

# **CHAPTER I**

## **INTRODUCTION**

### **A. Recipe Book Background**

According to Verhejj and Coronel (1991), fruits is a type of annually grown fruits that can be consumed fresh from the tree or the fruit that generally consumed raw have been through a drying process. Fruits are rich in vitamins and minerals and usually consumed to balance the diet. The lack of fruits and vegetables consumption can cause the body to experience the lack of nutrients like fiber, vitamins, and minerals which can cause various diseases (Farisa, 2012). The societies in the world haven't consumed fruits and vegetables based on the recommendations by WHO. The world consumption rate of fruits and vegetables per capita showed that it only reached 20-50% under the WHO minimum recommendations. According to the Basic Health Research of DKI Jakarta Province report in 2013, only 1.4% of residents in South Jakarta consumed fruits and vegetables as much as 5 portions or more each day in a week. The numbers showed lower value compared to provinces which are 3.7% and national 6.5%. Based on the data record from the Basic Health Research and WHO, it can be concluded that the awareness of Indonesia's people to consume fruits and vegetables are still low and need to be raised. Not only for a healthy Indonesia but it also can help the economy of Indonesia from the agriculture sectors. Indonesia as a tropical country has the potential as the biggest tropical fruits producer and seller.

Despite Indonesia being a tropical country, there are several subtropical fruits that grow in Indonesia. Indonesia is one of many countries located in tropical areas that has fertile land with many variants of tropical and subtropical fruits. The Central Bureau Statistic of Indonesia recorded several fruits that were produced Nationally in 2020.

Table 1 Data Produksi Buah Buahan Indonesia 2020

PRODUKSI NASIONAL TANAMAN BUAH BUAHAN 2020		
No	Komoditas	Hasil Produksi (Ton)
1	Alpukat	609.049
2	Belimbing	114.524
3	Duku/Langsat/Kokos	289.598
4	Durian	1.133.195
5	Jambu Biji	396.268
6	Jambu Air	182.908
7	Jeruk Siam/Keprok	2.593.384
8	Jeruk Besar	129.568
9	Mangga	2.898.588
10	Manggis	322.414
11	Nangka/Cempedak	824.068
12	Nenas	2.447.243
13	Pepaya	1.016.388
14	Pisang	8.182.756
15	Rambutan	681.178
16	Salak	1.225.088
17	Sawo	186.706
18	Markisa/Konyal	53.319
19	Sirsak	127.845
20	Sukun	1.190.551
21	Melon	138.177
22	Semangka	560.317
23	Blewah	33.056
24	Apel	516.531
25	Anggur	11.905
26	Stroberi	8.350
Total Produksi		25.872.974

Source: Badan Pusat Statistik, 2021

From the recordings of National Production of Fruits Plant 2020, there are fruits that originally come from tropical and subtropical countries. Tropical fruits and subtropical fruits have diverse compositions and physical

characteristics, which later are classified into two groups due to their differences in treatment and their postharvest shelf-life.

The recipe book ideas are assembled to solve and increase the awareness of Indonesia's people's fruit consumption. The writers are innovating to create a modified choux recipe with Indonesian locally grown fruits. Therefore, the writers made a recipe book with the title "Choux Recipe Book Using 12 Variants of Indonesia Locally Grown Fruits" which contains ingredients, tools for making, simple instructions, tips, and tricks on making choux, and innovative recipes.

The choux recipe is unique and innovative, instead of changing the flavour from the vla, the writers change the outer skin of the choux with fruit juice to boost the flavour from outside and the colour of the outer skin. This recipe book is made to attract people's attention and increase the interest of local people in consuming fruits. The writers also want to introduce to society that consuming fruits can be done in a unique and delicious way. The recipe book contained 12 variants of tropical fruit choice of flavour that had been chosen with the help of professional chefs by performing organoleptic tests. The recipe book also contained many variations of choux derivatives shapes that are unique and different from the existing choux products in Indonesia. The language used in the recipe book is in Bahasa with a simple and concise choice of language with the standard of APA, EYD, and KBBI. The chosen language is in Bahasa because the writer's purpose is to sell the recipe book in the society to increase their awareness in consuming fruits and to boost the understanding of the readers.

The target readers that the writer aims for the recipe book are teenagers, middle-aged people, and parents, not only because it fits their taste, but also to help them to start their own pastry business since the ingredients to make choux pastry is economical and the process of making choux is practical and can be made at home. With this recipe book, the writers hope that this will help the reader to be healthy by consuming fruits, financially and increase the creativity to modify the product, also creating business opportunities.

With the seminar result, the writers will present the recipe book design with the expectation to receive critics, insight as well as suggestions for the recipe book to make it perfect and can be circulated and disseminated for the good of the readers.

#### **B. Seminar Result Purpose**

The purpose of the seminar result is:

- Presenting the examiners about the Choux Recipe Book using 12 Variants of Indonesia Locally Grown Fruits.
- Describe in detail to the examiners' committee about the Choux Recipe Book using 12 Variants of Indonesia Locally Grown Fruits
- Having feedback from the examiners' committee to improve the recipe book design

### **C. Benefit of Seminar Result**

The benefit of this seminar result is it can be an inspiration for those who might open a business with unique modifications with their products and also these seminars can help those who have an idea of further development for choux products.

### **D. Recipe Book Description**

Pastry recipe book with the title “Choux Recipe Book using 12 Variants of Indonesia Locally Grown Fruit”. The recipe book contains eight different shapes of choux derivative products with the idea of combining Indonesia locally grown fruits flavour on the choux skin. The choux recipe in the recipe book is made by modifying the original recipe from the existing recipe book. The recipe book contains simple recipes with vintage design, tools, and ingredients needed as well as the step-by-step ways on how to make the product.

The recipe book is done completely in time without the help of a third party while designing the recipe book, the modified recipes are tested and thorough with trial and error of eight times with the help of professional chefs while choosing the fruits. With the help of professional chefs, the writers have done organoleptic tests and received positive feedback with some suggestions on the products.