

# **CHAPTER 1**

## **INTRODUCTION**

### **1.1 BACKGROUND OF THE STUDY**

Takoyaki is a ball-shaped Japanese snack made from a flour-based dough and cooked in a special molded frying pan. But this is a different takoyaki than usual because it is vegan. As one of the main types of the vegan diet, the vegan diet involves abstaining from eating any meat or animal products. This includes meat and poultry, as well as fish and shellfish. So instead of diced mushrooms, carrots, and scallions. Made with Takoyaki sauce which has a taste similar to Worcestershire sauce. For topping, there is katsuobushi but from mushrooms. In addition, this Takoyaki uses konjac flour as a substitute for eggs.

Konjac flour has many benefits. A review of studies (seven clinical trials with an average sample size of 39 participants) using Konjac Powder for the treatment of obesity as well as studies on its mechanism of action (Keithley and Swanson, 2005), concluded that Konjac Powder may have properties that promote weight loss when used together with a normal caloric diet or a hypocaloric diet. A possible mechanism of action of Konjac Powder for weight loss is to increase satiety through induction of cephalic and gastric phase signals.

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

- 1) Explore takoyaki made into a vegan version.
- 2) Know the benefits of konjac powder.
- 3) Konjac powder used to substitute egg.