

## **CHAPTER II**

### **LITERATURE REVIEW**

#### **2.1 Edamame**

Edamame is a preparation of immature soybeans in the pod, which is high in calcium and dietary fiber (Imran H Kamal et al,2016) Edamame is one type of legume that is widely cultivated in the Jember Regency. 100 grams of edamame contains 12.4 grams of protein (ELIA, Ayu Dwi, 2018). Edamame has the advantage of high and complete protein content, where the protein content of edamame reaches 36%, higher than other soybeans. In general, edamame soybeans must be immediately processed into frozen ready-to-eat products. Edamame must be processed directly on the same day after harvest. (Nita Maria Rosiana And Dahlia Indah Amareta, 2016)

Edamame can be found easily, we can buy it at the nearest supermarket or we can also buy it through online stores such as Shopee, Tokopedia and others. Not only that, we can also plant our own edamame by starting from land preparation, soil processing, planting edamame seeds, fertilization, monitoring plant growth to harvest (Ignatius Suprih Sudarajat et al,2022)

#### **2.2 Spread From Edamame**

There are many natural ingredients in Indonesia that can be used to make spreads so that they can provide an alternative to existing jam products. This activity aims to encourage creativity and innovation of existing spread variants (Rudy Pramono et al, 2018), so that edamame can be processed into a product.

Edamame soybeans contain protein, organic compounds such as folic acid, manganese, isoflavones, beta-carotene and sucrose. The types of processed

edamame that already exist are edamame milk, edamame chips and dry edamame. One of the preparations that can be made is jam which is usually made from fruit as a thickener. Judging from the benefits of Edamame soybeans, it is very beneficial for health, therefore it is made into a spread. The method of making this Edamame spread is the same as making fruit jam as usual, only the ingredients are different (Naslul anam et al, 2020).

### **2.3 Making Process**

in making this edamame first boil it at the beginning to avoid flatulence and easy gas, try cooking the edamame soybeans longer, until they are completely cooked after that peel the edamame skin One of the contents of edamame skin, namely carbon and cellulose indicates that edamame skin has the potential to be used as a raw material for making biobriquettes (IMAMA, Emy Nur, 2022) here does not use edamame skin at all.

then a mixture of water and edamame is blended into one cookware with a mixture of corn syrup and tropicana. For corn syrup, it contains more fructose than regular sugar, so its use should be in the right amount and balanced with intake of sugar from other sources. Especially for people who have health problems such as diabetes, the use of corn syrup must be done with caution and on the advice of a doctor for tropicana sugar to provide a better taste sensation for diabetics.