

Creative Fusion: *Dim sum* Variation for Vegetarians using White Tofu with Carrots, Bamboo Sprouts, and Mushroom Substitute

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ABSTRACT

Dim sum typically contains items derived from animals, and the main ingredients in this vegetarian Dim sum are carrot white tofu, white tofu mushroom, and white tofu bamboo sprout, which the author makes without animal products. The aim of this study was to determine how well the vegetarian Dim sum carrot white tofu, white tofu bamboo sprout and white tofu mushroom tested for inventiveness. The data collection approach is organoleptic test evaluation and the method used is descriptive quantitative. Questionnaires were distributed in the Lebdosari III RT 02 Rw 05 region. The 81 respondents who participated in the quantitative data analysis evaluated the vegetarian Dim sum made of white tofu, carrots, bamboo shoots, and ear mushrooms. According to the results of the organoleptic test, 54.3% of the respondents liked the taste of the vegetarian Dim sum with bamboo sprouts, while 44.4% liked the smell. The carrot and white tofu vegetarian Dim sum was favored by 25.9% for its appearance and 70.4% for its texture.

Keywords: vegetarian, dimsum, fusion

1. Introduction

Dimsum is a traditional Chinese delicacy well-known for its lovely shape and flavor. *Dimsum* competes in Indonesia's culinary scene thanks to its main draw and distinctiveness from Chinese cuisine. According to research by Zhou *et al.* (2020), there is a relationship between the superiority of fusion-based methods to food authentications, which surely means a need to serve food in fusion ways. *Dimsum* is a favorite among food enthusiasts in Indonesia due to its distinctiveness and deliciousness. Shaomai is one of the most popular Chinese food varieties of *dim sum*, which is expanding quickly (Southwest University in Chongqing *et al.*, 2022). One variety of *dim sum*, known in Mandarin as shaomai and in Cantonese as siumaai, originated on the Mongolian mainland. The skin is formed of pork dumpling skin. However, all groups can eat chicken typically replaces the pig in shumai in Indonesia (Anonymous, 2022) because chicken stuffing is generally used in *dim sum*.

According to Ashura *et al.* (2021), findings demonstrated that chia seeds could apply as a *dim sum* skin and a nutritious vegetarian snack. The author will produce vegetarian *dim sum* made from tofu as plant-based materials. In their research, Chiu *et al.* (2015) suggest

that a vegetarian diet may help prevent chronic degenerative diseases. The popularity of plant-based foods, particularly those high in protein, has increased recently. Tofu is one of the foods with plant proteins. Tofu is produced by curdling the protein in a water extract of whole soybeans with a calcium or magnesium salt. It has a soft, smooth texture, is highly hydrated, gelatinous, and unremarkable flavor. Tofu may therefore be combined with other ingredients and utilized in almost every dish, from salad to dessert, breakfast to burgers (Wang, 1984).

Other factors, such as an increase in animal diseases, a global shortage of animal protein, high demand for halal food, as well as economic factors, have all contributed to an increase in the direct use of vegetable proteins in food over time; this is according to a study by (Asgar *et al.*, 2010). Carrot white tofu, bamboo sprout white tofu, and ear mushroom white tofu is the vegetarian *dim sum* that will be made. The usage of mushrooms is justified by the recommendations made for utilizing the nutritional potential of mushrooms as a result of Aletor's (1995) research. *Dim sum* can be served as street food, otherwise contributing to sources of dietary energy and other nutrients among street food vendors (Namugumya & Muyanja, 2012). It significantly influences the performance of small and medium enterprises' strategies that produce exceptional Indonesian food (Hutahayan, 2019).

Research from Ernawati & Prakoso (2020) states that food with a crispy, salty taste and fresh food is customer preferred in Indonesian food, as is food at a low price. Verbeke *et al.* (2015) state that there is consumer skepticism toward most vegetarian foods derived from cultured meat; this represents a niche opportunity for manufacturing plant-based mock meats as food. This vegetarian food guide has several advantages, including promoting variety and moderation within the context of vegetarian diets, focusing on foods commonly consumed by vegetarians, and a foundation in current nutritional science (Messina *et al.*, 2003). Mean intakes of fiber, vitamins A, C, and E, thiamin, riboflavin, folate, calcium, magnesium, and iron were higher for all vegetarians than nonvegetarians (Farmer *et al.*, 2011).

