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APPENDIX

1. Approved recipe



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

APPROVAL RECIPE

Recipe Name : FISH FLAKES ANALOG
Title of C&D : UTILIZATION OF BREADNUT AS FISH FLAKES ANALOG
Yield : 1-2 portion
Main Ingredients : 150 gr Breadnut
Ingredients :

- 12 gr Nori Sheets
- 20 gr Kombu
- 10 gr Nutritional Yeast
- 150 gr Breadnut
- 10 gr Salt
- 400 ml Water
- 5 ml White Vinegar

Method :

1. Cut breadnut into small pieces, rinse and soak in water for 1 hour
2. Boil breadnuts for 7-8 minutes, strain and squeeze afterwards
3. Put breadnut in a tray and bake in the oven with the heat of 120°C for 15 minutes, until it creates an outer shell
4. Boil nori sheets and kombu with 400 ml of water for 20 minutes
5. Turn off the heat and strain the nori sheets and kombu out of the stock
6. Add nutritional yeast, white vinegar, and salt to the nori stock
7. While the stock is still hot, put in the breadnuts and soak for 30 mins
8. Move to a container and leave to marinate in the chiller overnight

PRODUCT DESCRIPTION

The Fish Flakes Analog from Breadnut represents a shift in sustainable food innovation, offering a delectable and environmentally conscious alternative to



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traditional fish. Its sensory characteristics, nutritional profile, culinary versatility, and environmental sustainability making it a compelling option for consumers, particularly within the vegan community. Its suitability for vegan diets positions it as a prime option in the field of plant-based meat alternatives.

TRIAL PROGRESS

Following the initial trial of the Fish Flakes Analog crafted from breadnut, it was observed that the desired texture was achieved, resulting in a firm outer shell and meaty like texture on the inside. While the taste needs a bit more of refinement, future trials will explore varied cooking techniques to ensure the ideal balance between flavour and texture.

TRIAL DOCUMENTATION








CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT



Student Name : Fatimah Sausan
NIM : 2274130010072

Advisor	1 st Examiner	2 nd Examiner
 Name: Jessica Hartan, A.Md. Par. Date: May 16 th , 2024	 Name: Heni Adhianata, S.TP., M.Sc. Date: May 16 th , 2024	 Name: Ryan Yeremia Iskandar, S.S Date: May 16 th , 2024

2. Approved sensory



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CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

DATE : 17 Mei 2024
NAME : Fatimah Sausan
NIM : 2274130010072
PRODUCT : UTILIZATION OF BREADNUT AS FISH FLAKES ANALOG
ADVISOR : Jessica Hartan, A.Md. Par.

PANELIST	SIGHT	SMELL	TEXTURE	TASTE	OVERALL	TOTAL
Panelist 1	3	3	3	3	3	15
Panelist 2	3	3	2	3	3	14
Panelist 3	4	3	3	3	3	16
Panelist 4	4	4	4	4	4	20
Panelist 5	3	4	4	4	4	19
Panelist 6	5	4	4	4	4	21
Panelist 7	4	4	4	5	4	21
Panelist 8	4	3	2	4	2	15
Panelist 9	4	4	4	5	4	21
Panelist 10	4	4	4	4	4	20
TOTAL	38	36	34	39	35	182

NOTES :

1. tidak bisa di nilai, produk cnd tdk ada bau dan rasa setelah bersama nasi, sebaiknya berikan diberikan sample hanya flakesnya saja, jika ingin memberikan aplikasinya, tidak prlu terlalu besar
2. ini produknya apa ya? flakesnya atau nasinya? overall sih enak aja cuma jadi bingung produknya apa
3. Fish flakes analog bahannya dari apa? Masih kurang berasa seasoningnya
4. All good, tapi penyajian bisa lebih cantik lagi
5. Enak rasanya
6. -
7. Good
8. texture masi krng soft nasi seperti makan Nangka
9. -
10. All good





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CONSULTATION FORM
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NEW PRODUCT DEVELOPMENT

No	Date	Topic Consultation	Name/ Signature	Advisor Signature
1	18/03 24	Product Consultation		 Jessica
2	24/03 24			
3	26/03 24	Product Testing		 Jessica
4	16/07 24	Product Consultation		
5	17/07 24	Cooking Process		
6	18/07 24	Revision Consul		

Name : Fitriyah Susanto
 Student Number :
 Advisor : Jessica Hartono

No	Date	Topic Consultation	Name/ Signature	Advisor Signature
7	17/07 04	Revision Consul		 Jessica
8	16/07 04	Revision Consul		 Jessica
9	22/06 04	Revision Consultation		 Jessica
10	14/06 04	Revising Consul		 Jessica
11				
12				

3. Consultation form

4. Systematic Process Documentation

1) Ingredients of fish flakes analog



2) Cutting the breadnut



3) Rinsing the breadnut



4) Boiling the breadnut



5) Baking the breadnut



6) Boiling nori and kombu



7) Marinating the breadnut in brine

