



The Potential the Baruasa of Brown Sugar as a traditional cake through the use of rice shards

Potensi Baruasa Gula Merah sebagai kue tradisional melalui pemanfaatan ampas beras

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Abstract

This paper aims to determine the processing of Baruasa made from rice flakes and palm sugar. Brown sugar is a brown sweetener—made from palm sugar by boiling palm sap water. This material can be used as an ingredient for making traditional Baruasa brown sugar cakes. Qualitative research methods with data collection techniques through literature review, interviews and field observations. The result of this research shows that the potential for developing traditional cakes with natural raw materials and natural dyes and the utilization of rice shards from factories can benefit small and home industries.

Abstrak

Artikel ini berfokus untuk melihat pemanfaatan ampas beras dan gula merah dalam pembuatan Kue Baruasa. Gula merah adalah pemanis berwarna cokelat yang dibuat dari gula aren dengan cara merebus air nira aren. Bahan ini dapat digunakan sebagai bahan untuk membuat kue tradisional gula merah Baruasa. Metode penelitian kualitatif dengan teknik pengumpulan data melalui studi literatur, wawancara dan observasi lapangan. Hasil penelitian yang ditemukan dari artikel ini adalah potensi pengembangan kue tradisional dengan bahan baku alami dan pewarna alami serta pemanfaatan ampas beras dari pabrik dapat memberikan keuntungan bagi industri kecil dan rumah tangga.

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Kata-kata Kunci

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1. Introduction

Baruasa is a traditional Bugis Makassar food. Baruasa is a kind of pastry. This cake is round, savory and low in fat. In addition, research states that Baruasa is rich in fiber [1]. Baruasa is usually served at weddings, religious celebrations and rice harvests. The main ingredients of this cake are rice flour and grated coconut. In a study, Baruasa can also be made using tuber flour [1]. Noting the absence of gluten in Baruasa, a journal even suggested the use of seaweed flour as a base ingredient [2]. Not only that, there are also those who propose the use of banana peel flour [3], coconut pulp flour [4], [5], mocaf flour (Modified Cassava Flour) [6].

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In addition, this cake usually has 2 flavors. There is Baruasa which uses granulated sugar as the basic ingredient. However, there is also Baruasa which uses palm sugar as a sweetener [7]. An industry in Kendari gave another variant with the addition of cashew and sesame [8]. Innovation in the manufacture of Baruasa continues to grow. Other flavors also began to be developed for consumers. Riskiya and his friends introduced the different flavors of gude nuts [9], Moringa leaves, coffee mocha, and cashew cheese [8].

This paper aims to see the benefit of using rice shards and palm sugar in the processing of Baruasa. The author proposes the use of rice shards as a basic ingredient for flour substitutes. Rice is still the only food that is very important and is the main food of more than half of the world's population [10] especially in the Asian plains [11]. Rice provides nutrition and energy supply [10]. However, the benefit of rice shards have not been discussed before, especially in the making of Baruasa.

In addition, the author will use a mixture of palm sugar, not granulated sugar. Palm sugar is made from a palm tree, from the palm family [12], [13]. This plant can easily grow in a mixed garden (agroforestry plant) [14]. This plant is a multipurpose plant and often found in Indonesia [12]. This sugar produce by farmers using simple equipment such as cauldrons, stirrers and firewood stoves [15]. Palm sugar is a very good alternative to unhealthy cane sugar. It's a better substitute for regular sugar because it would be convenient and healthy to use [16]. Palm sugar is not only good for sweetener, but for antioxidant [17]. This is why the writer chose to use palm sugar.

2. Research Method

This research method is qualitative research. Data collection techniques with interviews, field observations and literature review [18], [19]. The procedure for making Baruasa palm sugar was recorded through observation with a Baruasa cake maker located in Pakkabba village, North Galesong, Takalar Regency. The author and the team conducted field observations and interviews. The interview results with the makers of Baruasa Brown sugar are summarized in the results and discussion. The raw material of Baruasa Brown sugar consists of rice flour [20], and brown sugar.

3. Result and Discussion

Making Baruasa Brown Sugar is a traditional cake made from rice flour – which made from rice shards,

3.1. The Ingredients

The ingredients used in making Baruasa are quite easy. Here are the ingredients.

- 1 bowl of eggs
- 2 cups finely grated brown sugar
- 1 tablespoon rice sugar
- 1 cup cooking oil
- 1 cup grated coconut, roasted until slightly browned
- 1 kg wheat flour
- 250 gr rice flour (from rice shards)
- 1/2 tsp baking soda
- 1 tbsp TBM

1/2 tsp vanilla

3. 2. *The Process of Making Baruasa*

Here are the steps that need to be done in making Baruasa [21]. First, the flour and rice flour are roasted until they are light. Then let it cool. Leave the flour and rice flour sangria and focus on the toasted coconut. The roasted coconut is mashed. Second, beat the eggs, brown sugar, sugar and tbn until fluffy. Then add the baking soda and vanilla, beat until smooth. Third, enter the roasted coconut that has been mashed, mix well.



Figure 1. Dough Mixed with roasted coconut

After that, add the oil, beat until smooth. Add the roasted flour little by little while stirring. Stir until the dough can be formed (if there is still some flour left, just leave it alone, don't force it all in or the dough will be hard).



Figure 2. Dough mixed with flour

The dough is formed into small rounds (the size is according to taste), arrange on a baking sheet that has been smeared with margarine or oil. Bake the dough in the preheated oven. After that Baruasa can be served.



Figure 3. Dough ready to baked



Figure 4. Palm Sugar Baruasa

The use of rice shards from the rice factory certainly benefits the Baruasa maker. In the interview, Mrs Pajja said that this business is a side business besides farming and taking care of other people's gardens. However, seeing an enormous business opportunity, Baruasa's business was continued by making it the main business besides farming [22]. Brown sugar as an alternative sweetener can reduce the use of sugar [23]. Brown sugar also did not cause an increase in diabetes compared to other carbohydrate sources.

The taste of Baruasa brown sugar is quite sweet, and the texture is quite hard and savoury. The aroma gives off the smell of brown sugar. Appearance on the surface of the cake looks cracked. The processing is carried out using simple tools such as a mixer, stove, and a special oven for cakes [22].

4. Conclusions

The result shows that the function of rice shards as the basic ingredient for making Baruasa and also the combination with Brown Sugar variant certainly benefits the Baruasa maker. The rice shards can be used for the substitute for flour. Brown Sugar also make the Baruasa's tastes quite sweet, but still maintain benefit for health. The use of rice fractions and brown sugar also can reduce financing and also increase family income.

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Author Contributions

The author examines the benefits of rice dregs as a flour substitute and its combination with palm sugar in making Baruasa cake.

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Conflicts of Interest

The authors declare no conflict of interest.

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