Thus, variations in the quantity and quality of food items interact to determine the diet selection of omnivores (Agrawal & Klein, 2000). In addition to assessing dietary adequacy, food, and nutrition professionals can also play critical roles in educating vegetarians about sources of specific nutrients, food purchase and preparation, and dietary modifications to meet their needs (W.Craigh). The author wishes to reach readers who avoid fatty foods or do not consume food products derived from animals by coming up with this concept. This decade has seen an upsurge in vegetarianism, whether for ethical or health grounds (Radnitz *et al.*, 2015). The ingredients were chosen because they have flavor, scent, color, and texture as product criteria. The originality of vegetarian *dim sum* products like carrot white tofu, bamboo sprout white tofu, and mushroom white tofu has dimensions of taste, aroma, color, and texture using the fusion technique of *dim sum* food items for vegetarians.

2. Method

This study used a descriptive quantitative research design. According to Sugiarto (2022), quantitative methods involve systematically investigating phenomena through numerical data. The quantitative study describes or sheds light on the respondents' organoleptic evaluation of carrot white tofu, ear mushroom white tofu, and bamboo sprout white tofu, which are vegetarian *dim sum* goods. Organoleptic states are assessments based on the sensory process, claims Agusman (2013). Residents of the Lebdosari III Rt 02 Rw 05 Kalibanteng Kulon Village, West Semarang District, and Semarang City are the subject of

the three-month study. Researchers utilize descriptive analysis as a form of data analysis. The descriptive analysis approach, according to Ramdhan (2021), is a statistic used to evaluate data by describing or describing the data that has been acquired as it is without aiming to draw generalizations or conclusions that apply to the broader population. White tofu, wonton skin, tapioca flour, sesame oil, salt, sugar, chives, garlic, and as a stand-in, carrots, bamboo sprouts, and button mushrooms are some components used to make *dim sum*.

3. Result and Discussions

There are the result and discussions of Creative Fusion's research: *Dimsum* Variation for Vegetarians using White Tofu with Carrots, Bamboo Sprouts, and Mushroom Substitute. The results of the research are the results of organoleptic tests which are assessments and observations of the texture, color, shape, aroma, and taste of a food, drink, or drug (Kilcast, 1996).

3.1. Innovation in Vegetarian *Dim sum* with Taste Parameters: Carrot White Tofu *Dim sum*, Bamboo Sprout *Dim sum*, and Mushroom White Tofu *Dim sum*

Based on comparing the taste indicators of bamboo sprouts, mushrooms, and carrot white tofu in vegetarian *dim sum*. As seen in the pie chart below, respondents think that vegetarian *dim sum* made with bamboo sprouts and white tofu has a delightful flavor (54.3%). Respondents like bamboo sprouts and white tofu vegetarian *dim sum* because it is delicious and contains potassium, which lowers the risk of stroke. Bamboo sprouts contain potassium, phosphorus, iron, vitamin A, vitamin C, fat, protein, and carbs.

