

CHAPTER 1

INTRODUCTION

1.1 Background of the study

The main ingredient to make ginger pudding is from ginger juice. The product uses the ginger as the main ingredients because many people like to consuming ginger and it has warm effect in the body and it makes your body healthy. Ginger has many uses/applicates in the kitchen such as (making wedang jahe from ginger and sugar to make your body feel warm while it's hot, ginger candy, preserved candy, and etc.) The product is tested use the ginger juice to make pudding without using agar powder with a good processing method.

For the processing method, remove the ginger peel or skin from the inner part of the ginger to make a good pudding, then crush the ginger using food processor, finally squeeze the ginger using a cheesecloth to produce the ginger juice for the main ingredient of the pudding.

Ginger has a good nutrient composition. The ginger main nutrient composition is (per/100 gram of ginger): protein (2.3%), fat (0.9%), carbohydrates (12.3%), minerals (1.2%), fiber (2.4%), and moisture (80.9%). Iron, calcium, and phosphorous are minerals found in ginger, as are calcium and iron. It also contains vitamins like thiamine, riboflavin, niacin, and Vitamin C (Bag, B. 2018).

The ginger content also contains antioxidant compounds in the form of oleoresin around 4.0 percent - 7.5 percent of which are gingerol and shogaol. (UNUSA, H.) These two compounds are what give ginger its spicy taste. "Well gingerol and shogaol is what makes ginger spicy. These compounds in ginger also act as immunomodulators, namely a biological substance where this substance can stimulate to modulate immunity or the body's immunity. The way immunomodulators work is to restore the function of the impaired immune system

(immunorestitution), improve immune system function (immunostimulation), and suppress the immune response (immunosuppression).

The ginger has many good advantages for our health such as acts as a trigger for digestion, to get relieve from constipation or unwanted disorder for human digestion, and it facilitates the transportation of bodily fluids by accelerating blood circulation throughout the body based on Chinese medicine of the ancient time. Health benefit of ginger are: It is used as a stimulant in Traditional Chinese Medicine for colic and atonic dyspepsia, and Ginger is described as spicy and hot in Traditional Chinese Medicine, and it is said to warm the body and treat cold extremities, improve a weak and tardy pulse, address a pale complexion, and strengthen the body after blood loss (Shahrajabian et al., 2019).

The characteristic of ginger pudding is silky and jiggly pudding by using ginger water. Then it must use fresh milk (pasteurized) because when I test using normal UHT milk the result is liquidy and not silky and jiggly anymore.

Table 1. Nutrition facts of 100 gram of ginger (Shahrajabian, et al., 2019)

Water content	9.4 g
Protein	9.1 g
Food Energy	347 kcal
Fat	6.0 g
Total Carbohydrates	70.8 g
Fiber	5.9 g
Ash	4.8 g

1.2 The Objective of the study

The purpose of this project is:

- Find the new potential to make their own product for culinary business that they never seen before.
- To study the best packaging for ginger pudding.

- To identify and analyze the nutrition fact and health benefit of their own product before selling the product to supermarket, online shops and so on.