

CHAPTER II

LITERATURE REVIEW

2.1 Ingredients Review

Ingredients that are used for this snack are spring roll pastry, parsley flakes, and garlic powder.

2.1.1 Spring Roll Pastry

Spring roll pastry is thin sheets made from a dough of wheat flour, salt, water and oil. It is usually used to wrap a mixture of meat and vegetables, which is known as a spring roll. The reason for using this ingredient is because spring roll pastry has a good soft texture and easy to form. One sheet of spring roll pastry contains 5g total carbs, 5g net carbs, 0g fat, 1g protein, and 25 calories. The excellence of this ingredient, spring roll pastry is more dense than rice paper. Rice paper dissolves in a few seconds of being wet.

2.1.2 Parsley Flakes

Parsley flakes is a popular herb often used in American, European, and Middle Eastern cooking. It's commonly used to elevate the flavor of dishes like soups, salads, and fish recipes. Aside from its many culinary uses, parsley is highly nutritious and has been shown to have many powerful health benefits. Two tablespoons (8 grams) of parsley provide 2 calories, 12% of the Reference Daily Intake (RDI) Vitamin A, 16% of the RDI Vitamin C, and 154% of the RDI Vitamin K. What's more, parsley is a good source of the nutrients magnesium, potassium, folate, iron, and calcium. Parsley adds bright color and mild, fresh flavor to most any savory dish. It makes an excellent garnish and pairs well with other seasonings than using the other herbs such as oregano.

2.1.3 Garlic Powder

Garlic powder is a spice that is derived from dehydrated garlic and used in cooking for flavour enhancement. The process of making garlic powder includes drying and dehydrating the vegetable, then powdering it through machinery or home-based appliances depending on the scale of production. Garlic powder is 73% carbohydrates (including 9% dietary fiber), 17% protein, 1% fat, and 6% water. In a 100 gram reference amount, garlic powder supplies 332 calories and is a rich source (20% or more of the Daily Value) of Vitamin C (30% Daily Value), Thiamin (31% of Daily Value), Vitamin B6 (147% Daily Value), and several dietary minerals. While granulated garlic is coarsely ground to a sand consistency, garlic powder is finely ground to a flour consistency. Due to the size difference, garlic powder is more potent in flavor than granulated garlic because more of the surface area of the garlic is exposed to oxygen, releasing more of the sulfur compound.

2.2 Mini Popiah Roll

Mini Popiah Roll is a snack made from spring roll pastry which is rolled and flavored with aromatics then cut into small pieces and fried using an air fryer. Usually this dish is traditionally consumed during the Qing Ming celebration and filled with various kinds of vegetables. Popiah is made from wheat flour which is poured on a hot steel plate so that it is thin like paper to put the filling in the form of stir-fried vegetables. Popiah is one of China's mainstay menus. This delicious food certainly suits the Indonesian tongue.

2.3 Airfryer Method

Airfryer uses rapidly heated hot air to fry food. It has a bottom that contains an electric heating element and a fan that blows hot air into the top. You must place the food you want to fry in the basket which is located above the airfryer. After that, you can adjust the temperature and time to cook food. The air fryer will start frying the food with hot air and ensure that the food remains evenly distributed during the frying process. This is because this tool has a basket that can be rotated automatically to ensure that the food is really fried evenly. The advantage of using this method is no need to use too much oil. With the help of this tool, you can fry food in a healthier way without having to use too much oil. Not just frying food, the air fryer can also be used to cook various types of food such as french fries, fried chicken, fried fish, and so on. Airfryer is the latest technology that really helps you in cooking healthier and tastier food.