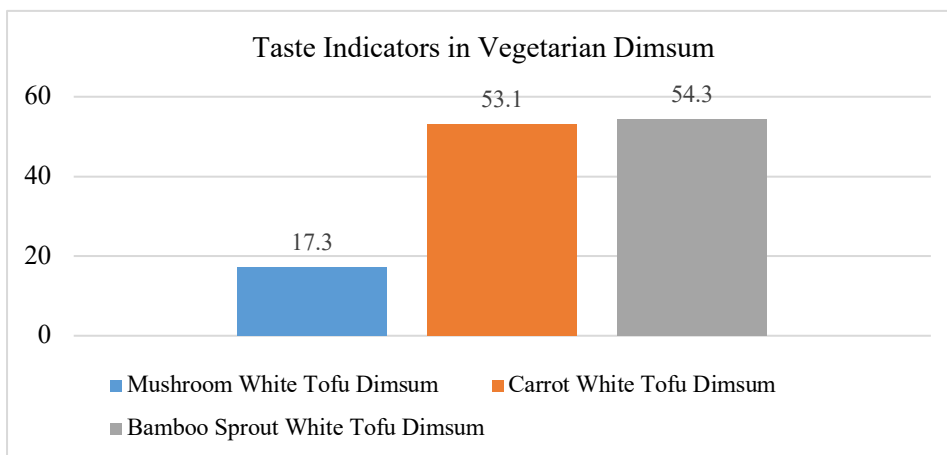


Figure 1. Flavor indicators of carrot white tofu *dim sum*, bamboo sprout white tofu *dim sum*, and mushroom white tofu *dim sum*

3.2. Innovation in Vegetarian *Dim sum* with Aroma Parameters: Carrot White Tofu *Dim sum*, Bamboo Sprout White Tofu *Dim sum*, and Mushroom White Tofu *Dim sum*

Based on the comparison of the aroma indicators, respondents prefer bamboo sprout white tofu vegetarian *dim sum* because it has a fragrant aroma, with a percentage of 55.6 in the pie chart below. Respondents chose bamboo sprout white tofu vegetarian *dim sum* not only because it has a fragrant aroma but the content in bamboo sprouts, namely vitamin A,

vitamin C, potassium, iron, phosphorus, protein, carbohydrates, and fat. Protein, carbohydrates, and fat in bamboo sprouts are not much different compared to other vegetables as well as the potassium content is relatively high at 533 mg/10 grams. Foods that are rich in potassium, at least 400 mg, are very beneficial for reducing the risk of stroke. Bamboo sprouts have similar amounts of protein, carbs, and fat to other vegetables and a high potassium concentration of 533 mg/10 grams. 400 mg of potassium in food is highly advantageous for lowering the risk of stroke.

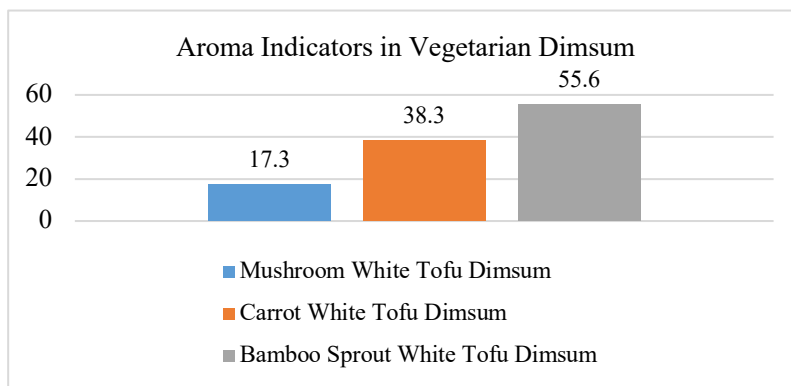


Figure 2. Aroma indicators of carrot white tofu *dim sum*, bamboo sprout white tofu *dim sum*, and mushroom white tofu *dim sum*

3.3. Innovation in Vegetarian *Dim sum* with Color Parameters: Carrot White Tofu *Dim sum*, Bamboo Sprout White Tofu *Dimsum*, and Mushroom White Tofu *Dim sum*

Based on comparing of the color markers, with a percentage of 60.5, the pie chart below shows that one of the reasons respondents are attracted to the color of carrot white tofu vegetarian *dim sum* is that carrots have a reddish yellow or yellowish orange hue, in addition to the fact that carrots have useful nutritional value.

