

CHAPTER 1

INTRODUCTION

1.1 Background of the study

The main ingredient to make Pangsit Kimchi is from Kimchi Mixture. I use the Kimchi as the main ingredients because many people like to consuming Kimchi and it has Good effect in the body and it makes your body healthy. Kimchi has many uses/implicates in the kitchen such as (making kimchi fried rice, Kimchi Pancakes, and etc.) I also want to use the Kimchi to make Pangsit with a good processing method.

For the processing method, I will cut the vegetable and ferment it to make a good Kimchi, then I will Blend the Kimchi using food processor until its smooth, after that I will combine it with mushroom and cook it in the pan until fully cooked to make mixture for pangsit later.

Kimchi has a good nutrient composition. The Napa cabbage main nutrient composition is (per/100 gram of Napa Cabbage): protein (30%), fat (11%), carbohydrates (59%). Iron, calcium, Vitamin A, and Vitamin C are minerals found in Napa Cabbage, as are calcium and iron. It also contains Isothiocyanates, Lutein, Sulforaphane, Thiocyanates, and Zeaxanthin

The Napa Cabbages content also contains antioxidant compounds in the form of Manganese around 9,61 percent . Napa cabbage is a great source of soluble and insoluble dietary fiber. Both are essential for maintaining digestive health. Together, the nutrients help lower cholesterol levels and stabilize blood sugar.

The Kimchi have 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 Reducing bad cholesterol and more good cholestrol. Another health benefits of Kimchi are: significantly reduced symptoms, including less abdominal pain, heartburn, acid reflux, bloating, belching, and passing gas, and strengthen the body after blood loss.

The characteristic of Pangsit Kimchi is taste Savoury and crunchy Pangsit. The Pangsit must be served warm after Fried. The kimchi must be ferment for 3 days. The texture of Pangsit is Solid just like the normal pangist but with diffrence filling.

Table 1: Nutrition facts of 100 gram of Napa Cabbages

Total Fat	0.2 g
Sodium	65 mg
Total Carbohydrates	2.18 g
Protein	1.5 g
Total Calories	13 kcal

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.
- Find creativity of people to make their own brand for the business in the future generation.
- To identify and analyze the nutrition fact and health benefit of their own product before selling the product to supermarket, online shops and etc.