

CHAPTER II

LITERATURE REVIEW

2.1 Kepok Banana Tape

Bananas are tropical plants starting from Southeast Asia (counting Indonesia). This plant has potential to be created, bearing in intellect that it isn't only the natural product that's taken. Banana are a sort of agricultural product within the natural product bunch which have very tall social and financial esteem for the individuals of Indonesia, since bananas are a natural product that contains tall nourishment, is simple to get and the cost is reasonable. Separated from that, the banana product also has a incredible opportunity to be utilized in different businesses. Bananas have a great dietary substance, which incorporates a relatives tall vitality substance compared to other natural products. Bananas are wealthy in minerals, potassium, magnesium, press, phosphorus, and calcium.

Bananas too contain other supplements counting vitamins B, B6, and C, as well as serotonin which is dynamic as a neurotransmitter for the smooth working of the brain. The chemical composition of yellow banana 100 gram contains 27 g carbohydrates, 1.20 g protein, 80 mg calcium, 290 mg phosphorus, and 104 cal calories. When ripe, the color of the banana skin is full yellow. Kepok bananas have 2 sorts, specifically yellow kepok bananas and white kepok bananas. Yellow kepok bananas have yellow substance color whereas white kepok bananas have white tissue color. Yellow kepok bananas have distant better taste than white kepok bananas so yellow kepok bananas are favored. (*Wirawan Fadly, Muhanifah Izah Salsabila et al, 2021*. For this recipe I (the writer) use yellow kepok banana.

Kepok banana counting banana with thick skin, the skin will ended up yellow when it's as of now ready. Banana development level considered when making banana. Exceptionally chemical alter noticeable amid the aging handle. Bananas are normally starch changes be sugar. When the bananas are cooked, most of the starch will turn out into sucrose, glucose, and fructose as well a few maltose. Starch substance together down from 20% mash to 1-2%. This kepok banana has the advantage of safe starch and tall fiber. Starch substance in kepok bananas by 22-25%. Kepok banana contains almost 0.3% fructooligosaccharide which could be a source of prebiotics. Sugar content in ripe bananas will be more dominant thereby affecting the compounds formed during the fermentation process (fermentation). (*CR Utami et al, 2017*).

This are the characteristics for the kepok banana tape. The color of the tape kepok bananas are from light yellow to brownish yellow. The resulting color of horn banana tapai affected by the fermentation process. Fermentation process cause a change in color or properties material due to the breakdown of the material content the food. Yeast tapai is substrate made from rice flour with these spices and yeast contains a wide variety of microbes viz mold, yeast, and bacteria. The texture of the kepok banana tape is less soft. Texture of banana tape influenced by giving yeast on tape. Testing the alcohol content on the tape kepok bananas are done every treatment.

Where in each treatment repeated three times. Testing alcohol using alcohol meters. In the treatment of giving yeast dose of 0.5 grams of alcohol content of 10%, 9%, and 7%. On yeast 1 grams content of 9%, 8%, and 10%. On yeast 1.5 gram alcohol content of 10%, 10%, and 8%. On yeast 2 gram content alcohol by 10%, 9%, and 10%. On yeast 2.5 gram alcohol content of 9%, 10%, and 13%. (*KN Fauziah et al, 2020*).

2.2 Spread from Kepok Banana Tape

There are six sorts of natural product spreads that can be made and canned at domestic employing a bubbling water shower canner. These sorts are: jams, jams, moderates, jam, marmalades, and natural product butters. Making and canning natural product spreads could be a great way to utilize natural products that are not appropriate for canning entire or solidifying. Sugar is utilized as a additive in natural product spreads. Whereas all natural product spreads are jelled to a few degree, each sort features a distinctive surface, flavor, and color. The person characteristics of a natural product spread depend on the sort of natural product utilized, how the spread is arranged, the extent of fixings, and the strategy of cooking the spread. (*Kayla Wells-Moses et al, 2016*).

Tape is a traditional snack that is quite popular in Indonesia. And there are many ways that can be used to process tape into various kinds of products and one of them is jam or spread. With this product, it is hoped that people will know the other benefits of consuming tape, especially banana tape, which in fact the banana itself has more benefits for our body. based on the journal (*Wirawan Fadly, Muhanifah Izah Salsabila et al, 2021*) it is said that kepok bananas contain vitamins B, B6, and C, as well as serotonin which is dynamic as a neurotransmitter for the smooth working of the brain. However, it is very unfortunate because this banana tape is not as popular as cassava tape which can be said to be popular, therefore I want to make this product to introduce readers to kepok banana tape.

2.3 Making Process

In making kepok banana tape spread, the first thing we have to prepare is to make the banana tape first. prepare kepok bananas, yeast tape, and banana leaves to cover the bananas that have been covered with yeast. based on research conducted by nurul hidayah in the journal (*Nurul Hidayah, 2021*). That the use of banana leaf packaging for tape would provide the best organoleptic properties, especially in terms of aroma, color, taste and texture. Next, steam the bananas until half cooked, while waiting start smooth the yeast with a spoon as long as it doesn't touch your hands directly. After the bananas are steamed, the bananas are cooled and peeled. After chilling, the bananas can be evenly covered with yeast tape. Then, it can be arranged in a place that has been covered with banana leaves on each side top, bottom and sides, then close tightly and ferment for 2-3 days at room temperature, not exposed to sunlight.

After the kepok banana tape is ready we can start cooking the spread, first puree the banana tape and mix it with sugar, condensed milk, water, and corn syrup then cook until the color changes to brownish yellow and thickens.