

Modified Non-Gluten Tape Muffin Made With Mocaf And Breadfruit Flour

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ABSTRACT

A muffin is a sweet cake that is typically served in a cup-shaped dish. Wheat flour is typically used as the primary component in muffins and the majority of market-sold cakes. In this research, the authors will make muffins entirely without using wheat flour but breadfruit and mocaf flour, topping them with cassava tape. It aims to increase the use of regional culinary products, such as the Purwakarta Regency's famous cassava tape, decrease the usage of imported wheat flour, and serve as a source of non-gluten for consumers who must limit or even prevent consuming gluten. This study's methodology uses a descriptive quantitative technique with an experimental approach. Experimental research conducted is a kitchen project to find the effect on certain treatments. Three recipe formulations for the non-gluten sample muffin tape will be tested for organoleptic quality using Analysis of Variance (ANOVA) and descriptive analysis. The MTNG2 sample was the best sample with the highest level of preference, according to the organoleptic test results. Next, 100 consumers from the MTNG2 sample participated in a consumer acceptance test. The consumer acceptability test results receive a score of 4.695, ranking them in the very acceptable category.

Keywords: Product Modification; Muffins; Cassava Tape; Mocaf Flour; Breadfruit Flour.

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1. Introduction

Culinary tourism is an activity to find food and drink carried out by tourists to get an impressive experience and uniqueness after enjoying the food (Syarifuddin, D, et al, 2018, p. 59). The culinary sector has a dominant impact on Indonesia's Gross Domestic Product (GDP). Three of the 16 sub-sectors of the creative economy contribute significantly to the GDP, including the culinary sector, which comes in first with a percentage of 41.69%. (Statistical Data and Creative Economy Survey 2017). Some culinary tours that are often used as souvenirs in Purwakarta Regency are Galeri Menong, Peuyeum Bendul, Simping Kaum, Delisa Delicious, Tokomi Bakery.

The majority of culinary attractions that sell cakes or souvenir products use wheat flour as their raw material. Wheat flour is a raw material in the manufacture of foods such as bread and cakes whose use dominates as an ingredient in cakes and breads in Indonesia. However, it should be highlighted that wheat flour is an imported raw material and not an item found in local food. The Central Statistics Agency (BPS), Indonesia imported 34,467 tons of wheat flour in 2019. This high import value indicates that conditions are still not optimal in utilizing local food. Wheat flour is an imported product and also contains gluten.

Indonesia has a wide range of local food from each region. To use local food wisely has the potential to achieve national food independence. Plants with high yields that are widely planted in Indonesia include breadfruit and cassava. According to the Central Statistics Agency (BPS) in 2020, Indonesia will produce 190 thousand tons of breadfruit. Meanwhile, Indonesia's cassava harvest was in 2015. These two local flours do not contain gluten protein like wheat flour. according to the Central Statistics Agency (BPS) reached 21.8 million tons.

The high production rate of breadfruit and cassava will cause unfavorable

conditions if post-harvest production cannot be maximized because the storage of fruits has a shelf life that is not too long, because it will reduce the level of quality. The fresh period of cassava only lasts two days from being harvested (Farida, 2020, p. 8). One of the efforts to extend the life of cassava and breadfruit, the harvest can be made into flour which can then be processed into various interesting food products.

Breadfruit which is used as flour will have a longer shelf life and can also be used to substitute wheat flour. This is done as an effort to reduce imports of wheat flour and make local food ingredients superior. In addition, mocaf flour, which is flour made from processed cassava which is modified through a fermentation process, also has good enough characteristics to substitute for wheat flour or even as a substitute for wheat flour. Both of these local flours do not contain gluten proteins like wheat flour. Besides being used as flour, cassava is also widely processed into foods such as fried, boiled, baked and fermented like cassava tape. Cassava tape is used as culinary or food souvenirs typical of Purwakarta Regency which is known as Peuyeum. Peuyeum is sold and made as souvenirs typical of Purwakarta Regency which is known as Peuyeum Bendul. Peuyeum Bendul is sold in the form of whole cassava tape. To make changes so that the existence of Peuyeum Bendul becomes more varied, alternative foods that can be made into typical souvenirs of Purwakarta Regency with processed Peuyeum Bendul are muffins.

Muffin is a type of sweet cake that is served in a cup-shaped container and is widely sold in the market for consumption by the public. The ingredients used in making muffins consist of flour, sugar, fat, developer, eggs, and milk. Muffins or most cakes sold in the market mostly use wheat flour as the basic ingredient used. In this study, the author will fully substitute wheat flour with mocaf flour and breadfruit flour

in making muffins. It aims to increase the use of local food ingredients by reducing the use of wheat flour which is an imported food ingredient and as a provider of non-gluten for consumers who have a need to reduce or even avoid gluten consumption.

