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APPENDIX

1. Approval Recipe



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

APPROVAL RECIPE

Recipe Name : Efferlax
TITLE OF C&D : The Utilization of Papaya,Apple,Oat in the form of Effervescent drink tablet for Constipation Issue
Yield : 40-70 Gr (per Tab)
Main Ingredients : Papaya 20 Gr, Apple 30 Gr And OatMeal 20 gr
Ingredients :
- 100 g Papaya - 10 g Honey Powder
- 100 g Apple - 1 g salt
- 100 g OatMeal - 25 g Baking soda
- 15 g Lemon Powder - 0,5 g Gelatin powder
- 10 g Stevia Powder

Method :

1. First, thinly slice the Papaya,Apple, and Lemon.
2. Then dehydrate For 3 Days at 60 degrees.
3. After everything is completely dry, blend each one separately until it becomes smooth texture.
4. Prepare citric acid (Lemon powder) and gelatin powder, stevia, honey powder and milk powder in a bowl and then preapare the dehydrate fruits and oats into 20 g.
5. Mix all the powder (papaya, apple, oat, citric acid,gelatin powder,stevia and honey powder.
6. Mix all together and spray with little bit of Food-grade alcohol so it becomes more solid and can be molded.
7. Pour into the preapare mold.
8. Then place in dehydrator for 6 hours or more.



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

Product Description

Description: Effervescent tablet is formulated with natural ingredients like papaya, apple and oat, which are known for digestive health benefits. It helps relieve constipation and support a healthy gut by providing fiber, enzymes, and essential nutrients.

TRIAL PROGRESS (50 – 100 WORDS)

During the first trial I faced several challenges in developing this product. The process required a long waiting time, and achieving the texture consistency was difficult. However, despite these obstacles, I manage to succeed, although there still much to improve, this product is highly sensitive to moisture, making it tricky to handle during the shaping process.

TRIAL DOCUMENTATION



(product pictures)

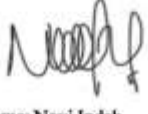


Product Not Perfect
(Still Temporary)



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

Student Name : Evelyn Patricia Wijaya
NIM : 2374130010035

Advisor	1 st Examiner	2 nd Examiner
 Name: Chef Ryan Yerehia Iskandar, S.S Date: 24/3/25	 Name: Novi Indah Permata Sari, S.T., M.Sc Date: 24/3/25	 Name: Filias Kusuma, S.E., M.M Date: 24/3/2025

2. Approve Sensory



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CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

DATE : 22 April 2025

NAME : Evelyn Patricia Wijaya

NIM : 2374130010035

PRODUCT : THE UTILIZATION OF PAPAYA, APPLE, OAT IN THE FORM OF
EFFERVESCENT DRINK TABLET FOR CONSTIPATION ISSUE

ADVISOR : Chef Ryan Yerima Iskandar, S.S.

PANELIST	SIGHT	SMELL	TEXTURE	TASTE	OVERALL	TOTAL
Panelist 1	4	4	4	5	5	22
Panelist 2	4	4	2	3	3	16
Panelist 3	4	4	4	4	4	20
Panelist 4	4	4	3	3	3	17
Panelist 5	4	4	2	3	3	16
Panelist 6	2	3	2	4	3	14
Panelist 7	4	4	4	4	4	20
Panelist 8	4	4	4	5	5	22
Panelist 9	4	4	4	4	4	20
Panelist 10	4	4	4	4	4	20
TOTAL	38	39	33	39	38	187

NOTES

1. rasanya oke
2. Tekstur melempem, ketika disedu larut ya sangat lama
3. Idenya unik, rasanya enak, cukup manis dan tidak terlalu asam
4. After taste kurang enak, baunya madu banget, ada kecutnya
5. After taste ada yg mengganggu. Mngkn dari honey terlalu banyak. Tekstur terlalu sticky
6. rasa ok. penampilan kok agak lembek ya
7. Oke
8. Good
9. A little too sweet
10. Texture and sweetness is balanced already.



3. Consultation Form



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JALAN JATI KARANGMAYU SURABAYA 60135

CONSULTATION FORM CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

Name

Evelyn Patricia W

Student Number

2374130016035

Advisor

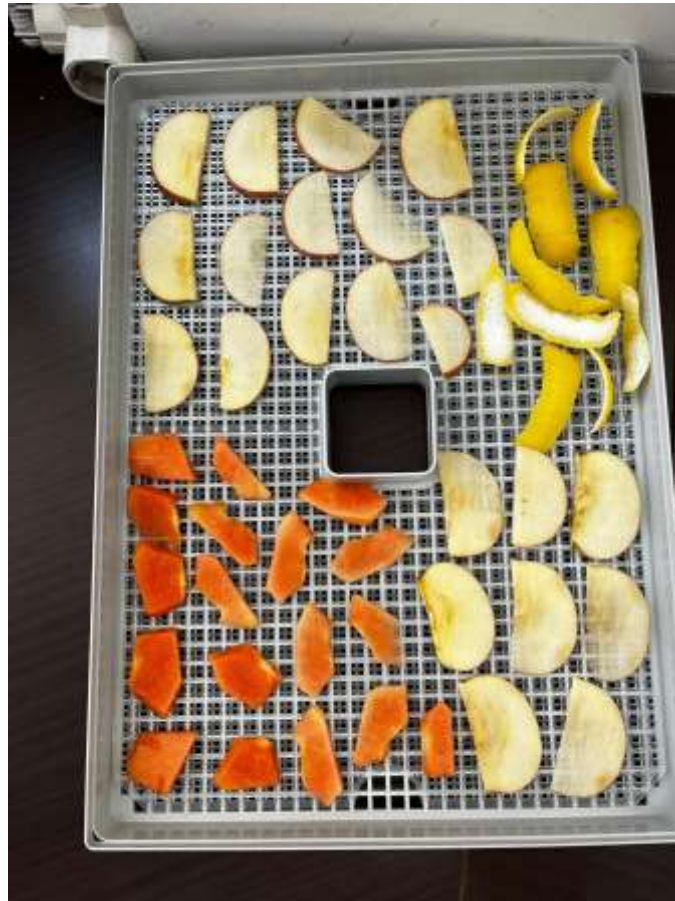
Chef Jerry Yerebia Istondor

No	Date	Topic Consultation	Name/ Signature	Advisor Signature
	6/3 2025	Product Consultation		
	14/3 2025	Product Consultation		
	09/3 2025	Product Consultation		
	17/03 2025	Product Consultation		
	11/03 2025	Product consultation		
	20/03 2025	Product consultation		

No	Date	Topic Consultation	Name/ Signature	Advisor Signature
	21/03 2025	Product consultation		
	24/03 12/06	product consultation		
	12/3 2025	cost revisi		
	28/5	consultation proposal		
	19/03	trial product consultation		
	12/06 2025	product Review and consultation		

4. Systematic Process Documentation

- 1) Cut the Papaya and Apple and dehydrate for 4 Days



2) After 4 Days, Papaya and Apple are dry and ready for grind



3) Before Grind add baking soda, honey powder, stevia and citric acid and mix



4) Then, grind for 3 step.



- this the first grind, not really smooth

5) After the first grind put at dehydrator machine for 1 day



- and grind again, this the second grind are smooth enough

6) Grind the last for the smooth and powder texture like this



7) Spray with little bit water and then put at mold, place at dehydrator machine for 2 days.



8) Once finished, the product can be consume



9) Simply drop 1 Efferlax tablet into 100ml of hot water and wait until it dissolves. After that, it can be consumed immediately.

