

# CHAPTER I

## INTRODUCTION

### 1.1 BACKGROUND OF THE STUDY

Lotus root is selected to be the main ingredient for pempek because lotus root is barely used in Indonesia, as well as, to promote lotus root as Indonesian specialties in vegan form. Many people are starting to choose to be vegan, those who are not consuming animal-based food (meat and also things that are produced from animals such as milk, eggs, and several others). Moreover, lotus root is selected since there is still a lack of management, interest, and also knowledge about lotus root. Due to the fact that lotus root is found to be a waste in some supermarket, because only few people are interested to purchase on lotus root.

Basically, lotus root lives in water and lotus root itself can also appear due to the lotus flower plant. The lotus root also has a unique shape, this is because there are many holes on the inside of the lotus root and this can be seen clearly when we cut it. Lotus root also has a lot of content in it and this is very beneficial for health. The content contained in it such as dietary fiber, starch, sugar, protein, amino acids, minerals, vitamins, and phenolics. This makes lotus root a very healthy, nutritious, and very tasty vegetable to eat. Because lotus root has a lot of content in it, it makes lotus root very useful in our bodies when consumed.

Lotus root in scientific language is called *nelumbo nucifera gaertn* which is defined as a source of compounds that are bioactive so it is often known for the prevention of various diseases. If this lotus root is added to our daily staple diet it will enable us to overcome the health problems of consumers. Lotus root can also provide antioxidant protection and liver protection for someone who is obese so that lotus root pempek can also be a suitable Food for people who carry out a diet program (Du, 2010).

The first step of the processing method is to peel and slice the lotus root. Then, the lotus root needs to be soaked in cold water. After that, the lotus root is boiled in water that has been added by some vinegar until it softens. Once the lotus root is quite soft, it is washed and ground using a chopper to be as smooth as preferred. Next, mix the ground lotus root in to the dough that is made of tapioca starch and rice flour. Then after mixed well. Shape the dough according to the shape needed and then boil it after being boiled and drain it until it dries. After that, fry the lotus root pempek using an air fryer.

To this lotus root pempek, vegan egg is added, which was made of mung beans as the base ingredients. This way would strengthen the specialty of one of the famous types of Pempek in Indonesia, namely Pempek Kapal Selam, which is usually filled with eggs. Furthermore, to strengthen the vegan side, the cuko is made with kombu broth. The cuko will be the side dish of this lotus root Pempek. Lotus root Pempek has savory taste that comes from the natural sweetness of lotus root itself, and salty from the additional salt in it. Additionally, the presence of vegan egg produces egg texture, taste, and aroma for lotus root Pempek. Kombu broth in cuko gives both aroma and taste of kombu in it, and the cuko tastes sour, sweet, and a little spicy. In terms of shape, there will be only 2 forms, which are Pempek Lenjer (tube-shaped but longer) and Pempek Kapal Selam.

## **1.2 THE OBJECTIVE OF THE STUDY**

1. Product development based on lotus root.
2. Introduce to the public that lotus root is also very beneficial for the body when consumed.
3. Know how to manage local specialties in Indonesia on a vegan or plant base basis.
4. Identify how to increase lotus root fans and also market lotus root products.
5. Reintroducing to the public about lotus root.
6. Increase sales products that are low in calories but have a good taste for consumption and this is aimed at people who are implementing a diet program.