

# CHAPTER I

## INTRODUCTION

### A. Background

Black pepper (*Piper nigrum* L) is one of the plants which are used for the ingredients of cooking from across the world. It grows in places with tropical and humid climate. The part of being used in the black pepper is the fruit which have been dried and then grounded or crushed. It goes back to the 4th century BCE; it was meant to be the luxury item which only the rich people can afford in Greece. Pepper's popularity in Europe started to rise after the Roman's conquering Egypt and finally pepper became the essential ingredient in food in the Rome in 30th BCE (Hancock, 2021). Furthermore, the Romans trades regularly with Kerala, Southern India, which where it originally came from (Cobb, 2018).

Eventually, the Common Era when the spice trade started from the Arab merchants in the Middle East. The spice trade happened through Asia and connects to the Middle East and the other parts of Europe. In the late 15th century, Portuguese started their journey and discovered the spice on the land of India (K. Mukherjee, 2021). The discovery led to the domination of the colonial of Portuguese. Other than that, the discovery of spices also began in Indonesia which started the beginning of Portuguese's monopoly over spice trade. The Dutch drove away the Portuguese away and eventually Dutch's colonialization started in Indonesia. European at that time believed that the price of one kilogram of black pepper, nutmeg, and clove were even valued as a kilogram of gold (Priya & Garg, 2023). It happened because of the fact that the spices from Indonesia are needed and wanted by the people of Europe. Indonesia was known to become one of the main destinations of many European conquest because of the variety of spices that Indonesia has (Indonesia.go.id, 2019). The trade between other Asian countries also happened and Indonesia happened to be one of the routes of the Spice Route. Until the recent years it is

shown that Indonesia still holds an important role of exporting Black Pepper in the world.

**Table 1**  
Top Black Pepper Exports by Country in 2022

Name of Country	Amount of Black Pepper Exported (%)
Vietnam	43.6
Brazil	14.9
Indonesia	7.1
India	4.7
Sri Lanka	3.7
Germany	3.7
Netherlands	2.9
United States	2.3
Malaysia	2
France	1.5
The Rest of the World	13.6

Source: [worldstopexports.com](http://worldstopexports.com)

Based on the table above, most of the exporters of the black pepper are mainly Asian and European countries. However, it is known that the existence of black pepper in Europe not mainly because it is grown in their land but, it is because of the trade routes happened and eventually grown in their land. Indonesia still be on the top of black pepper exporters in the world. The main pepper producing in Indonesia is in the region of Lampung province. The provinces of Bangka Belitung and Lampung produce the majority of Indonesia's white and black pepper, respectively. Seventy to eighty percent of Indonesia's entire pepper production comes from these two areas (ipcnet.org, 2023). Usually, pepper may be identified by the port where it was grown or exported from. The hot black pepper known as "Lampung" is grown for commerce in the Lampong district of Sumatra and a few other locations in Indonesia.

Black pepper is very common in the culinary world especially in Indonesia. Not only for add-on seasoning, the reason of Black pepper is very famous in Indonesia because the fact that black pepper has some benefit for health. *Piperin* which is an active compound in black pepper can help to increase metabolism of blood sugar, it has also supporting the body to gain body immunity (Iskandar, 2021). Not only for add-on seasoning and health purpose, black pepper also contributing in more depth into the Indonesian culinary. Some dishes add the

black pepper as their main flavoring such as Beef Black Pepper, Fried Rice Black Pepper, Chicken Noodle Black Pepper, etc. the food of Black Pepper is commonly easy to make and also have some variety. The dish can be fried, sauteed, and grilled dishes. The variety of the dishes can be channeled into several media, and one of the media will be the cookbook.

Cookbook has been in the market for a long time since 15<sup>th</sup> centuries. The cookbooks are published in the Western Europe which mainly fit for the kings. The first cookbook in English was called *Forme of Cury*, it was written by the chefs of the King Richard II in late 13<sup>th</sup> centuries. Overtime, the technology expanded and found more audience for the cook books. The printing development which is widely spread across the world makes the cookbooks published to more audience and not only for the wealthy customer. The 18<sup>th</sup> centuries finally, the cookbooks started to have a widened audience. The target for rich or poor is no longer considered as the effective marketing of the cookbooks (Notaker, 2017). Finally, nowadays, the rise of food media across the world makes the cookbooks become easier to access and also make the content of the cookbook become more various. The variety of cookbook sometimes make some of the ingredients are hard to get which can make the audience not making the recipes or the fully intended flavors from the recipe are not delivered (UCLAHCI, 2021).

The content of the cookbook will be mainly containing recipes which are easy to make and also new recipes for readers can learn to cook. The cookbook also provides of how to use the kitchen tools and equipment the right way. People sometimes need to learn the basic technique rather than jumping to the advance technique, especially not knowing the audience. Other than that, the language of culinary world sometimes hard to understand which lead to error and wrong steps (Stetzel, 2022). The cookbook will provide the basic knowledge of using kitchen tools especially knives, peeler, mandolin, etc. It also provides the language in daily basis. If there is so, the author will explain it as clear as possible.

