

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Many people really like cake, especially when eaten as a dessert. However, cakes in general have quite high calories, sugar, gluten. And without us knowing it, if we consume it for a long time it can lead to disease in the body.

The kabocha pumpkin also has many benefits that can be felt from toddlers to parents. In it there is a vitamin A content that has met 300% of daily needs. Not only that, this Japanese pumpkin also contains iron, calcium, potassium, and magnesium. In addition to vitamin A, there are also B vitamins and vitamin C in it. Japanese pumpkin contains 17% of the daily requirement of manganese. This mineral helps maintain healthy bone structure and maximizes the body's ability to absorb calcium. Kabocha pumpkin complementary food can be a source of energy thanks to the potassium content in it. Potassium also maximizes the function of your little one's muscles that are actively moving. In every phase of a child's growth, from crawling to learning to walk, they need enough energy to keep up with their activities.

Antioxidants and Anti-inflammatory Compounds neutralize free radicals, which contribute to disease, premature aging, and heart disease. Vitamins B contribute to the efficient breakdown of macronutrients (fats, carbohydrates, proteins), support the immune system and brain health, and the management of heart health through the maintenance of homocysteine. The World Foundation's Traditional Chinese Medicine (TCM) states that Kabocha has strong digestive properties and is compatible with

ginger, another digestive aid. Kabocha is a warming food that aids digestion, corrects qi deficiency in the spleen and pancreas, and relieves pain. Fresh pumpkin juice can be applied to the skin to reduce inflammation and soothe burns.

Processing of food from pumpkins, is still very less extensive. Usually mixed into vegetables or banana compote. Even though pumpkin has a lot of benefits for the body and can prevent the emergence of various diseases. Most people know that cake prol tape or cake tape is made from cassava tape. Cake tape from the kabocha pumpkin tape, apart from its uniqueness. Kabocha is a Japanese term which means pumpkin. This pumpkin has the same shape as the local pumpkin in Indonesia, but the skin of the fruit is green, and the size is relatively smaller. The color of the fruit, whether young or old, does not change.

1.2 THE OBJECTIVES OF THE STUDY

1. Identify the ways to process kabocha pumpkin into tape
2. Create a fixed recipe for the product.
3. Identify methods to store the products to make it last longer.
4. Identify the best packaging for the product.
5. Prepare the capital for the production and establishment.
6. Determine the price for the product.

CHAPTER 2

PRODUCT OVERVIEW

2.1 DESCRIPTION OF INGREDIENTS

1. Tape pumpkin kabocha is the main ingredient in making kabocha prol tape cake.



Figure 1. Tape Pumpkin

2. The addition of eggs to the cake can make the cake taste more savory, delicious and appetizing. The texture of eggs that tend to be sticky but liquid is useful for binding cake dough.



Figure 2. Egg

3. Palm sugar, as a natural sweetener for food or cake.



Figure 3. Palm sugar

4. Milk fat can absorb water and various odors of other cake ingredients such as fishy in eggs so that the aroma of the cake becomes more savory. In addition, milk can also add longer softness to the resulting cake or bread and is believed to add nutritional value to the cake or bread.



Figure 4. Soy milk

5. Pumpkin flour, to build the cake frame, bind other ingredients, and get a good cake texture.

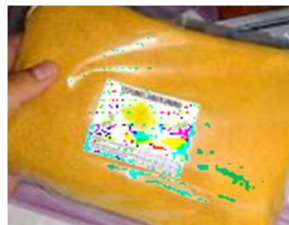


Figure 5. Pumpkin flour

6. All purpose flour, to build the cake frame, bind other ingredients, and get a good cake texture.



Figure 6. All purpose flour

7. Butter, provide the function of giving flavour, softening and expanding cakes and reducing the effects of flour gluten.



