

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Ravioli are part of the Italian tradition, especially in northern Italy. A sheet of very thin, almost transparent pasta is rolled out by hand with a rolling pin or using a pasta machine and then stuffed. Whether made with meat, vegetables, cheeses or fish, ravioli can be served alone with light sauces based on butter and sage, tomato, cheese or cream, or in a rich meat broth. For this project the Ravioli is made for vegan which is the ingredient is dragon fruit skin, mushroom, onion, vegan cheese for the filling.

The vitamins that contain in Dragon fruit skin is high, it is contains by vitamin A, vitamin C, Calcium, Iron, Magnesium.

It's rich in antioxidants like flavonoids, and phenolic acid. These natural substances protect your cells from damage by free radicals molecules that can lead to diseases like cancer and premature aging.

It may help lower your blood sugar. Researchers say this might be partly because it replaces damaged cells in your pancreas that make insulin, the hormone that helps your body break down sugar. But the studies were done on mice, not people. It's unclear just how much dragon fruit skin you'd have to eat to get these benefits.

1.2 THE OBJECTIVE OF THE STUDY

1. To introduce Dragon Fruit skin has a lot of vitamins
2. How to make a healthy Ravioli pasta from Dragon Fruit skin
3. Research and development to maximize the use of Dragon Fruit skin