

CHAPTER II

LITERATURE REVIEW

2.1 Sweet Potato Flour

purple sweet potato flour a part of the yam that has been destroyed, scratched, peeled and removed from the water use of purple sweet potato flour for cookies that I made up to 75%purple sweet potato flour contains very high grains and has the benefits of vitamin E and vitamin C useful as antioxidants prevention of cancer (Nurhamidah and Erawati , 2014)

Processing of purple oats into flour products is one of the ways that can be done to extend the storage time of oats after harvest, but can cause the nutrient content in the material to decrease. In the development of flour products, the stability of nutritional levels should be taken into account so as not to decrease too much compared to the fresh ingredients. (Fathoni, 2016). One of the important stages in the manufacture of purple sweet potato flour is its drying process so that it can produce quality flour.

Drying is a method of removing water contained in food materials using heat energy. (Winarno, 1984; Simamora, 2014). When drying is done in a sufficient amount of time will cause a change in colour to become ripe and an unpleasant smell occurs. (Rukmana, 1997). In the process of drying there are several ways, among others with drying or with artificial drying. Sunrise is natural drying by using direct sunlight as heat energy. Drying by drying requires a large space, a lot of drying containers, a very long drying time and its suitability depends on the weather conditions. Artificial drying or often called mechanical drying is a drying by using a dryer. At artificial drying, high low temperature, air flow speed and humidity can be regulated and is not dependent on the weather. Thus, the drying speed can also be regulated according to the commodity that is dry

According to Winarno (1993) in Indriyani (2013) that the drying process will cause the water content in foodstuffs during the processing process to

decrease. Drying can take place well, if heating occurs in any part of the material, and the water vapor taken comes from all the surfaces of that material. Factors affecting drying are the area of the surface of the object, drying temperature, air flow, air vapour pressure and drying time.

Drying will also affect the content of the carotenoids present in the sweet potato, as carotene has properties to heat and oxidation reactions. Heating at not too high temperatures in a short time can lead to the some trans bonds into cis and a decrease in carotene levels that causes oxidation. (Eksin; Purnamasari, 2013).

The results of research Simamora (2014) mentioned that when drying is carried out in a sufficient amount of time will cause a change in colors to become ripe and unpleasant smell. Tapping has several advantages including reducing the amount of damaged or corrupt tapping, increasing the usability and expanding the market opportunities of tattoos, improving the usage and storage capacity, facilitating distribution and increasing public income. (Suprapti, 2003). Ube can be used as the main ingredient or composite of food ingredients such as traditional cookies that many people are interested in.

2.2 Purple Sweet Potato Cookies Topped With Roasted Almond

A tasty light snack made from real purple sweet potato flour is purple sweet potato cookies, also known as yam cookies (Hayatinufus, 2005). According to (Wijayanti, 2013), these cookies have a high carbohydrate content due to the use of sweet potato flour, which is derived from the purple sweet potato itself and has a very sweet taste from the sweet potato. This sweet potato is very popular in Japan because it can be a very high source of carbohydrates. These cookies can be created to unwind over tea or even that because they are very light to make, they can be one of the very light snacks to consume.