Figure 7. Butter

2.2. THE UTENSIL USED DURING THE PROCESSING

1. Kitchen Scales: Weighing Ingredients



Figure 8. Kitchen Scales

2. Hand blender : mixing the tape kabocha



Figure 9. Hand Blender

3. Mixing Bowl : Mixing the ingredients



Figure 10. Mixing Bowl

4. Balon whisk : Mixing the ingredients



Figure 11. Balon whisk

5. Spatula : mixing the ingredients



Figure 12. Spatula

6. Strainer



Figure 13. Strainer

7. Pan / loyang



Figure 14. Pan

2.3 APPROVED REVISED RECIPE

Recipe Name : Cake Tape Kabocha

Yield : 16 pieces

Main Ingredients : 250 Tape Kabocha

Ingredients:

1. 250 gr Tape Kabocha
2. 100 gr Palm Sugar + 20 gr stevia
3. 6 eggs
4. 90 gr pumpkin + 35 gr all-purpose flour
5. 75 ml multi grain milk
6. 100 gr butter

Method:

1. Clean the kabocha pumpkin, then steam for 10-15 minutes until half cooked
2. Give yeast tape on top of the steamed pumpkin, then cover it and coat it with banana leaves, then let the pumpkin kabocha for 3-4 days.
3. Puree the kabocha tape with milk
4. Mix egg, pure tape kabocha, palm sugar and stevia. Stir until the palm sugar is dissolved.
5. Then, add the flour, pumpkin flour and butter, mix well.
6. Add flour, and olive oil. Stir back.
7. Prepare a baking sheet (I used 1 18x18x5 cm tins), grease them with margarine and line them with baking paper.
8. Pour the batter into the pan.
9. Sprinkle cheese on top of the batter.
10. Bake in the oven for 40-50 minutes at 160-170°C.

11. The condition in the oven for 30 minutes, don't forget to always check it by means of a skewer to find out its doneness.
12. Ready to eat.

