

CHAPTER 1

INTRODUCTION

1.1 Background of the study

Tapai is a snack produced from the fermentation process of carbohydrate food as a substrate by yeast. In Indonesia and neighboring countries, the substrate is usually glutinous rice and cassava tubers. Yeast for tapai fermentation is a mixture of several microorganisms, especially fungi (mold and mold), such as *Saccharomyces cerevisiae*, *Rhizopus oryzae*, *Endomycopsis burtonii*, *Mucor* sp., *Candida utilis*, *Saccharomycopsis fibuligera*, and *Pediococcus* sp., but it is possible that other types are also involved. Tapai fermented with yeast which is dominated by *S.cerevisiae* is generally semi-liquid, soft, has a sweet and sour taste, contains alcohol, and has a sticky texture. Tapai production is usually carried out by micro, small, and medium industries.

The word tapai comes from the Proto-Malay language of West Polynesia tapay, which means “fermented rice” or “wine from rice”. Furthermore, the origin of the word in Proto-Austronesian tapaj means “fermented food”. Most tapai is made from fermented glutinous rice (*Oryza sativa*) or cassava (*Manihot esculenta*). The Sundanese people are more familiar with tapai cassava as peuyeum, while the people of East Java more often call it tape puhung for tapai made from cassava and tape ketam for tapai made from sticky rice. Banyumas people call it tape budin or kenyas.

Fermented tapai can increase the content of Vitamin B1 (thiamine) up to three times. This vitamin is needed by the nervous system, muscles and digestive system to function properly. Because it contains a variety of “good” bacteria that are safe for consumption, but can be classified as a source of probiotics for the body. Tapai liquid and sticky rice are known to contain

lactic acid bacteria as much as one million per milliliter or grams. This fermented product is believed to have a healthy effect on the body, especially the digestive system, because it increases the number of good bacteria in the body and reduces the number of bad bacteria. Another advantage of tapai is its ability to bind and remove aflatoxins from the body. Aflatoxin is a toxic substance or poison produced by mold, especially *Aspergillus flavus*. We encounter many of these toxins in our daily food needs, such as soy sauce. Tapai consumption within normal limits is expected to reduce the aflatoxin. In several tropical countries that consume cassava as the main carbohydrate, the population is prone to anemia. This is because cassava contains cyanide which is toxic to the human body. Tapai consumption can prevent anemia because the microorganisms that play a role in the fermentation are able to produce vitamin B12.

1.2 The Objectives of the Study

1. Make a product to introduce banana tape that only some people know.
2. Explore kepok banana which is use as the main ingredient of the spread/bread filling
3. To find out the good side of consuming kepok banana tape.