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APPENDIX

1. Approved Recipe



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

APPROVAL RECIPE

Recipe Name : Blueberry Lavender & Chamomile Macadamia Milk
TITLE OF C&D : INNOVATION OF COMBINING MACADAMIA MILK
WITH BLUEBERRY, LAVENDER, AND CHAMOMILE
AS A DRINK TO INCREASE QUALITY OF SLEEP
Yield : 1-2 Portion
Main Ingredients : 100 gr Raw Macadamia Nuts
Ingredients :

- 100 gr Raw Macadamia Nuts
- 15 gr Frozen Blueberries
- 1 Tea Bag Lavender & Chamomile
- 25 gr Granulated Sugar
- 14 gr Honey
- 1 tsp Lemon zest
- ½ tsp Vanilla Essence
- A drop of Blue Food Coloring
- 400 ml Water

Method :

1. Roast the raw macadamia nuts until golden brown.
2. Soak the roasted macadamia nuts in boiling water for 30 minutes.
3. In the meantime, zest the lemon and put it in a tea bag.
4. Strain, then blend the roasted macadamia nuts with water, until smooth.
5. Strain the blended nuts with milk strainer.
6. Blend the blueberries until smooth, then strain it with milk strainer.
7. Blanch the blueberry juice and sugar, just until the sugar dissolves.
8. Simmer the macadamia milk with lavender & chamomile tea in a low heat, and stir occasionally.
9. Take off the heat and add the lemon zest. Let it cool



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

10. Add in the blueberry juice, honey, vanilla essence, and blue food coloring.
11. Sterilize the glass bottle with boiling water, then transfer the milk. Keep the milk in the chiller. Shake well before serving.

Product Description

This beverage provides a healthy and flavorful alternative to dairy milk, perfect for those who are lactose intolerant, follow a vegan or plant-based diet, or simply seek a unique and nutritious drink. It's thoughtfully crafted to promote relaxation before bedtime, combining calming botanicals like lavender and chamomile with the creamy richness of macadamia nuts. While a hint of lemon brightens the flavor and scent.

Product Advantages:

- Dairy-Free & Plant-Based: Perfect for individuals with lactose intolerance or those on a vegan diet.
- Aromatic & Calming: Lavender and chamomile create a soothing, fragrant and flavor profile.
- Supports Relaxation & Better Sleep Quality: Lavender and chamomile tea have natural calming properties that may help reduce stress and improve sleep quality.
- Rich in Healthy Fats: Macadamia nuts are high in monounsaturated fats, which support heart health by reducing bad cholesterol and promoting good cholesterol.



CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

TRIAL PROGRESS (50 – 100 WORDS)

Throughout my trials, I initially aimed to create a Lavender & Chamomile Macadamia Milk with honey, without any fruit additions. However, I found the flavor to be too plain and lacking complexity. This led me to consider incorporating blueberries, which offer a delightful balance of sweetness and tartness. In the second trial, I combined Lavender & Chamomile Macadamia Milk with blueberries, resulting in a more enjoyable and complex flavor profile. However, I discovered that the milk should not be boiled with blueberries, as the high temperature and acidity can cause curdling. Due to these risks, I have specified in my recipe that these two ingredients should not be combined during the boiling process of the macadamia milk.

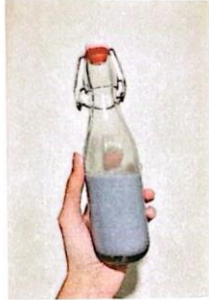
During the sensory test, I made three different samples. The first sample received a score of 146. Feedback indicated that the macadamia nuts had a raw flavor and the taste was overly floral due to the strong lavender and chamomile. It was suggested that an aromatic component was needed to mask the strong smell of the macadamia, and the texture was considered too watery for a milk-based beverage.

Based on this input, I modified the formulation for the second sample by roasting the macadamia nuts to improve the flavor and adjusting the water ratio to improve texture. This second sample received a score of 175. However, further the texture was still too thin. For the third sample, I further reduced the water content to achieve a creamier consistency. As a result, the third sample received a score of 185 and was met with positive feedback.



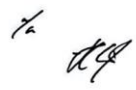


CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

TRIAL DOCUMENTATION



Student Name : Adinda Febriyana Shafira Hanun
NIM : 2374130010025

Advisor	1 st Examiner	2 nd Examiner
 Name: Filius Kusuma, S.E., M.M Date:	 Name: Heni Adhianata, S.TP., M.Sc Date:	 Name: Arya Putra Sundjaja, S.E. Date:

2. Approved Sensory



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CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

DATE : 26 May 2025

NAME : Adinda Febriyana Shafira Hanun

NIM : 2374130010025

PRODUCT : INNOVATION OF COMBINING MACADAMIA MILK WITH BLUEBERRY, LAVENDER, AND CHAMOMILE AS A DRINK TO INCREASE QUALITY OF SLEEP

ADVISOR : Filias Kusuma, S.E., M.M.

PANELIST	SIGHT	SMELL	TEXTURE	TASTE	OVERALL	TOTAL
Panelist 1	4	5	4	3	4	20
Panelist 2	3	4	4	4	4	19
Panelist 3	4	4	4	4	4	20
Panelist 4	4	4	4	3	3	18
Panelist 5	4	4	4	4	4	20
Panelist 6	4	4	4	4	4	20
Panelist 7	3	3	3	3	3	15
Panelist 8	3	3	3	4	3	16
Panelist 9	4	4	4	4	4	20
Panelist 10	4	3	4	3	3	17
TOTAL	37	38	38	36	36	185

NOTES :

1. Need sugar more
2. -
3. Oke
4. Sudah ok
5. Good job
6. All good, no complaint.
7. so so
8. overall sudah ok
9. ok
10. warnanya cukup menarik



3. Consultation Form



Academi Kuliner & Pastry
OTTIMO
INTERNASIONAL

CONSULTATION FORM
CULINARY INNOVATION AND
NEW PRODUCT DEVELOPMENT

No	Date	Topic Consultation	Name/ Signature	Advisor Signature
1	03/03 2025	I deas	Mr. Fitras	
2	10/03 2025	Product	Mr. Fitras	
3	17/03 2025	Penyusunan Resep	Ms. Heni 	
4	25/03 2025	Product	Mr. Fitras	
5	25/03 2025	Hasil terat I, Revisi resep	Ms. Heni 	
6	25/03 2025	Recipe & Product	Chef Arya 	

Name : Adinda Febrayana S.H
Student Number : 2374130010025
Advisor : Mr. Fitras Kusuma, S.E., M.M

No	Date	Topic Consultation	Name/ Signature	Advisor Signature
7	26/03 2025	Recipe & Product	Chef Arya 	
8	16/05 2025	Hasil Sensory Test	Mr. Fitras	
9	02/10 2025	Bab 4 & 5	Mr. Fitras	
10	01/10 2025	Konsul Revisi	Ms. Heni 	

4. Systematic Process Documentation

1) Ingredients of Blueberry Lavender and Chamomile Macadamia Milk



2) Roast the macadamia nuts



3) Soak the roasted macadamia nuts



4) Zest the lemon



5) Blend the roasted macadamia nuts



6) Strain the blended macadamia nuts with milk strainer



7) Blend the blueberries



8) Strain the blended blueberries with milk strainer



9) Blanch the blueberry juice and sugar



10) Simmer the macadamia milk with lavender & chamomile tea



11) Add in the lemon zest, honey, vanilla essence, and blue food coloring



12) Sterilize the bottle