2.4 PRODUCT PROCESSING SEQUENCE USING FLOWCHART

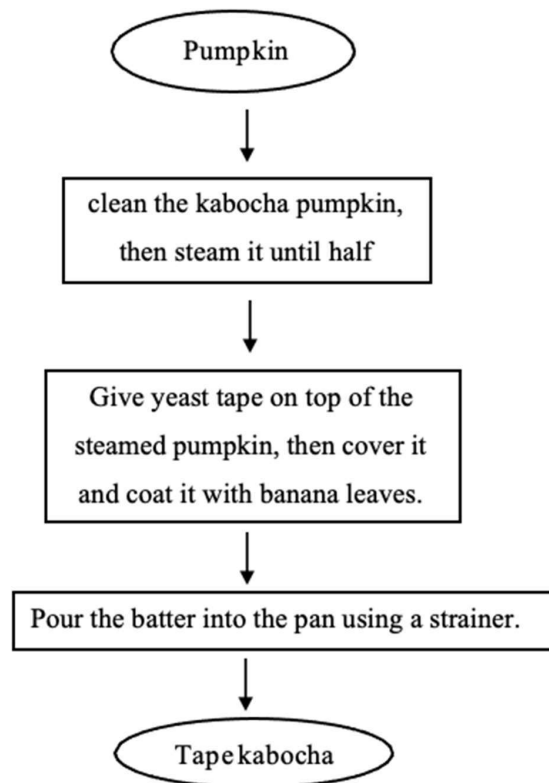


Figure 15. Processing of tape kabocha

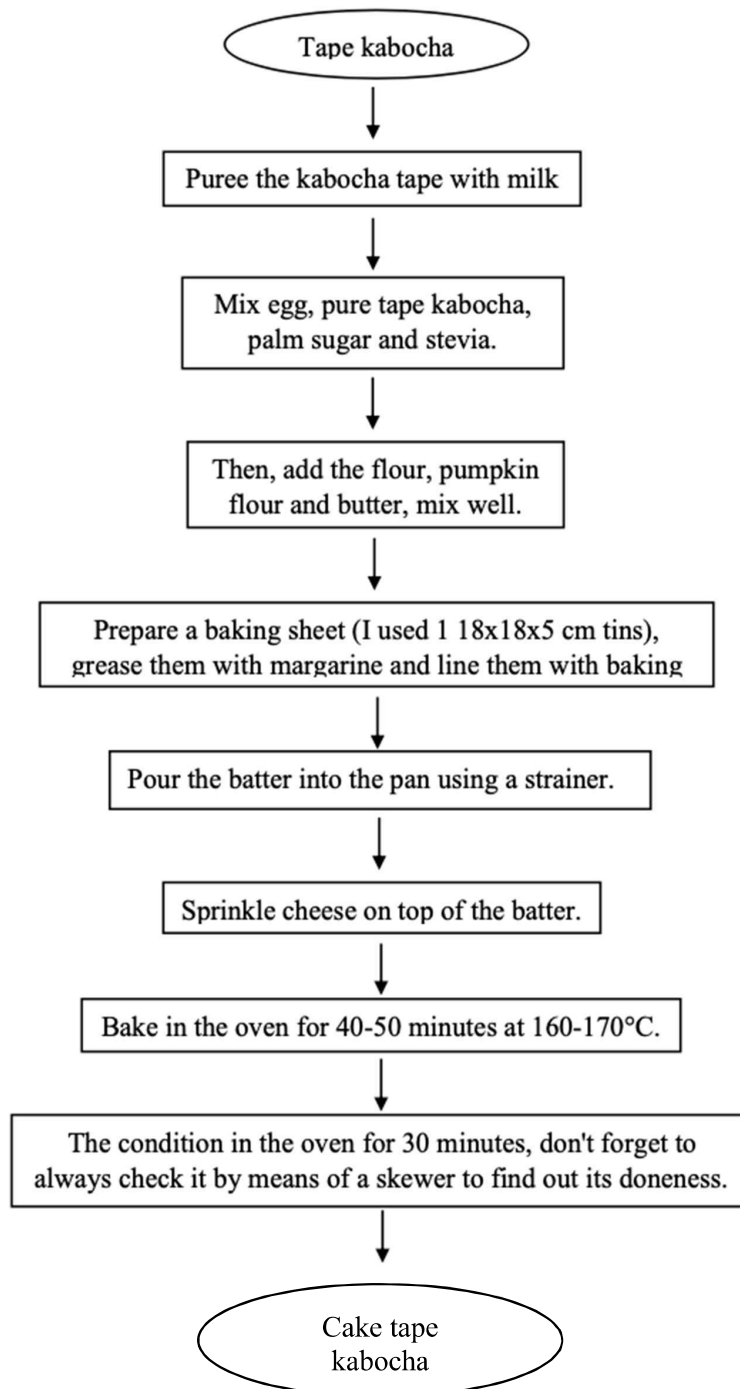


Figure 16. Processing of Cake tape kobucha

2.5 PRODUCT PROCESSING METHOD WITH PICTURES

1. Clean the kabocha pumpkin, then steam it until half cooked



Figure 17. Steam

2. Give yeast tape on top of the steamed pumpkin, then cover it and coat it with banana leaves



Figure 18. Give yeast tape

3. Puree the kabocha tape with milk



Figure 19. Puree the kabocha

- Mix egg, pure tape kabocha, palm sugar and stevia.



Figure 20. Mix egg

- Then, add the flour, pumpkin flour and butter, mix well.



Figure 21. add the flour

- Prepare a baking sheet (I used 1 18x18x5 cm tins), grease them with margarine and line them with baking paper.



Figure 22. Prepare a baking

7. Pour the batter into the pan using a strainer.



Figure 23. Pour the batter

8. Sprinkle cheese on top of the batter.



Figure 24. Sprinkle cheese

9. Bake in the oven for 40-50 minutes at 160-170°C.



Figure 25. Bake

10. The condition in the oven for 30 minutes, don't forget to always check it by means of a skewer to find out its doneness.



Figure 26. Check by skewer

11. Ready to eat.



Figure 27. Laboo Cake