

# CHAPTER I

## INTRODUCTION

### 1.1 Background of study

Lemper is a snack that is easy to find in Central Java, Yogyakarta and East Java. The distinctive feature of this food lies in the food wrapper which comes from rolled banana leaves. Lemper, means "yen dilem atimu, ojo memper", which means don't feel arrogant when you are praised and always be humble. Since lempur is popular in and well liked snack in indonesia it is the ideal product to turn into a healthier verison.

The main ingredients of this Lemper are glutinous rice which comes from coconuts, as well as chopped chicken or serundeng as the inside, and banana leaves as a wrapper. If eaten, savory and slightly salty taste is felt (Kustiarno, 2021).

Meanwhile, there is a rising global trend many people who have switched from being vegan, do not consume animal protein The research results show that the main reason someone becomes a vegetarian or vegan is because of religious or cultural teachings (Jordy & Laksmidewi, 2022). By replacing glutinous rice with shirataki rice it will make the lempur low in calories because compared to glutinous rice, shirataki rice is lower in calories and also people who are on a diet can consume this without feeling guilty for people with diabetes, shirataki rice is also very good for consumption because the sugar content is very low, so shirataki rice is suitable for consumption, for people with Diabetes Mellitus, this is very good because it can reduce blood sugar levels (Sutriningsih & Lukita Ariani, 2017)

Following the global trend, enoki mushrooms were chosen to replace the use of shredded chicken in lempur, Enoki mushrooms are popular valuable foods because they are low in calories, carbohydrates, fat, and sodium: also, they are free of cholestrol has reported beneficial effects for health and treatment of some diseases. Many nutraceutical properties are described in mushrooms, such as prevention or treatment of Parkinson, Alzheimer, hypertension, and high risk of

stroke. They are also utilized to reduce the likelihood of cancer invasion and metastasis due to antitumoral attributes. Mushrooms act as antibacterial, immune system enhancer and cholesterol lowering agents; additionally, they are important sources of bioactive compounds. As a result of these properties, some mushroom extracts are used to promote human health and are found as dietary supplements (Widyastuti & Tjokrokusumo, 2021).

## **1.2 The Objectives of the study**

The objectives of the study are following below :

1. To keep up with global trends and due to increasing demand plant-based foods, and replace the chicken with enoki mushrooms which are vegan friendly
2. To preserve lempur as a local food, substitution of chicken with enoki mushrooms and shirataki rice can increase the chances of lempur being accepted by more people, especially those who follow a low-carbohydrate, vegan (vegetable) diet, diabetes, high cholesterol.
3. For people who are on a low-carb diet, this is very suitable because the content in shirataki rice is very low in carbohydrates
4. To be marketed internationally, vegan lempur is a new alternative recipe by utilizing enoki mushrooms and shirataki ,which can be marketed interationally and so that foreigners can enjoy authentic indonesian food , by participating in food festivals in varios contries.
5. To preserve the original Indonesian food lempur so that it does not become extinct and so that present and future generations can consume lempur and also to introduce lempur maybe some of us have never consumed lempur