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APPENDIX

1. Approved Recipe



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

APPROVAL RECIPE

Recipe Name : MULTINUTS TEMPEH SNACK BAR
TITLE OF C&D : UTILIZATION OF SOYBEANS, PEANUTS, GREEN BEANS AS MAIN INGREDIENTS FOR MAKING SNACK BAR
Yield : 4 portion
Main Ingredients : 50g soybeans, 50g peanuts and 50g green beans
Ingredients :
– 50g soybeans – 30g egg white
– 50g peanuts – 10g coconut sugar
– 50g green beans – 30g dark chocolate
– 70g oat
– Tempe yeast

Method :

1. Fermenting Tempeh, soak 50g each of mung beans, peanuts, and soybeans for 8–12 hours, then boil for 30–40 minutes.
2. Drain, let cool to room temperature, and sprinkle with tempeh yeast (about 3g).
3. Ferment for 24–48 hours at 30–32°C until the mycelium grows evenly.
4. Take 40g of tempeh, puree with a blender.
5. Mix 40g of smooth tempeh, 70g of oat flour, 30g of egg white, and 10g of coconut sugar.
6. Flatten the dough in a baking pan to form bars.
7. Bake the dough at 175°C for 15–20 minutes until set, then let cool.
8. Melt 30g of dark chocolate, then coat the top of the bars.
9. Let the dark chocolate harden (can leave it in the refrigerator).



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

Product Description

Multinuts Tempeh Snack Bar is a nutritious snack designed to support an active and healthy lifestyle, suitable for athletes, busy workers, and anyone who cares about nutritious daily intake. With around 5 grams of protein per bar, this product provides additional energy and nutrients that help maintain metabolism, support longer satiety, and support digestive health. Using natural ingredients without preservatives or artificial sweeteners-such as fermented tempeh from mung beans, peanuts, and soybeans, mixed with whole wheat flour, egg whites, and antioxidant-rich dark chocolate coating-this bar is a healthier and more natural choice for a quick snack. They're great for anytime, whether it's before light physical activity, as a mid-work snack, or as part of a balanced daily diet.

TRIAL PROGRESS

In the initial experiment, the resulting product was quite satisfying because the texture I wanted was in accordance with the desired standard, which was crispy and slightly dry on the outside but still soft on the inside. The taste of this snackbar was not so sweet because I only added a little coconut sugar so that the taste was only dominated by the taste of tempeh, wheat flour and also dark chocolate. and the chocolate layer was too messy and had to be made neater.

TRIAL DOCUMENTATION





CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

Student Name : Evelyn Pricilia Holden
NIM : 2374130010031

Advisor	1 st Examiner	2 nd Examiner
 Name: Chef Ryan Yerima Iskandar, S.S. Date:	 Name: Heni Adhianata, S.TP., M. Sc Date: 14/5/2025.	 Name: Novi Indah Permata Sari, S.T., M.Sc Date:

2. Approved Sensory



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CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

DATE : 15 April 2025

NAME : Evelyn Pricila Holden

NIM : 2374130010031

PRODUCT : UTILIZATION OF SOYBEANS, PEANUTS, GREEN BEANS AS MAIN INGREDIENTS FOR MAKING SNACKBAR

ADVISOR : Chef Ryan Yeremia Iskandar, S.S.

PANELIST	SIGHT	SMELL	TEXTURE	TASTE	OVERALL	TOTAL
Panelist 1	4	4	4	4	4	20
Panelist 2	4	5	5	5	5	24
Panelist 3	4	4	4	4	3	19
Panelist 4	4	4	4	4	4	20
Panelist 5	4	4	5	5	5	23
Panelist 6	3	3	2	2	3	13
Panelist 7	4	3	4	4	4	19
Panelist 8	4	4	2	3	3	16
Panelist 9	4	4	4	4	4	20
Panelist 10	4	4	2	3	3	16
TOTAL	39	39	36	38	38	190

NOTES :

1. Tempenya ngebland sama coklatnya, which is good
2. enak, rasa tempenya mudah di terima dan cocok dengan coklatnya
3. Tidak ada
4. Taste wise sudah oke, tekstur juga ckup unik.
5. bagus produknya
6. rasa ndak sweet kmg ada something wow. texture agak rough agak mengganggu
7. Ok, rasanya bisa dibikin crunchy dan lebih manis
8. Texture not very pleasant, a bit rubbery and dry
9. Oke
10. teksturnya sedikit unik



3. Consultation Form



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CONSULTATION FORM
CULINARY INNOVATION AND
NEW PRODUCT DEVELOPMENT

Name : Evelyn P. Holden
 Student Number : 2374130010031
 Advisor : Chef Ryan Yernima Iskandar S.S

No	Date	Topic Consultation	Name/ Signature	Advisor Signature
1	18/03/25	Tempé Snack bar	31 Elysa	
2	18/03/25	Recipe		
3	09/04/25	Tempé Snack bar recipe		
4	21/04/25	konsul Hasil tempé		
5	05/05/25	konsul lalapan		
6	10/06/25	konsul laperan		

No	Date	Topic Consultation	Name/ Signature	Advisor Signature
7	20/06/25	konsul Perbaikan laperan		
8	19/06/25	Revisi Revisi Perbaikan Menu Menu		
9	21/07/25	Shelf life Konsul Revisi Menu Menu		
10	21/06/25	Konsul laperan untuk Revisi Revisi Menu Menu		
11				
12				

4. Systematic Process Documentation

1) Ingredients of Snackbar



2) Clean and soak in water for 12 hours.



3) Dry the beans



4) Mix the tempeh yeast and beans in a plastic bag, then make small holes in the surface, and the tempeh will be ready.



5) Steamed tempeh



6) Mix all the ingredients



7) Shape and then bake in the oven



8) Cool and then cover with dark chocolate.

