

CHAPTER 1

INTRODUCTION

1.1 Background of the Study

Here the writer will use cilembu sweet potato as the main ingredient of the product, namely cilembu sweet potato yogurt why the writer chose this type of sweet potato, a local sweet potato that only exists in Indonesia. The unique taste, texture and benefits make sweet potato cilembu favored by many people. In fact, in other countries, sweet potatoes as unique as Cilembu have not been found.

The specialty of the Cilembu sweet potato is that it has long tubers and the skin and flesh of the tubers when they are still raw are reddish-cream in color. Cilembu yam when cooked, the tuber flesh will turn yellow, accompanied by a sticky liquid like honey that has a sweet taste (Mehran, 2016). If sweet potatoes are generally sweet, the sweet taste of cilembu is sweeter and sticky with honey sugar. This sweet taste makes extra energy for people who consume it.

The processes is quite easy, first after you measure and peel the potatoes, you need to boil them to extract the sweet potatoes and put them in the milk to make yogurt, then after that you place them in an airtight container. until the nails are warm, then you add *Lactobacillus Bulgaricus* and close the jar for your 6 and store it away from the sun

Cilembu is a good source of fiber, vitamins, and minerals so that it can be used as an alternative source of carbohydrates besides rice. According to Mayastuti (2002), Cilembu sweet potato contains 8.509 mg of vitamin A in the form of B-carotene. In addition to high vitamin A, jicama also contains up to 30 mg of calcium per 100 grams, 0.1 mg of vitamin B-1, 0.1 mg of vitamin

B2 and 0.61 mg of niacin, and 2.4 mg of vitamin C. In addition, sweet potato also contains 20.1 grams of carbohydrates, 1.6 grams of protein, and 0.1 grams of fat.

The end product will be yogurt that is slightly runny like a drink, and has a sweet, refreshing and not sour taste like regular yogurt. So that people prefer it because it tastes sweet and healthy.

1.2 The Objectives of the Study

1. Innovating a new variety of yogurt
2. Safe for all to consume