

CHAPTER I

INTRODUCTION

1.1 Background

In everyday life we only know that infused drinks come only from sour and fresh fruits such as lemons, apples and mint leaves. Soaking water is an easy drink made by mixing fruits and soaked and put into chiller for up to 6 hours, this soaking water can also replace minerals in the body, because most of the human body is fluid and added vitamins or other vitamins. From this information I hope that drinking coffee drink with barley can be an alternative solution as a high drink antioxidant and a healthy drink for digestion, lower cholesterol levels and provide vitamins for the body. The purpose of this research to find a solution for reducing cholesterol levels, because food lately contains much fat and less vegetable to consume that can raise cholesterol level on this generation, that can cause many illness, beside that infused coffee has less caffeine and many water Soluble vitamin, so that have many advantages for body also this beverage is can consume for everyone. In general coffee itself is good for skin care and the barley also good for people digestion and reduce cholesterol problem. The making process of infused coffee using infused and chill method, soak 25gr whole roasted arabica coffee bean with 500ml water, sou vide (control the temperature of food/baverages using bathing method) in $\pm 60^{\circ}\text{C}$ temperature for 5 minute and chill at least 12 hour and add with softened barley that has been boiled (with or no sugar).

1.2 Objective

1. Increase the idea of F&B development
2. Help the reader to understand the benefit of coffee, barley and the process of infusing it.
3. Share the experience to reader about cholesterol.
4. Give simple information about how the process of infusing water with vitamin from seeds.