Black pepper will be the main flavor in the cookbook. It will be confusing for the market why there is such a cookbook that is based on black pepper. But

new innovation of certain type of cookbook will open up their perception about the black pepper dish; the book will provide variety of dishes starting with the Indonesian cuisine, followed with Western cuisine, and ends with Asian cuisine.

**Table 2**  
Recipe Book References

Judul	Penulis	Tahun
100 Resep Nusantara Favorit Keluarga ala Dapur Susie	Susie Agung	2020
80 Resep Masakan Nusantara Populer Hits di Instagram ala Cheche Kitchen	Mince Sriwati	2020
The Meat Cookbook	Nichola Fletcher	2021
50 Resep Hidangan Internasional Favorit Ala @justryandtaste	Endang Indriani	2022
Mexican Food Made Simple	Thomasina Miers	2011
The Ultimate Beginner's Guide Smoking Meat 101	Bill West	2019
Sajian Mi Favorit	Primarasa Indonesia	2003
Hidangan Daging Serba Tim & Kukus	Mary Winata	2010
210 Resep untuk Sarapan Pagi, Makan Siang, Makan Malam, dan Hidangan Selingan	Sisca Soewitomo	2009
Inspirational Ideas for Home Cooking Ala Xander's Kitchen	Junita	2018
The Japanese Grill from Classic Yakitori to Steak, Seafood, and Vegetables	Tadashi Ono & Harris Salat	2011
Asian Tofu	Andrea Nguyen	2012
The Ultimate Japanese Noodles Cookbook	Masahiro Kasahara	2022

From the Table 1 above are the references for the cookbook authors will develop. None of the above are cookbook based with black pepper. There are only several dishes in one cookbook that are based with black pepper. Therefore, it has a big chance for the author to make it, the author wants to generate more recipes within a book that mainly discuss about black pepper and serve the dishes also. The author wants to enlarge the people awareness of how much variety of dishes starting with black pepper can be developed. The author also wants people to learn how to make the dishes and realizing how easy it is to

cook with less effort but can make it into an exquisite dish. The author will innovate the use of black pepper in all of the dishes with combination of papaya seeds powder or crushed papaya seeds to make new essence in the dishes.

Papaya fruits can be easily enjoyed by consume it right away or blended into juices or smoothies. Many people not realizing that the seeds are also high in nutrients and also helps in digestion systems. Because of its shape is rounded and also have a peppery and bitter flavor it is a perfect innovation for black pepper. The recipe book project not only highlighting the taste of papaya seeds seasoning but also how it is used for healthy purpose.

In the studies by University of Florida, papaya seed are proven to be reducing cancers risk of the lung, bladder, cervix, and also skin (S.Saba, 2022). It is because the enzyme Papain is effective against cancer, many cancer cells having a protective coating of fibrin, the enzyme will break down the fibrin coat and it will help to diagnose the cancer cells (Kumar & Ps, 2017). Not only that, enzyme *papain* aids the digestion system from bloating, constipation, and indigestion. In the traditional of human medicine, papaya seeds also been used to improve the immune system for human body (Sugiharto, 2020). The seeds also rich in antioxidants, it can help reduce the toxins from the body. Also, Papaya seeds' high fiber content helps control blood sugar levels, make you feel fuller over longer periods of time, and support healthy weight management.(Singh, 2023) People tend to throw it right away like other seeds but if it kept and processed it can make into a whole new innovation.

**Table 3**  
Comparison of Black Pepper and Papaya Seeds

Categories	Black Pepper	Papaya Seeds
Shape	Smooth Rounded	Rough Rounded
Aroma	Sharp Penetrating	Sharp Sweet
Texture	Crispy	Crispy
Taste	Bitter Sharp Peppery	Sweet Bitter and slight Peppery
Components	37% Carbohydrate 26% Proteins 24% Fibers 5% Moisture 5% Fat(J. G. Lee et al., 2020)	34% Oil 28% Protein 29% Fiber 8% Ash(Goriainov et al., 2023)

From the table above, the comparison of black pepper and papaya seeds are pretty much similar the taste, aroma, and texture. Other than that, the components of papaya seeds are also rich in nutrients. The health benefits from the papaya seeds also will be the reason of the cookbook will be made with the innovation because of so many benefits from the papaya seeds seasoning.

The cookbook is made with some intention to introduce how many varieties that can be made from black pepper which people are already loved with some innovation from the papaya seeds for many health benefits.



## **B. The Purpose of Recipe Book Project**

The development of cookbook project titled “Innovation Black Pepper Recipes with Papaya Seeds Seasoning Cookbook” as Professional Competencies Work Project has some several purposes, which are:

1. Make recipes that based with combination of black pepper and papaya seeds seasoning.
2. Test and evaluate the recipes in the cookbook to be verified by the panelist.
3. Develop a cookbook that is easy to make and beneficial for health based on a combination of black pepper and papaya seeds seasoning.