2. Literature Review

2.1 Tourism

The development of industrial civilization today makes the definition of tourism growing very rapidly. Tourism can be defined as an activity carried out in a short period of time that is related directly or indirectly by involving various elements of tourism which aims to give influence to the related sectors involved in it (Dipayana & Sunarta, 2015, p. 60). Tourism is an activity carried out by a person or group in traveling or moving from residence to another place in a short period of time with the aim of having fun, doing business, and other purposes (Supriyadi & Komara, 2020, p. 109). From several definitions of tourism, it can be said that tourism is a temporary movement carried out by someone to carry out various activities with the aim of meeting needs in a short time.

2.2 Culinary

Culinary tourism is an art that learns about food and drinks and various things related to these foods and beverages, starting from their preparation, processing, presentation and storage (Syarifuddin, et al., 2018, p. 59). The elements of local culinary tourism are culinary (food and beverages), all activities that can provide culinary-related experiences, and supporting facilities (Levyda, et al., 2020, p. 73). From the definition of culinary tourism, it can be said that culinary tourism is not just a desire to enjoy the taste of a food or, but can be related as a process to seek experience, uniqueness and create fun activities that are generated after enjoying food from an area.

2.3 Modification

Modification of recipes is referred to as an effort to change the nutritional value of

food, aroma, taste, texture and appearance for the better (Amrihati & Karina, 2017, p.123). There are 3 kinds of recipe modifications, including those intended for food administration and culinary development, namely (1) modification of food ingredients, (2) modification of cooking techniques, (3) modification by changing the number of servings made. Recipe modification is an attempt to change an existing recipe for various reasons and purposes. The purpose that is the reason for the creation of the modification is according to Amrihati & Karina (2017, p.122). namely:

- a) To create new recipe variations.
- b) For the sake of nutrition and health, the arrangement of food to suit the purpose of the diet.
- c) To improve the taste, shape and appearance of food.
- d) To improve the quality of food service and food acceptance.
- e) To train knowledge and culinary skills.

2.4 Product Quality

The quality of a product is the ability that can be assessed from a product in carrying out its functions, which is a combination of durability, benefits, accuracy, ease of maintenance and other attributes of a product (Anwar & Satrio, 2015, p. 3). Product quality is the character of a product or service that provides the ability to meet customer needs (Kotler and Armstrong, 2012, p. 229). Product quality is something that is created with the aim of getting attention in satisfying consumer wants and needs.

Product quality has eight dimensions, namely (1) suitability, (2) performance, (3) durability, (4) aesthetics, (5) perception of quality, (6) features, (7) reliability, (8) improvement (Tjiptono , et al, 2008, p. 68).

2.5 Gluten

Gluten is a complex protein network and plays an important role in determining dough properties and cake quality (Biesiekierski, 2016, p. 81). Gluten is

considered a universal food additive as a thickener, flavor enhancer, filler, emulsifier, or texture modifier in many processed food products (Biesiekierski, 2016, p. 78). The gluten contained in flour functions as a protein network-forming and water-binding, making gluten a widely used food additive. However, nowadays human awareness of the health and popularity of gluten free diets is increasing and it is affecting the food market and the labeling standards of gluten free products.

2.6 Muffin

Muffin is a quick bread that belongs to the bread class, the manufacturing process does not take long because it uses a fast developer that gives a puffy effect, such as baking powder and baking soda (Pranata and Sofia, 2011, p.6). Muffin has a round shape that expands on the top, is stored in a small cup, tastes sweet, has a fairly dense texture, and is brown in color after going through the baking process. In the manufacture of muffins ingredients such as flour, eggs, sugar, developer, fat and milk are usually used.

2.7 Cassava

Cassava (*Manihot esculenta*) is a tuber that contains a good source of carbohydrates so that it can be used as a substitute staple food to support government policies in an effort to increase diversity or diversify food consumption patterns (Farida, 2020, p. 8). Apart from being a source of carbohydrates, cassava is also rich in water, protein and antioxidants, and has a fairly high starch content.

Cassava is a plant that thrives in Indonesia and has a relatively cheap price. Cassava has the potential to be used as a variety of processed foods, so the use of cassava needs to be preserved and developed into new products that are highly nutritious.

