

CHAPTER I

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

The reason the author have decided to make steamed cake is because Indonesian people really like Steamed cake for dessert. Steamed cake is an Indonesia's traditional cake made of steamed . Steamed cake in Indonesia usually use flour made of oats seed, oats seed contains gluten. Gluten is a protein that contains peptide compounds. This peptide compounds are being avoided by people who suffer intolerance against peptide. In Indonesia, wheat flour is very often consumed for noodles, cake, bread, pasta, and many other foods.

Wheat flour has many negative effects for health, like intestinal disorder, consuming gluten many times can affect our health especially our intestines because there is peptide contained in foods with gluten and making the digestion process in problem. The second effect, which is causing throat irritation, because consuming too much gluten will cause the throat became irritation as well as having difficulties in consuming foods. The third effect is causing stomach disorders, besides intestinal disorder, consuming too much gluten can also affect our stomach health, which is irritation. The fourth is hard to breathe, consuming too much gluten will trigger difficulties in breathing. Therefore, it is best for people who suffer asthma to minimize the gluten consumption.

And also not consuming wheat flour or reducing wheat flour in our consumption every day is also very good for diet, because it can lose our weight and reducing flour can also stabilize our weight. Therefore, if we consume less wheat flour or reduce the consumption of wheat flour, it is very good for health and also for diet.

Therefore, knowing that consuming wheat flour is not good for health and also has many side effects, it is better if we replace wheat flour with yam flour. Yam uwi flour is a flour made using the main ingredients of yam tubers which are cut into small pieces and then washed and dried using a dehydrator. Then, when it is dry and pureed already, it will become fine granules like flour. In making healthier steamed cakes, which generally use wheat flour as the main ingredient, it is replaced with yam flour and also added with spinach powder. Add Spinach Powder make our cake has a unique Colour.

Making steamed cake by changing the main ingredient from wheat flour to yam flour and also adding spinach powder its manufacture, this steamed cake has many benefits and also becomes healthier for anyone who consumes it. The characteristics of yam uwi steamed cake is have a sweet taste and also a chewy texture when you bite into it.

Nutrition and healthy benefits :

1. The substitution of rice for diabetes patients
2. The substitution of wheat flour for the healthier ingredients
3. Decreasing body weight
4. Decreasing cholesterol level
5. control blood pressure
6. take care of healthy bones and teeth
7. prevent diabetes
8. prevent cancer
9. Minimize sore throat
10. Keep the immune system
11. Keep the skin healthy
12. Refine the muscles

The objectives of the study

1. Knowing the good substitution of flour that is good for consumption
2. Knowing the side effects of wheat flour
3. Making a healthier dish by changing the main ingredients
4. Building a healthy culinary business