

## CHAPTER II

### LITERATURE REVIEW

#### 2.1. Jajanan Pasar

According to (Amandari, 2016) *Jajanan Pasar* are popular among local people, it is a light bite that is usually found in traditional Indonesian markets. Although it's also easy to find delicious little snacks in restaurants today. The types of snacks that come in are typical Indonesian market snacks such as klepeon, naga sari, sago layer, putu mayang, martabak, getuk, cantik manis and others.

*Jajanan Pasar* are very easy to find because indeed the place for sale is bought in traditional markets, but many modern cake shops sell market prices at slightly higher prices and usually used as snacks for several family events such as social gathering, wedding ceremonies and so on.

#### 2.2. Cantik Manis

*Cantik Manis* is a traditional Indonesian cake with sweet taste, and has a red, green and white patterned color that is served by folding or forming using plastic. This cake is also commonly called *Jajanan Pasar* because it is usually found in traditional Indonesian markets.

This cake is often found in the market is white with a color pattern from sago pearls and a square shape wrapped in plastic. actually very rarely see beautiful sweet, not always served as a snack at various events usually only sold in traditional markets or during the month of Ramadan or celebration days in Indonesia.



**Picture 2.1. Cantik Manis**

### **2.2.1. The Ingredients of Cantik Manis**

According to Christianto (2019) the ingredients of *Cantik Manis* are sago pearls, green bean starch flour or Hun Kwe Flour, coconut milk, granulated sugar, and vanilla powder.

- **Sago Pearls**

Sago pearls or also called *Pacar Cina* is a food made from tapioca flour, small round shape like pearls with red, white or green color and has a thick texture. In Indonesia *Pacar Cina* are quite easy to find either in traditional markets or modern markets, usually can be found in wet form and also in dry form, for wet sago pearls can be used immediately and for the dry one can boil it first before using it. Many various types of food can be combined with sago pearls such as *Bubur mutiara*, *es doger*, *es campur*, *mendut*, *nagasari*, *cantik manis*, *putu* and many kinds of puding.

- **Green Bean Starch Flour or Hun Kwe Flour**

Hunkwe flour is flour made from green bean starch. The color is white, fragrant and the texture is slightly coarser than wheat flour. If it is made into a mixture, this flour will produce a dough that is flexible and supple (Windy, 2018).

This flour can be found in traditional markets, modern markets, cake shops and several online sites. Lots of snacks that can be made from

this flour, especially foods with keyal texture such as Putu Mayang, Cendol, Naga Sari and so on.

- **CoconutMilk**

Coconut milk is a mixture of foods made from coconut fruit. the white part of the coconut is shredded and squeezed to get coconut milk or its starch. coconut milk is used for a mixture of food ingredients or traditional cake making especially in Indonesia. a lot of instant coconut milk is sold in the market with various types or can be made by making it yourself by buying coconuts and shredding them and then squeezing them to produce starch.

According to Eske (2018) the benefit of coconut milk is to support the immune system because contain a lipid called lauric acid which effectively inhibits the growth of *Staphylococcus aureus*, *Streptococcus pneumoniae*, and *Mycobacterium tuberculosis* and these acids inhibit the growth of cancer cells by stimulating certain receptor proteins that regulate cell growth.

It can be concluded that the use of coconut milk in food is very good in addition to adding flavor, the benefits for body health are also good

- **GranulatedSugar**

The various types of cakes generally have a sweet taste, sweet taste is obtained from several other compositions such as honey or sugar. but what is often used is sugar made from cane extract. According to, Dinda (2016) Sugar is a material made from sugar cane juice and crystallized to form powder such as sand. The sugar has a sweet and easily soluble taste in water, especially hot water and the color is white or yellowish, has no aroma but smells good when processed into caramel.

Sugar is one of the main compositions in cake making because it can change the taste to be sweet, colorless, easily soluble in water and easy to us.

### **2.2.2 Recipe of Cantik Manis**

In making the *Cantik Manis* there is a standard recipe that can be followed are:

- 10 grams of red pearlsago
- 10 grams of green pearlsago
- 50 grams of hunkweflour
- 500 ml of coconutmilk.
- 2 pieces of pandan leaves, tieknot
- 1/4 teaspoon of salt
- 100 grams of sugar
- 1/8 teaspoon of vanilla powder

This recipe can make as much as 14 *Cantik Manis* in standard size in general

### **2.2.3 Making Procces of CantikManis**

According to Christianto (2019) there are some steps in making *Cantik Manis*. First, dissolve hunkwe or green bean strach flour in coconut milk. Next, boil with pandan leaves, salt, granulated sugar, and vanilla powder while stirring until boiling. Then add pearl sago, stir until the pearl sago spreads. And finally take about one spoon and put it on top of the plastic and fold it and let it cool until it hardens.

It can be concluded that in making this cake has three steps, the first one is mix the hunkwe flour, coconut milk until they dissolve on low heat using simmering cooking techniques. Second, add pandan leaves, sugar and vanilla powder to a boil and mix well. Third, pour the pearl sago into the stew while stirring so the sago does not clot and mix well. Finally,

after the mixture thickens, turn off the heat, then take the dough with a spoon, put it on top of the plastic, then fold it, repeat until the dough runs out and Finally, after the mixture thickens, turn off the heat, then take the mixture with a spoon, put it on top of the plastic, then fold it, repeat until the mixture runs out and cool until hard. This step can take about 45 minutes.