2.7.1 Mocaf Flour

Mocaf flour is flour made of cassava which is modified through a fermentation process. Mocaf flour has good enough characteristics to substitute or replace 100%

of the use of wheat flour (Fransiska, et al, 2017, p. 12). Mocaf flour characteristically and quality almost resembles wheat flour. The principle of making mocaf flour is to modify cassava cells by fermentation so that it causes changes in the resulting characteristics in the form of an increase in viscosity (adhesiveness) so that this type of flour has a long shelf life, namely for 6 months at room temperature and 1 year in the chiller (Fransiska, et al, 2019 p. 13).

Table 1. Nutritional Information of 100gr Mocaf Flour

<u>Nutrients</u>	<u>Number</u>	<u>Unit</u>
Energy	350	kkal
Carbohydrate	85	gr
Protein	1.2	gr
Water	11.9	ml
Phosphorus	64	mg
Iron	15,8	mg
Calcium	60	mg
Fat	0,6	gr

Source : Indonesian Ministry of Health (TKPI)

2.7.2 Cassava Tape

Cassava tape comes from the cassava plant (*Manihot esculenta*) which is fermented using tape yeast. Tape yeast serves as a source of microbes that play a role in the fermentation process and a source of single cell protein, so that cassava tape has a soft texture, sour taste tends to be sweet, and has a distinctive sweet and fragrant aroma (Moelyaningrum, 2012, p. 42). Cassava tape is a type of food that exists in West Java, one of which is in Purwakarta Regency and is widely sold as a typical souvenir known as peuyeum bendul.

Peuyeum bendul in the manufacturing process is carried out through several stages. First, peel the cassava to separate the skin and flesh, then wash it thoroughly. In the next process the peeled cassava is boiled until cooked and drained. After going through the boiling process, the ripe cassava will be drained and added with tape yeast with the aim that the fermentation process occurs in a closed place for 2 days, the cassava or peuyeum tape is ready to be sold.

Table 2. Nutritional Information of 100 gr Cassava Tape

<u>Nutrients</u>	<u>Number</u>	<u>Unit</u>
Energy	169	kkal
Protein	1.40	gram
Carbohydrate	40.20	gram
Fat	0,3	gram
Calcium	21	mg
Phosphorus	34	mg
Iron	0.8	mg
Vitamin A	0	mcg
Vitamin B1	0	mg
<u>Vitamin C</u>	<u>9</u>	<u>mg</u>

Source : Indonesian Ministry of Health (TKPI)

2.8 Breadfruit

Breadfruit (*Artocarpus communis*) is a local plant that can be found throughout Indonesia. Breadfruit is a plant that is rich in carbohydrates, fiber and several vitamins and minerals (Rasdin. A, 2020, p. 7). The yield of breadfruit in Indonesia is quite high, therefore good post-harvest handling is needed so that breadfruit can be used as a superior local food ingredient, because breadfruit is one of the foodstuffs that are rich in nutrients. Usually breadfruit is consumed as a traditional food or used as vegetables and snacks. Breadfruit processing is still not optimal because most of it is only processed by frying or, even though breadfruit is a fruit that has the potential to be diversified into more potential food, such as being processed into flour.

2.8.1 Breadfruit Flour

Breadfruit flour is the result of the process of grated and dried breadfruit. Utilization of breadfruit flour as processed food can substitute the use of wheat flour up to 50% to 100% depending on the type of product (Wakil, 2017, p. 6).

Table 3. Nutritional Information of 100 gr Breadfruit Flour

<u>Nutrients</u>	<u>Number</u>	<u>Unit</u>
Energy	353	kal
Carbohydrates	84.4	gram
Protein	2.9	gram
Fat	0,5	gram
Vitamin B1	0,40	ml
Vitamin B2	0,02	ml
Vitamin C	3	ml
Calcium	100	mg
Phosphorus	85	mg
<u>Water</u>	<u>10.1</u>	<u>gr</u>

Source : Indonesian Ministry of Health (TKPI)

2.9 Formulation

A prescription formulation is a written instruction containing information that needs to be prepared, the preparation of tools, and the provisions of the steps that have been imposed by the place of business. required during food processing to turn the entire service operation into a quality final product (Suryadi, 2016, p. 15). Recipe formulation is very influential in producing quality food and can be used as a reference in the production process, so it is necessary to determine the completeness of the data in recipe formulation. Recipes contain various information needed to make a dish, therefore the recipe contains clear information (Amrihati & Karina, 2017, p.111).

2.10 Packaging

Packaging has two main functions, namely packaging as a medium to protect products from various things that may cause product damage such as exposure to sunlight, weather, product fall, piles, insects and others. Then the packaging also functions as a medium in conveying information about the product in question (Nugrahani, 2015, p. 128).

