

CHAPTER I INTRODUCTION

1.1 Background

Nowadays, everyone needs food to live, but not all foods are high nutritious and good for health especially dessert. Without food, the Human body can not maintain its temperature, construct or tissue repair, or maintain the heart rate. The right diet can prevent people from many diseases and accelerate the healing process. Nutrients contained in foods that are needed by the human body, among others, are carbohydrates, proteins, fats, vitamins, minerals, and water (Anonymous, 2015).

Edamame is type of Soybean. The name is Japanese and Edamame is actually a very popular part of Japanese Cuisine. At the same time it is also an important part of the cuisines in China, Indonesia and Hawaii. Edamame is Prepared by harvesting immature soybeans and then boiling or steaming them.

Edamame and soy beans are like a brothers, They look alike but theyre different, we can know the different easily from the color but the different between Edamame and Soybeans are not only the color but the nutrition facts too, However we talk about Asian Cuisine; Soybeans are more likely more popular than Edamame, for example Soybeans already famous with the Tofu and Tempe (Tofu Japanese Traditional Cuisine, Tempe Indonesian Traditional Cuisine), if we talk about Tofu, Tofu basically Indonesian original cuisine but in past years Japan more first claim that Tofu is the Original one from Japan; but the truth is Japan knows Tofu is from there colonial in Indonesia in past 50 years ago. (I know it from historical subject)

Because me Indonesian citizen got heartbreak from that Japan Claim it first, Im researching a new Tofu that original from Indonesia so we can have our own Tofu, I called it The Green Tofu from Sidoarjo. Why I choose Tofu in my ingredients because Asia has traditionally been the largest Producer of edamame in this World. Countries like China and Japan rule the world Edamame production, and Indonesia is in their tail, so that's why I choose it.

1.2 Objectives

1. Presenting a high-quality Green Tofu that contains high nutrition
2. Green Tofu products are served without artificialpreservatives, and hygienically packed so that it can compete in the world *Food and Beverage* Business Industry.