

# CHAPTER 1

## INTRODUCTION

### 1.1 Background of the study

Soursop, also known as *Annona muricata*, is the fruit of *Annona muricata*, a type of tree native to tropical regions of the South Americas. This prickly green fruit has a creamy texture and a strong flavor that is often compared to pineapple or strawberry. Soursop is typically eaten raw by cutting the fruit in half and scooping out the flesh. Fruits range in size and can be quite large, so it may be best to divide it into a few portions, and various parts of the plant have been shown to possess very good pharmacological properties.

A plant-based diet consists of all minimally processed fruits, vegetables, whole grains, legumes, nuts and seeds, herbs, and spices and excludes all animal products, including red meat, poultry, fish, eggs, and dairy products. The main ingredient to make the plant-based pie is eliminating the usage of the dairy ingredients, such as: milk and egg. I use the soursop fruit as the main ingredients because it has many values of health benefits for many people and it has a natural chemical compound that is great as a substitute of a thickener and an emulsifier at the same time. Most local people use soursop from the fruit to almost all part of the tree for many applications in the daily life, example: making tea using soursop leaves to boost the body immune, the leaves also give a natural green color, even its root and tree bark are used as nerves treatment.

Soursop fruit also contains substances that are very potential, namely in the form of antioxidants. These substances have an important role in the body, because they can inhibit oxidation reactions by binding to free radicals. In addition to antioxidants, soursop is also rich in vitamin C and polyphenols. Based on the research conducted by Prasetyorini (2014) in 100 grams of soursop juice contains polyphenols of 98.18 mg, 0.77 percent vitamin C and 282.61 ppm for antioxidants.

Soursop is high in vitamin C, improving its ability to defend against pathogens. It also promotes the destruction of free radicals, which can help to protect the skin and cells from environmental oxidative damage. Soursop contains many other antioxidants, including phytosterols, tannins, and flavonoids. Antioxidants play a role in your overall health and may help to protect against a variety of health conditions. There are other health benefits of soursop shown. Such as: fibres to promote regularity and prevent digestive issues, potassium that helps to get rid of sodium and eases the tension in the walls of blood vessels which can help to lower blood pressure, help to reduce inflammation in the body, provide antibacterial effects, and has potential of anti-carcinogenic effects that is beneficial in helping to prevent cancer.

The characteristic of soursop pie is taste sweet and slightly sour with crumbly texture. The pie must be served cool after resting it in freezer for 30 minutes.

## **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.