2.11 Label

A label is a sign either in the form of writing, pictures or other forms of statements that are attached to the container or wrapper as containing information about the products contained in it as a

description/explanation of the packaged product (Ermawati, 2019, p. 19). Labels must contain information as referred to in Regulation of the Food and Drug Supervisory Agency Number 31 of 2018 concerning Processed Food Labels Article 5 paragraph 1 must contain information regarding (1) product name, (2) list of ingredients used, (3) net weight or contents clean, (4) name and address of the party producing or importing, (4) halal for those required, (5) production date and code, (6) expiry date, (7) distribution permit number, (8) origin of food ingredients certain.

2.12 Selling Price

Price is one of the determinants of the success of a company because the price determines how much profit the company will get after the product is sold to consumers. (Kurniawan, 2014, p. 34). Prices are applied after calculating production and marketing costs plus a certain amount so that they can cover direct costs to overhead and profit. (Kurniawan, 2014, p. 44).

2.13 Promotion

According to Kotler and Armstrong (2012, p. 62) promotion is an element used to provide information and persuade the market about new products or services in the company through advertising, personal selling, sales promotion, and publications. Promotion in sales is a form of promotion. direct persuasion through the use of various incentives that can be arranged to stimulate immediate product purchases and increase the number of goods purchased by customers (Salsabila & Ratnasari, 2022, p. 321).

3. Materials and Methods

The research method used in this research is experimental through a quantitative approach using literature studies, questionnaires and experiments. Experimental research conducted is a kitchen project by conducting experiments in the manufacture of tape muffin to find the effect on certain treatments to obtain the best product with selected recipes through

organoleptic tests. Next steps are making packaging and label designs, determining nutritional content, determining the selling price of tape muffin product, and determining the form of promotion for the product, which is followed by a consumer acceptance test.

4. Results and Discussion

The results of research on kitchen project or product trials conducted by researchers regarding muffin tape non-gluten using 3 recipe formulations that were sampled with codes MTNG1, MTNG2 and MTNG 3 for testing organoleptic to 9 expert panelists. The three recipe formulations were given different treatment on the percentage of mocaf flour and breadfruit flour used. Three samples of Non-Gluten Muffin Tape tested were as follows:

- a) MTNG1 treated with 25% mocaf flour and 75% breadfruit flour.
- b) MTNG2 with 50% mocaf flour and 50% breadfruit flour treatment.
- c) MTNG3 with 75% mocaf flour and 25% breadfruit flour treatment.

4.1 Organoleptic Test

Organoleptic testing in this study was conducted to obtain a sensory assessment non-gluten tape muffin which include color, aroma, taste, texture and appearance. There are three recipe formulations with codes MTNG1, MTNG2 and MTNG3 which were tested on 9 expert panelists including 3 people who are culinary teachers, 1 pastry chef, 1 assistant chef, 1 pastry cook and 3 culinary entrepreneurs.

The research data from the test result were then recapitulated using Microsoft Excel and analyzed using SPSS with the Analysis of Variance (ANOVA) test at a 95% confidence level. Furthermore, if there is a significant difference ($P < 0.05$) then a further test is carried out using the Duncan Multiple Range Test to determine the difference between samples at the 95% confidence level.

Table 4. ANOVA Test Result

Parameter	Ratio variation mocaf flour : breadfruit flour					
	MTNG 1		MTNG 2		MTNG 3	
Color	4.33	± 0.500 ^a	4.00	± 0.707 ^a	3.56	± 1.014 ^a
Aroma	4.11	± 0.782 ^a	4.44	± 0.726 ^a	4.22	± 0.667 ^a
Taste	4.00	± 0.866 ^a	4.33	± 0.500 ^a	4.22	± 0.441 ^a
Texture	3.33	± 0.707 ^a	4.44	± 0.527 ^b	4.00	± 0.500 ^b
Appearance	4.33	± 0.500 ^a	4.67	± 0.500 ^a	4.56	± 0.527 ^a

Description: 1 = very dislike, 2 = dislike, 3 = quiet like, 4 = like, 5 = very like.

ab = similar letter notation means that there is no significant difference at Duncan's test level of 0.05 or 5%.

