[1] US also /ˈn(j)oʊki, ˈn(j)ɔːki/ N(Y)OH-kee, N(Y)AW-, Italian: [ˈnɔkki]; singular gnocco) are a varied family of dumpling in Italian cuisine. They are made of small lumps of dough composed of semolina, ordinary wheat flour, egg, cheese, potato, breadcrumbs, cornmeal or similar ingredients, and possibly including herbs, vegetables, and other ingredients. The dough for gnocchi is most often rolled out before it is cut into small pieces about the size of a wine cork. The dumplings may be pressed with a fork or a cheese grater to make ridges or cut into little lumps. Gnocchi are usually eaten as a first course, but they can also be served as a contorno (sidedish) to some main courses (Cosmo, 2017).

Gnocchi vary in recipe and name across different regions. For example, Lombard and Tuscan malfatti (literally poorly made) are made with ricotta, flour and spinach, as well as the addition of various other herbs if required. Tuscan gnudi distinctively contains less flour, but some varieties are flour-based, like the Campanian strangula prievete, the Apulian cavatelli, the Sardinian malloreddus, and so on. Gnocchi are commonly cooked on their own in salted boiling water and then dressed with various sauces. But certain kinds are made of cooked polenta or semolina, which is spread out to dry, layered with cheese and butter, and baked. (*How to Make Gnocchi like an Italian Grandmother - 101 Cookbooks*, n.d.)

Gnocchi are eaten as a first course (primo piatto) as an alternative to soups (minestre) or pasta. Common accompaniments of gnocchi include melted butter with sage, pesto, as well as various sauces. Gnocchi may be home-made, made by specialty stores, or produced industrially and distributed refrigerated, dried, or frozen. Most gnocchi are boiled in water and then served with a sauce. Small soup gnocchi are sometimes made by pressing the dough through a coarse sieve or a perforated spoon.

1.2 The Objective of The Study

Culture is one of the important elements that form a nation. The personality of a nation will be reflected through its culture. However, because of the very rapid development of science and technology in this era of globalization, it is possible to quickly enter a foreign culture in a country that will affect the pattern/order of life of its people, for example, Italian culture. Italy is a unitary parliamentary republic in Europe Located in the heart of the Mediterranean Sea. Italy borders France, Switzerland, Austria, Slovenia, San Marino and the Vatican. Italy covers

an area of 301,338 km². The entry of Italian culture has influenced many Indonesian people, especially in the field of food and beverages. The entry of Italian culture has greatly influenced the Indonesian people, especially in the field of education food and drinks, for example, foods that are familiar to Indonesian people are pizza, spaghetti and gelato ice cream.

One of the foods from Italy that is still not popular in Indonesia is gnocchi. Gnocchi a potato-based appetizer from Italy with a creamy sauce and green vegetables. Gnocchi which is too common makes me have an idea, what if the main ingredient of potatoes is replaced with jackfruit seeds which have the same texture, then replace wheat flour with mocaf, flour made from cassava which is of course gluten free, (*Tepung Mocaf: Manfaat Hingga Perbedaannya Dengan Tepung Tapioka | Orami, n.d.*) and I don't forget to combine it with vegetables Moringa leaves. Thus, I don't forget to replace the cooking oil with olive oil and don't forget to add parmesan cheese so I don't forget the original taste of the gnocchi.

These are the purpose of research and development final project that I made:

1. To introduce Italian regional specialties which are still rare in Indonesia
2. To processing of waste materials that are not useful to be useful

1.3 The Content of Nutrition and Health Benefit

Jackfruit seeds or what is called "Beton" has a high carbohydrate content. Jackfruit seeds contain rich thiamin and riboflavin in them. There are also various minerals such as zinc, iron, calcium, copper, potassium, and magnesium. These jackfruit seeds were previously boiled until they were soft enough before they could be consumed. some examples of processed jackfruit seeds that we often encounter are, jackfruit seed chips, "*sayur asam biji nangka, perkedel biji nangka*", jackfruit seed muffin, and boil jackfruit seed.

In every 1 serving or the equivalent of 28 grams of jackfruit seeds, there are about 53 calories and a variety of important nutrients, such as:

1. **11 grams of carbohydrates** that serve as a source of energy for the body. When you eat carbohydrates, the body converts them into glucose, which is the body's main fuel.
2. **2 grams of protein** that functions for the body, starting as a source of energy, forming various enzymes and hormones, to supporting the immune system.
3. **5 grams of fiber** which functions to maintain good microbes in the intestine. Besides being able to help the process of digestion of food, these microbes will also break down fiber into acids that can stimulate the activity of immune cells. That way, the immune system will be stronger to fight various diseases.

4. **8% of the daily requirement of riboflavin (vitamin B2) and 7% of the daily requirement of thiamine (vitamin B1).** Adequate function of vitamin B2 plays an important role in maintaining a healthy body, especially the skin, eyes, and nervous system, as well as assisting the digestion of carbohydrates, proteins, and fats in food.
5. **5% of daily requirement of magnesium** which is beneficial for the body is often associated with bone health. This is because the body needs magnesium to build new bone cells.
6. **4% of the daily requirement of phosphorus** the benefits of phosphorus which is known as a mineral to support healthy bones and teeth in addition to calcium and phosphorus also helps the body reduce muscle pain after exercise. (*8 Manfaat Biji Nangka Rebus - Hot Liputan6.Com, n.d.*)

Benefits of Jackfruit Seeds for Health Given the nutritional content that is quite a lot, also moringa leaves have similar benefits with jackfruit seeds. Thus, the following are some of the benefits of jackfruit seeds and moringa leaves that are important to know:

1. Maintain a healthy digestive system

Jackfruit seeds have long been used as herbal remedies to treat various digestive problems, such as relieving constipation, and reducing the symptoms of hemorrhoids and inflammatory bowel disease. This is because the content of soluble and insoluble fiber and prebiotics in it also plays an important role in maintaining intestinal health, increasing the number of good bacteria (probiotics) in the intestine, stimulating bowel movements, and making stools softer so that it supports smooth and regular bowel movements. Some research also mentions that jackfruit seeds have the potential to prevent disease transmission through food. (*Peel 7 Benefits of Moringa Leaves With TaniHub - TaniHub Insight, n.d.*)

2. Control blood sugar levels

Besides being beneficial for digestive health, the resistant starch in jackfruit seeds is also good for controlling blood sugar levels, especially for diabetics. Resistant starch includes carbohydrates that are difficult or cannot be digested by the intestines. So this substance can fill the stomach and make you full without raising blood sugar. The astringent properties of starch are not only beneficial for diabetics. Even in people who do not have diabetes, resistant starch can reduce the risk of developing type 2 diabetes by preventing a drastic increase in blood sugar after eating. (*8 Manfaat Biji Nangka Rebus - Hot Liputan6.Com, n.d.*)

3. Fight cancer several

Recent studies have shown that jackfruit seed extract can ward off body cell damage caused by free radicals and inhibit the growth of blood vessels that can support the growth and spread of cancer cells, especially lung cancer. However, further research is still needed to assess the potential of jackfruit seeds as a cancer treatment.

4. Prevent cardiovascular disease

The benefits of jackfruit seeds in maintaining heart and blood vessel health can be obtained from their high fibre, magnesium, and antioxidant content.