

CHAPTER II

LITERATURE REVIEW

2.1 Ingredients Review

2.1.1 Shirataki

Shirataki is very popular among individuals who want to go on a diet to lose weight. Before deciding whether to consume it or not, know first that rice or shirataki noodles taste from Japan and are made from konjac glucomannan (KGM) and water. KGM itself is a water-soluble polysaccharide (carbohydrate with many sugar subunits) derived from the konjac plant (*Amorphophallus konjac*) which grows a lot in Asian countries. KGM can also be found in porang tubers. Konjac flour can generally be obtained through the process of washing, slicing, drying, and grinding the konjac tubers. It can be seen that the calorie content of shirataki in the form of rice or noodles is indeed lower than rice or noodles generally made from wheat. In addition, the fiber contained in shirataki is higher than white rice, brown rice and yellow noodles. However, when juxtaposed with other nutritional content, shirataki does not contain iron and B vitamins, in contrast to other rice and noodles that contain these micronutrients. Therefore, shirataki is a food ingredient that can be consumed but that doesn't mean it's superior

shirataki rice also has many benefits that are good for the body

- Improving blood glucose levels in patients with type 2 diabetes mellitus
- Helps weight loss
- Lowers cholesterol levels
- Provide nutrients for good bacteria in the intestine
- Streamlining the digestive process
- It has low carbohydrate and low calorie content

Shirataki rice is very good for consumption because it has many benefits and is also low in calories (Firdauzy, 2022). Shirataki rice also has a negative impact on the other hand, behind the many benefits of shirataki it turns out that even

though shirataki is fat free because it is natural, unfortunately it does not contain any protein. In this case shirataki which has ingredients from glucomannan content can cause short-term digestive disorders. To anticipate this, it is recommended if you are just starting to eat shirataki rice gradually to increase the amount so that there is no significant sense of digestive disturbance. (Nurcahya et al., 2022)

2.1.2 Enoki Mushrooms

Enoki mushrooms are popular valuable foods because they are low in calories, carbohydrates, fat, and sodium: also, they are free of cholesterol 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)

Enoki mushrooms can help soften stool so that it is easier to pass, help reduce the risk of colon cancer, and can make you full longer. This fact will certainly be very helpful for those of you who want to lose weight. In addition, enoki mushrooms can also boost your immune system. The reason is, one serving of enoki mushrooms contains protein of 1.7 grams, this amount is equivalent to the protein in green vegetables. Protein plays an important role in building and repairing body tissues so they can work well when fighting viral and bacterial infections.

Enoki mushrooms are a popular prized food because they are low in calories, carbohydrates, fat and sodium: they are also cholesterol free. Enoki mushrooms provide important nutrients, including selenium, potassium, riboflavin, niacin, vitamin D, protein, and fiber. All together with a long history as a food source, mushrooms are important for their healing capacities and their efficacy in traditional medicine. It has reported beneficial effects for health and

treatment of several ailments. Many nutraceutical properties are described in mushrooms, such as the prevention or treatment of Parkinson's, Alzheimer's, hypertension and high risk of stroke. They are also used to reduce the chances of cancer invasion and metastasis due to their antitumor properties. Mushrooms act as antibacterial, immune system booster and cholesterol lowering; besides, they are an important source of bioactive compounds. As a result of these properties, some mushroom extracts are used to improve human health and are found as dietary supplements (Widyastuti & Tjokrokusumo, 2021)

2.2 Product Review

2.2.1 Lemper

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.

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).

Lemper is a traditional Javanese food made from glutinous rice, usually filled with shredded or chopped chicken meat and wrapped in banana leaves. This snack is famous in Indonesia and is eaten as a hunger booster before eating the main meal. This snack originates from Yogyakarta, but is often found in Yogyakarta, Central Java and East Java, as a menu favorite in snack boxes among other traditional cakes.

Making lempers includes preparing to mince the chicken meat and cooking the glutinous rice until cooked (can be added with coconut milk). The cooked sticky rice is placed in a molded pan, then the chopped chicken meat is placed on the baking sheet. Furthermore, the sticky rice is wrapped in banana leaves to resemble the shape of a lontong. The printed lempers are then steamed until cooked.

After that, the long strips of lempur are sliced crosswise to the desired thickness so that the contents of the minced chicken are visible.

Lempur is a snack made from sticky rice which usually contains shredded or chopped chicken meat, and is wrapped in banana leaves. Lempur is often used as a favorite menu in snack boxes among other traditional pastries. The packaging for this food is banana leaves. (Kusumawati et al., 2022). Lempur also has a sticky texture which itself indicates a complete kinship relationship, no wonder lempur is usually served at weddings so that it symbolizes brotherhood that is never lost and becomes even closer and warmer.

2.3 Process Review

2.3.1 Steaming

Wash the shirataki then add water and coconut milk then boil half cooked then steam for about 30 minutes until cooked the method used to process this product is steam. in the process of making lempur it is required to boil it first then half cooked and then steamed in order to produce lempur which is pungent and durable (Huda, 2018).

2.3.2 Sauteing

The method used to process this product is sauteing, chop and blend all the ingredients (red chillies, cayenne pepper, shallot, garlic) then add seasoning add water then reduce. in the process of making the filling of lempur we are required to sauté the spices so that the spices are really cooked and produce a delicious taste. (Huda, 2018)