

CHAPTER I

INTRODUCTION

1.1 Background of Study

According to the Big Indonesian Dictionary (KBBI) The definition of porridge is soft and watery food made from rice, beans, and so on boiled. Porridge is the result of boiling rice with water or coconut milk in large quantities, with a ratio of 1 rice: 6 liquids. Porridge criteria it should be soft and the rice grains should all be broken down Kristiastuti (2004: 11). The porridge making technique is: rice or flour processed using techniques boiled using water or coconut milk with a ratio of 1 rice: 6 Kristiastuti liquid (2004: 11).

Red beans (*Phaseolus vulgaris* L) are a legume commodity very well known to the public. According to the Central Statistics Agency (2011), red bean production in Indonesia is quite high, reaching 116,397 tons in 2010. Red beans is a source of vegetable protein. This plant is widely used in Indonesia, namely as red bean soup, red bean ice and cake filling using red bean paste like buns. The protein content in red beans can cover protein deficiencies on yellow pumpkin. Red beans also have high Fiber content and index value Low glycaemic so it is good to consume for diabetes sufferers. So that's good used as a semi-finished product, namely flour, which is very easy to use used in manufacturing the product.

Red beans (*Phaseolus vulgaris* L) are plants originating from Southern Mexico, South America, and China. Even though they don't come from Indonesia, there are many red beans found in various areas such as Pangalengan, Lembang, Pacet, Bogor, and Lombok (Sunarjono, 1972 in Syarifah, 2020). Red beans are one of the plants included in the Leguminosae family, genus *Phaseolus* and species *vulgaris*. Scientific name for red beans the same as chickpeas and the only difference is the type of growth and habit just harvest it. Red beans do not grow on vines and are generally harvested old pods or seeds only, while beans grow on vines and on Generally the parts harvested

are young pods. Shaped red bean seeds rather long round, red or red with white spots (Rukmana, 2009 in Syarifah, 2020)

Following what is trending globally, pine nuts is selected to replace the use of water in Red Beans Porridge. Pine nuts are edible seeds harvested from pine nuts (family Pinaceae, genus Pinus) commonly used in cooking throughout the world. Even though they are generally called nuts, they are actually classified as seeds whose edible part (embryo) is surrounded by a hard shell. Although unshelled pine nuts have a long shelf life if stored dry, shelled nuts will spoil quickly and are susceptible to rancidity. Pine nuts have been harvested for human consumption since prehistoric times (Awan and Pettenella, 2017). Both natural stands and plantations of cultivated pine species are found in Asia, Europe, the Near East and North America (Nergiz and Dönmez, 2004). About 20 species are harvested in large quantities, most importantly for human consumption.

1.2 The Objectives of the Study

The objectives of this study are following below:

1. To preserve porridge accepted by people. red beans pine nuts porridge with coconut milk sauce might enhance the opportunity for porridge to be accepted by more people.
2. To be marketed internationally, red beans pine nuts porridge with coconut milk sauce can be new alternative recipe to utilize red beans pine nuts and coconut milk.
3. Increase the chances that porridge can be accepted by many people, especially those who are lactose intolerant.