

CHAPTER I

INTRODUCTION

1.1 Background of Study

Popiah or usually called spring roll is one of traditional foods from Teochew. A Popiah skin is soft like a thin paper, similar with crepe or pancake that made from wheat flour. It started when the author went to Malaysia and found a snack called Popiah Roll from the Eureka brand, then she tried to buy it and turned out the taste is really good and had never found that kind of snack in Indonesia. Mostly those kind of snacks contain a lot of oil, that's why the author makes this snack not fried so it's lower in calories and little oil use.

Spring roll pastry is an ingredient that is easy to find in the market. Spring roll pastry contains vitamins, minerals fiber, and omega 3 such as phosphorus, manganese, selenium, zinc, copper, and iron. Another ingredients are dried parsley and garlic. Parsley is a widely cultivated flowering herb that belongs to the family Apiaceae. It has many vitamins, minerals, and antioxidants that can provide important health benefits. And last, garlic has been used, both medicinally and as a food or flavoring, since the dawn of recorded history. It is used in small quantities and contains fat, protein, or carbohydrates.

The manufacturing method used is the airfryer. Scientists revealed that airfryer method is proven to require a fraction of the oil that deep fryers need, people can have a more healthy meal that has similar flavors and textures. This is desirable since lowering oil intake can be hugely beneficial for a person's health. Using less oil is beneficial if want to reduce calorie intake. Replacing deep frying can reduce a person's risk of complications.

1.2 The Objectives of the Study

The objectives of this study are following below:

1. To reduce the risk of disease and reduce fried foods, not fried Mini Popiah Roll can be a healthy replacement snack.
2. To preserve not fried Mini Popiah Roll, the substitute of deep frying to their fryer method might enhance the opportunity for not fried Mini Popiah Roll to become accepted by people, especially for those who have a health problem and reducing calories.
3. To be marketed internationally, not fried Mini Popiah Roll can be a new alternative recipe to produce snacks from spring roll pastry without frying.