

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF STUDY

Mangosteen is a fruit that contains vitamins. In addition, the properties contained in the mangosteen are no longer in doubt. One of the vitamins contained in the mangosteen fruits is a vitamin C. the benefit of Mangosteen peel come from a number of active ingredients in it. Such as Xanthones, Flavonoids, Saponins and tannins. Xanthones are active compounds that have antibacterial, antifungal, and anti-inflammatory properties. These active compounds can help the body in supporting body health as well as overcoming disorders in the body such as lowering LDL, supporting immunity, preventing cancer growth, lowering blood sugar levels and helping heart disease. some people eat the fruit because it is sweet. But not infrequently people even save the skin because it has properties in it. Mangosteen fruit can be consumed by children and the benefits include preventing autism, cancer, and diabetes.

The author use mangosteen rind is because it is a waste product that people usually throw after eating the Flesh. Even so, some people use the skin to boil and drink, but back to the concept of waste product, after using the skin to extract the mangosteen rind is still thrown away because people feel that its use is only for drinking the water. But people do not realize that mangosteen peel can be processed into various kinds of food preparations. The author try to creatively make into powder for easier used. To make it into powder the author use the drying method. First, the mangosteen peel that has been cut into pieces is washed with running water. When it's clean, boil it with sugar water (the author usually boil it for about 2 hours) after that remove it and add salt and then knead by hand until it's runny. When the water comes out, strain and boil again using sugar water for about 30 minutes. Drain then dry. Once dry, flatten

on a pan and bake In the ovenat 160 degrees Celcius and set aside. Use a food processor in a blender until completely smoth and into a powder the strain and set aside or put in a jar until ready to use. One of the products that the author make from mangosteen peel powder is pie. DAMANGOOS Is the name of that product from the pie that the author made with mangosteen can also be an example for other waste products.

1.2 THE OBJECTIVES OF THE STUDY

- 1) Be an Alternatif Snack
- 2) Can be a new innovation
- 3) Be safe for all people