

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

In conclusion, the cheese croquette is an innovation of a product by utilizing broccoli stem and carrot skin which is usually considered waste and are underutilized even though these materials are rich in nutrition and other health-beneficial components, including dietary fiber, protein, vitamins, minerals, and significant bio-active compounds. The product intends to deliver a savory and creamy taste and texture suitable for light snacks at anytime. Based on sensory test, the product passed with the score of 195 and the satisfaction of most of the panelists are proved although the lack of texture that will be fixed with the addition of bread crumbs for the outer layer. This product will be sold in a frozen state to ensure and maintain quality of the food as the product does not use preservatives or other chemical substances in it. The product has a shelf-life of up to 12 months stored under an ideal freezing storage at the temperature of -18°C. Cooking is recommended before consuming the product as it will kill bacteria and pathogens. The cooking method that is preferably used for this product is frying as it will result in an evenly cooked product with golden brown and crispy texture. The product has 440 calories count per serving with a relatively high amount of protein which is 38% of daily intake recommended.

5.2 Suggestions

1. It is recommended that further research and development should be done in order to improve innovation of these types of products that help support the reduction of waste in environment to make the earth better. Improvements for this product could be made to enhance its flavour, texture, and nutritional values.
2. The effectiveness and efficiency of production timeline also could be improved by conducting trials and tests.
3. Furthermore, it is important to research more about the potential of

broccoli stem and carrot skin or any other food waste to be transformed into functional food products and help increase the food innovation and waste reduce product market.

4. As a suggestion, the amount of *methylcellulose* should be adjusted because in freezing state, its texture will harden itself.