Based on the results table of data tested using Analysis of Variance (ANOVA) it can be seen that the parameters of color, aroma, taste, texture and appearance tested to 6 expert panelists have the following results:

- a. Results Based on Color Characteristics
The color parameter has a result of $P > 0.05$, so that there is no significant difference in the treatment of samples MTNG1, MTNG2 and MTNG3 on the color muffin tape non-gluten. data in the table also shows the average color score muffin tape non-gluten that was most preferred by expert panelists, namely the MTNG1 formula which has a ratio of mocaf flour and breadfruit flour of 25%:75% with the resulting score of 4.33. Meanwhile, the average non-gluten muffin tape color score that has the lowest score is the MTNG3 formula which has a ratio of mocaf flour and breadfruit flour of 75%; 25% with the resulting score of 3.56.
- b. Results Based on Aroma Characteristics
The Aroma parameters have $P > 0.05$, so that there is no significant difference in the treatment of samples MTNG1, MTNG2 and MTNG3 on the aroma of non-gluten

tape muffin data in the table also shows the average that MTNG2 formula was the most preferred by expert panelists, which has a ratio of mocaf flour and breadfruit flour of 50%:50% with the resulting score of 4.44. Meanwhile, the average non-gluten muffin tape color score that has the lowest score is the MTNG1 formula which has a ratio of mocaf flour and breadfruit flour of 25%; 75% with the resulting score of 4.11.

- c. Results Based on Taste Characteristics
The taste parameters had $P > 0.05$, so there was no significant difference in the treatment of samples MTNG1, MTNG2 and MTNG3 on the taste of non-gluten tape muffin. The data in the table also shows the average score that the MTNG2 formula was the most preferred by expert panelists, which has a ratio of mocaf flour and breadfruit flour of 50%:50% with the resulting score of 4.33. Meanwhile, MTNG1 formula has the lowest score, which has a ratio of mocaf flour and breadfruit flour of 25%; 75% with the resulting score of 4.00.
- d. Results Based on Texture Characteristics
Texture parameters have $P < 0.05$, so there is a significant difference in the treatment of samples MTNG1, MTNG2 and MTNG3 on the taste of non-gluten tape muffin. Hence, the Duncan Multiple Range Test was carried out as a further test to measure which sample groups had different textures. The results of the Duncan Multiple Range Test showed that the texture of the MTNG1 formulation was significantly different from that of MTNG2 and MTNG3. While on MTNG2 and MTNG3 the texture of non-gluten tape muffin was not significantly different ($P > 0.05$). The data in the table also shows that the MTNG2 formula was the most preferred by expert panelists, which has a ratio of mocaf flour and breadfruit

flour of 50%:50% with the resulting score of 4.44. Meanwhile, the MTNG1 formula has the lowest score, which has a ratio of mocaf flour and breadfruit flour of 25%; 75% with the resulting score of 3.33.

- e. **Results Based on Appearance Characteristics** The appearance parameters have $P < 0.05$, so there is no significant difference in the treatment of samples MTNG1, MTNG2 and MTNG3 on the appearance of non-gluten tape muffin. The data in the table also shows that the MTNG2 formula was most preferred by expert panelists, which has a ratio of mocaf flour and breadfruit flour of 50%:50% with the resulting score of 4.67. Meanwhile, the MTNG1 formula has the lowest score which has a comparison of mocaf flour and breadfruit flour of 25%; 75% with the resulting score of 4.33.
- f. The graph above is the result of a descriptive test seen in the highest total mean value of the three samples tested in each category. Color category of the MTNG1 formula obtained the most liked score with an average value of 4.33, in the aroma category the panelists most liked the MTNG2 formula with an average value of 4.44, in the taste category the panelists most liked the MTNG2 formula with an average value of 4.33, in the texture category the panelists most liked the MTNG2 formula with an average value of 4.44, in the display category the panelists most liked the MTNG2 formula
- g. From the descriptive test, it can be seen that the most preferred formula by the panelists is MTNG2 which has the highest average value in 4 assessment categories, so the researchers determined that the MTNG2 formula will be further tested to determine consumer acceptance of the non-gluten tape muffin.

5. Conclusions

From the results of the research that has been described, it can be concluded that non-gluten tape muffin that was tested through the organoleptic test got good results, was accepted and liked by the panelists. Through organoleptic testing, a muffin tape non-gluten which became the chosen recipe, namely the MTNG2 formula which has a ratio of 50%: 50% mocaf flour and breadfruit flour. The packaging used for muffin tape non-gluten has two variations, namely plastic packaging and paper boxes which are labeled with stickers as a source of information for consumers. The selling price set by the researcher based on the calculations that have been done is Rp. 10,500 with a product weight of 85gr, and the price per box is Rp. 35,500 with a product weight of 85gr as much as 4 pcs. Implementing promotions through Instagram social media by creating content in the form of photos and videos of food products because social media

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