

CHAPTER I

INTRODUCTION

1.1. Background of Study

Dessert has become a very popular menu in culinary developments, and everyone is welcome to dine on it wherever they want. However, desserts, which were originally served after dinner, have also undergone significant changes, and can now be enjoyed for breakfast, lunch or as a snack. At present, desserts are no longer only a complementary menu for restaurants or cafés and many restaurants make dessert part of their main menu (Heart Radio Radio 2014 *in* Ankara 2022). This type of food is much beloved and has been a way of life for people from small children to adults. The dessert has become more varied and interesting in recent years. A pie dish is one of them.

Sugar, eggs, fats, liquids, and wheat flour are the basic ingredients in making a pie crust. Wheat flours are the most essential ingredient in producing simple foodstuffs like cakes, noodles and bread which contain a substance called Gluten. The starch in the endosperm of wheat contains a protein called gluten. Wheat has the highest gluten content which is considered dangerous because it affects the working system of the stomach, intestines, and often causes allergic reactions in some autistic sufferers. Certain foods with a gluten content, like bread or cereal containing wheat, may lose important nutrients to the body. Gluten peptide compounds can cause immune system disorders, especially for those with high levels of obesity, fatigue, eczema, or those who are allergic to gluten (Shmerling 2009 *in* Anggareta 2022).

Gluten free is a food which does not contain the protein of gluten. This meal is intended to be used by people who are allergic or have problems with gluten. Gluten free food has become increasingly popular and is a topic of

discussion among cooks in this era. The chefs must pay more attention to the food they serve, as well as recognition of how gluten free foods are and what is Gluten Free Food, in view of many requests from guests at hotel for dishes that do not contain gluten. The development of science in the field of health has caused individuals to avoid the gluten diet for the sake of a healthy life, this is because consuming foods labeled gluten free is more believed to be able to maintain the body's metabolic system from a digestive point of view.

The aim of this research therefore made a pie from the substitution of wheat flour with red bean flour and mung bean flour, which contains a lot of ingredients, and most importantly, it is a gluten free product.

1.2. The Objectives of The Study

The object of the study are:

1. The development of this product is intended to provide information about the production of pie crusts that are not only wheat flour, but also another type of flour including gluten free flour.
2. Knowledge of the use of two kinds of flour for crusting a pie, namely red and mung bean flour.
3. Identifying selling price and nutrition content of gluten free pie from mung bean flour and red bean flour.