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APPENDIX

1. Approved Recipe



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

APPROVAL RECIPE

Recipe Name : PROTEIN COOKIES

TITLE OF C&D : Combining soybean and whey protein as a ingredients for cookies

Yield : 15-20 portion

Main Ingredients : 100 G SOYBEAN

Ingredients :

- 105 g canola oil	- 2,5 g vanilla extract
- 100 g soybean	- 2,5 g baking soda
- 90 g oat flour	- 0,5 g salt
- 65 g organic palm sugar	- 50 g omega 3 egg
- 40 g whey protein	- 100 g raisin

Method :

Soybean flour :

- Make soybean flour by roasting soybeans then blend and filter until smooth. than set aside.

Oat flour :

- Make oat flour from rolled oats which are blended then strained.

Cookies :

1. Combine canola oil, organic palm sugar, and salt in a bowl. Beat with a mixer on high speed for 1-2 minutes.
2. Add the egg and vanilla extract. Beat on high speed.
3. Add the sifted oat flour, soybean flour, baking soda, and whey protein, Beat just until the dough is mixed well. Add raisins.
4. Prepare a baking tray lined with baking paper. Flat the dough to 5mm. Shape the dough using a ring cutter.
5. Bake at 165°C for 15-20 minutes.



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

Product Description

This high-protein, high-calorie cookie is specifically designed for folks with elevated energy needs including athletes and people who need satiating, convenient snacks. Different from conventional biscuits that usually have high amount of edible sugar and low content of protein, this cookie provides protein as well calories that help muscles to recover and energy levels. It contains soy beans as its main component, it provides the body with high protein content necessary for muscle growth and repair. Its energy-dense character, which is built on using canola oil, and healthy fats, satisfies the needs of people who require a high-calorie input. Its nutritional make-up containing balanced amounts of protein, carbs and fats allows for consistent supply of energy and satiety which this cookie is a perfect option for those who prefer quick, individualized snacks that can be adjusted to meet various dietary needs.

TRIAL PROGRESS

In the first stage I didn't add enough sugar which resulting the cookie was not quite as sweet as it had to be. Also, the cookies were kind of burned because I baked them at the wrong heat (180 degrees Celsius for 15 minutes). Contrary to that, sugar was increased during the second attempt and the baking time was 15-20 minutes at 165 degrees Celsius. I wondered whether I did a good job with cookies I baked. The final result tasted great and was baked perfectly.




TRIAL DOCUMENTATION





CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

Student Name : Theresia Wijaya
NIM : 2274130010014

Advisor	1 st Examiner	2 nd Examiner
 Name : Heni Adhianata, S.TP., M.Sc Date: 23/3/2024	 Name : Arya Putra Sundjaja, S.E Date: 23/3/2024	 Name : Anthony Sucipto, A.Md. Par Date: 23/3/2024

2. Approved Sensory



Akademi Kuliner & Pastry
OTTIMMO
INTERNASIONAL
Jl. Raya

CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

DATE : 17 April 2024

NAME : Theresia Wijaya

NIM : 2274130010014

PRODUCT : COMBINING SOYBEAN AND WHEY PROTEIN AS A INGREDIENTS
FOR COOKIES

ADVISOR : Heni Adhianata, S.TP., M.Sc.

PANELIST	SIGHT	SMELL	TEXTURE	TASTE	OVERALL	TOTAL
Panelist 1	5	5	5	5	5	25
Panelist 2	5	4	5	5	5	24
Panelist 3	4	3	2	2	3	14
Panelist 4	4	4	4	4	4	20
Panelist 5	5	5	4	4	3	21
Panelist 6	4	4	4	5	4	21
Panelist 7	5	5	4	4	4	22
Panelist 8	4	4	4	5	5	22
Panelist 9	5	5	4	4	4	22
Panelist 10	5	5	4	4	3	21
TOTAL	46	44	40	42	40	212

NOTES :

1. Ok
2. Sudah baik
3. Ada serat yg tertinggal setelah dikunyah, tekstur cookies kurang crunchy
4. Good
5. Cookies sudah oke
6. Enak, lembut, manisnya pas, tidak terlalu kering
7. A bit grainy, too much brown sugar flavor
8. Bisa lebih di renyahkan lagi untuk texture
9. Nice
10. all good





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OTTIMO
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CONSULTATION FORM
CULINARY INNOVATION AND
NEW PRODUCT DEVELOPMENT

Name : Meresia Wijaya
 Student Number : 222413.001.0014
 Advisor : Mrs. Adriana

No	Date	Topic Consultation	Name/ Signature	Advisor Signature
1	14/3 2024	*) ingredient can gazin resep ordered dan terungkap adanya? ingredients	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>
2	26/3 24	Recipe & Ingredients consultation. Protein & Carbo consultation. (but in 1 full)	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>
3	6/5 2024	Chapter 1. 2. 3. 4	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>
4	16/5 2024	Finishing Chap. 1. 2. 3. 4	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>
5	30/5 2024	nutrition value	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>
6.	2/6/3 2024	nutrition	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>

No	Date	Topic Consultation	Name/ Signature	Advisor Signature
7.	08/7 2024	Shelf life	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>
8.	8/7 2024	Packaging product	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>
9.	10/7 2024	nutrition facts consultation (umax bulking)	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>
10.	12/7 2024	Finishing chap. 4,5	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>
11.	12/7 2024	Finishing chap. 4,5	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>
12.	26/7 2024	Review laporan akhir	<i>Handwritten Signature</i>	<i>Handwritten Signature</i>

3. Consultation Form

4. Systematic Process Documentation

1) Ingredients of high protein and gluten free soybean cookies



2) Mix Canola oil, Palm sugar, Cane sugar, and salt



3) Add egg and vanilla extract, mix until well combine



4) Mix all dry ingredients (soybean flour, oat flour, whey protein, baking soda)



5) Add raisins and granola the dough



6) Shaping the cookie dough



7) Bake the cookies

