

CHAPTER 1

INTRODUCTION

1.1 Background of The Study

The reason why I decided to make Cong Fan is because in my opinion cong fan is a food that can be served into a savory and sweet food. But so far, no one has changed the concept of cong fan into sweet food. In Indonesia, Cong Fan is usually served with soy sauce or spicy sweet and sour sauce. In addition to the complementary sauce, there is also Ci Cong Fan which is equipped with fried uyen (shaved taro balls), chai thau kwe (fried radish squares), dumplings, or spring rolls. For locals, but the original ci cong fan is a Cantonese dish from Guangdong Province in southern China and Hong Kong, commonly served either as a snack, small meal or variety of dim sum. They made a thin roll from a wide strip of shahe fen (rice noodles), filled with shrimp, beef, vegetables, or other ingredients. Seasoned soy sauce—sometimes with siu mei drippings—is poured over the dish upon serving.

To accompany my cong fan I use kiwi to become the condiment and the sauce. Kiwi has a thin, fuzzy, fibrous, tart but edible light brown skin and light green or golden flesh with rows of tiny, black, edible seeds. The fruit has a soft texture with a sweet and unique flavour.

I use kiwi skin for the topping because it has a lot of benefits. kiwi skins are rich in both water-soluble and fat-soluble antioxidant, they offer strong antioxidant protection for your entire body. Kiwi skin has a high concentration of antioxidants, particularly vitamin C and vitamin E. These antioxidants fight free-radical damage in many areas of the body.

Nutrition and Health Benefits:

- a. Kiwi are high in vitamin c and dietary fiber
- b. Support heart health
- c. Support digestive health
- d. Increase immunity
- e. Rich in water soluble and fat soluble antioxidants from the kiwi skin
- f. Offer strong antioxidant protection for entire body

- g. High concentration of antioxidants particularly vitamin C and vitamin E
- h. The antioxidants fight free radical damage in many areas of the body
- i. Help treats asthma
- j. Aids digestion
- k. Reduce blood clotting
- l. Protect against vision loss
- m. Manage blood pressure

Characteristics of this cong fan product will taste sweet and a little bit sour from the kiwi, with a slurry and dry texture from the cong fan and the kiwi skin tuile.

1.2 The Objectives of The Study

The objectives of the study is as follows

- a. Learn to know how to manage kiwi skin.
- b. To change the concept of cong fan.
- c. Determine the product concept that is suitable for development.
- d. Formulate products that will meet the needs of certain market segments.
- e. Assemble, determine, and test a process to produce a product.
- f. Assessing consumer acceptance of the product.
- g. Prepare costs and a definite price range for these products.
- h. Plan a market strategy for the final product.

1.3 The Benefits of The Study

The following are some of the advantages of this study, such as

- a. Hone creativity.
- b. Modify a product that has never existed.
- c. Create a new taste.
- d. Learn how to calculate the nutrition of food.