## **2.3 Fruits**

There are some fruits that will be used in making *Cantik Manis*

### **2.3.1 DragonFruits**

Dragon fruit is a fruit with red skin and fruit flesh that is thick enough and having seeds of very small. Seen from the color of the dragon fruit has two types of colors there are red and white with a taste that is not too strong and even tends to tasteless. According to Hidayanto (2019) Dragon fruit is included in the plant type cactus or family Cactaceae and subfamily Hylocereanea, originating from the countries of Mexico, Central America and North America. Dragon fruit meat is very thick and oval fruit shape. Inside the dragon fruit there are small black round seeds. The thickness of the fruit skin is about 2-3 cm on the surface of the fruit skin, there are tufts or crests.

Latin fruit named *Hylocereus undatus* has useful nutrients such as protein, fat, cabnohydrate, vitamin C and iron. Noya (2018) mention that In a 100 gram dragon fruit, contained around, consist of 1.1 grams of protein, 0.4 grams of fat, 14 grams of carbohydrate consisting of glucose and fructose, 3 grams of fiber, vitamin C, iron, thiamin 2.7% of daily needs, and riboflavin as much as 2.9% of dailyneeds.

It can concluded that dragon fruit is a fruit that can be managed to make healthy foods because it can be a natural dye in food and has nutrients that are very beneficial for the body. so foods that are made are not only attractive but also provide nutrients to the body.

### 2.3.2 Apple

Apples have a rather round shape with curves at the top and bottom of the fruit. have thin and shiny skin with green, yellow, or red colors according to the type. The apple flesh is white with a hard texture and contains little water.

The various types of fruit have their own benefits for our bodies such as apples or *mollusc domestica* which have many benefits for the body because of the nutritional content such as makes the eyes healthy, as an antioxidant and counteracts free radicals, caring for the skin, promoting digestion in the body, avoiding Alzheimer's disease, preventing diabetes and good for those who are on a diet as alternative foods (Yana, 2019). Below is information on the nutritional content of apples.

| <b>Nutrition Facts</b>   |           |                     |               |
|--|-----------|---------------------|---------------|
| Serving Size 1 Medium Apple (182g / 6.4oz)   |           |                     |               |
| Amount Per Serving   |           | Calories from Fat 3 |               |
| Calories 95  |           |                     |               |
|  |           | % Daily Value*      |               |
| Total Fat  | 0g        |                     | 1%            |
| Saturated Fat  | 0g        |                     | 0%            |
| Trans Fat  | 0g        |                     |               |
| Cholesterol  | 0mg       |                     | 0%            |
| Sodium   | 2mg       |                     | 0%            |
| Total Carbohydrates  | 25g       |                     | 8%            |
| Dietary Fiber  | 4g        |                     | 17%           |
| Sugars   | 19g       |                     |               |
| Protein  | 0g        |                     |               |
| Vitamin A  | 2%        | •                   | Vitamin C 14% |
| Calcium  | 1%        | •                   | Iron 1%       |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |           |                     |               |
|  |           | Calories            | 2,000 2,500   |
| Total Fat  | Less than | 65g                 | 80g           |
| Sat Fat  | Less than | 20g                 | 25g           |
| Cholesterol  | Less than | 300mg               | 300mg         |
| Sodium   | Less than | 2,400mg             | 2,400mg       |
| Total Carbohydrate   |           | 300mg               | 375mg         |
| Dietary Fiber  |           | 25g                 | 30g           |

Picture 2.2. Nutrition Fact

Source : Web Kesehatan (2019)

It can be seen that this fruit contains many nutrients such as vitamin A, vitamin C, iron and others. There are some foods or drinks made from apples such as apple chips, apple juice, fruit soup and so on. So

in addition to having nutrition and rich health benefits, this fruit also has a sweet and refreshing taste that is very suitable if made with healthy foods.

### 2.3.3 Longan

Longan is a plant that originated in Southeast Asia, has a round brown color, with clear flesh and has quite large black seeds. Kelengkeng can be found in traditional markets or modern markets besides kelengkeng is usually sold in cans that have been separated from the seeds and skin. This fruit content of calcium, fiber, protein and so on, and good for body health.

| KANDUNGAN    | NILAI GIZI     |
|--------------|----------------|
| Kalori       | <b>61 kal</b>  |
| Protein      | <b>1 g</b>     |
| Lemak        | <b>0,1 g</b>   |
| Karbohidrat  | <b>15,8 g</b>  |
| Serat        | <b>0,4 g</b>   |
| Kalsium      | <b>10 mg</b>   |
| Fosfor       | <b>42 mg</b>   |
| Zat besi     | <b>1,2 mg</b>  |
| Thiamin      | <b>0,04 mg</b> |
| Asam Asorbid | <b>6 mg</b>    |

**Picture . 2.3. Nutrition of Longan**

Source : Riadi (2012)

Besides because the sweet taste of Longan is preferred because it has benefits, one of which is preventing heart disease. According to Octavia (2016) the benefits of longan is a good source of vitamin C, antioxidants that play an important role to ward off free radicals cause various kinds of diseases in the body such as heart disease, chronic inflammation, and cancer and maintain skin health.

It can be concluded that kelengkeng fruit with sweet taste and chewy texture can be combined with various types of food, can be processed into varied foods and of course healthy.