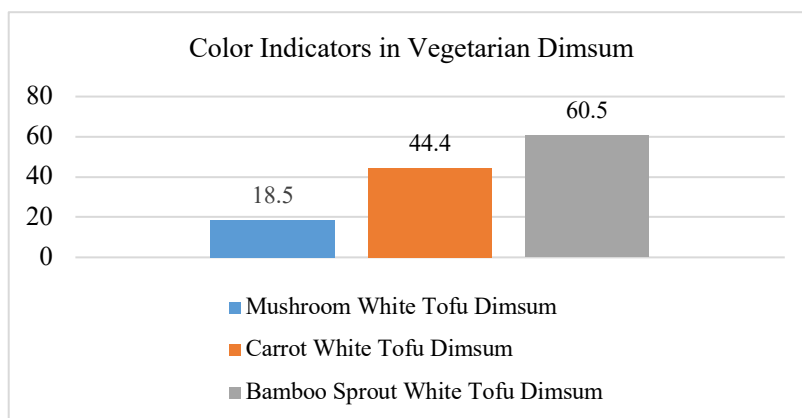


Figure 3. Color indicators of carrot white tofu *dim sum*, bamboo sprout white tofu *dim sum*, and mushroom white tofu *dim sum*

3.4. Innovation in Vegetarian *Dim sum* with Texture Parameters: Carrot White Tofu *Dim sum*, Bamboo Sprout White Tofu *Dim sum*, and Mushroom White Tofu *Dim sum*

Based on comparing textural markers between bamboo sprouts, mushroom, and carrot white tofu in vegetarian *dim sum*. As seen in the pie chart below, respondents like carrot white tofu vegetarian *dim sum* because it has a very soft texture and a percentage of 70.4.

Respondents favor the vegetarian *dim sum* with carrots and white tofu. Carrots belong to the genus *Daucus* and the species *Daucus Carota* L. In addition to having an exceptionally soft texture, and include vitamin A, B1, B2, B3, B6, and C, calcium, magnesium, phosphorus, iron, and sodium. Carrots are a biennial plant with a lifespan of 12 to 24 months.

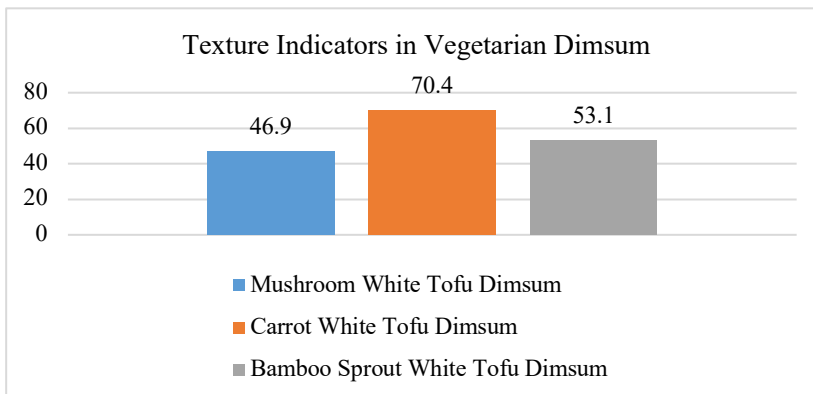


Figure 4. Texture indicators of carrot white tofu *dim sum*, bamboo sprout white tofu *dimsum*, and mushroom white tofu *dim sum*

4. Conclusion

The following are the research's creative fusion findings: variations of *dim sum* for vegetarian groups utilizing raw white tofu with substitutes of carrots, bamboo sprouts, and mushrooms. White tofu bamboo sprouts vegetarian *dim sum* is preferred by respondents based on the taste indicator because it has an excellent flavor. Based on the scent indicator, respondents chose the vegetarian *dim sum* with white tofu and bamboo sprouts because of its strong aroma. People prefer carrot white tofu vegetarian *dim sum* because of its attractive color, according to the color indicator. Due to its exceptionally soft texture, carrot white tofu vegetarian *dim sum* is preferred by respondents, according to the texture indication. The three creative fusions were carrot, bamboo sprout, and mushroom variations of *dim sum* for vegetarian groups. Respondents prefer carrot white tofu vegetarian *dim sum*. After all, it has a very soft texture and a lovely color, and bamboo sprouts respondents prefer white tofu vegetarian *dim sum* because it tastes excellent.

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