

CHAPTER 2

PRODUCT OVERVIEW

2.1 DESCRIPTION OF THE INGREDIENTS TO BE USED



Picture 1 The Ingredients to be used for Putri Malu Candy

1) Putri Malu Leaves

Putri Malu leaves are used in products to provide health benefits that can prevent coughs, flu, and insomnia, also have high antibacterial and antioxidant properties. In addition, this plant also has sedative properties.

2) Putri Malu Root

Putri Malu root is used in products to provide health benefits that can prevent coughs, flu, and insomnia, it also has high antibacterial and antioxidant properties. In addition, this plant also has sedative properties.

3) Fuji Apple

Fuji apples are used in products to provide a fruity taste and add a natural sweetness to them as well because they contain flavonoids that can reduce the symptoms of inflammation and irritation in the respiratory tract that cause coughs and flu.

4) Red Dragon Fruit

Red Dragon Fruit is used in products because of the naturally sweet taste of the fruit and provides natural color to make the product look more attractive, it also contains vitamin B3 which can relieve stubborn coughs.

5) Sunkist Orange

Oranges are used in products so the product has a strong fruit taste and adds a good aroma. It is also a good source of vitamin C, which is good for consumption to maintain the immune system. Contains antioxidants to ward off exposure to free radicals.

6) Ginger

Ginger contains anti-inflammatory and antitussive substances, effective in relieving coughs. In addition, the gingerol content in ginger can make the airways more relieved it can reduce asthma symptoms and coughs.

7) Jelly Powder

Jelly Powder to give the candy a chewy texture

8) Instant Stevia

Instant Stevia used as a coating for candy. Stevia is a natural sweetener with zero calories. This plant can be used as a sugar substitute.

9) Cornstarch

Cornstarch used as a coating for candy

10) Honey

Honey used as a natural sweetener. Honey has anti-inflammatory and antioxidant effects, useful in treating symptoms that arise from diseases such as colds and coughs.

11) Water

Water used to cooked all the ingredients

2.2 THE UTENSIL USED DURING THE PROCESSING



Picture 2 The Utensil Used During The Processing

- 1) Knife
Knife are used to cut materials
- 2) Stove
Stove is used to cook ingredients
- 3) Pot
The pot is used to put the liquid to be cooked
- 4) Grater
A grater is used to get orange zest
- 5) Cutting board
Cutting board mat for cut all ingredients
- 6) Blender
Blender is used to mix all fruit ingredients
- 7) Strainer
Strainer is used to filter liquids
- 8) Digital Scale
Digital scales are used to weigh ingredients before use
- 9) Mold
The mold is used to shape the jelly to fit the size
- 10) Spoon
Spoon is used to stir so that the liquid can be combined
- 11) Baking paper
Baking paper for the base before putting it in the food dryer

12) Food dehydrator

Food dehydrator is used to remove liquid from jelly

13) Tissue

Tissue to pat dry the jelly before putting it in the dryer

2.3 APPROVED AND REVISED RECIPE

1. Approved Recipe

Recipe Name : Putri Malu Candy
Yield : 15 - 20 pcs
Main Ingredients : 30g Putri Malu Leaves and 40g Putri Malu Root

Ingredients

- 15g Ginger
- 255g Fuji Apple
- 320g Red Dragon Fruit
- 310g Sunkist Oranges
- 500mL Water
- 15g Jelly Powder
- 16g Instant Stevia
- 55g Honey

Method

1. Wash all the ingredients that will be used
2. Peel the apple, remove the skin for later use, cut the apple into several pieces
3. Before cutting the Sunkist oranges, first set aside the zest from the skin, cut the Sunkist, and then squeeze it to take only the water
4. For dragon fruit, clean the protruding skin, peel and set aside the skin, then cut the skin and flesh into several pieces
5. Prepare water to boil the roots, the leaves of the putri malu along with the ginger, dragon fruit peel, and Sunkist zest. Boiled until boiling
6. When it boils, strain and set aside the cooking water
7. Next, half the boiled water is used to blend apples, dragon fruit, and Sunkist juice. Blend until smooth
8. If it is smooth, strain and drain
9. Re-mix the boiled water and the results of the blender
10. Add honey, stir until everything is mixed
11. Pour the jelly powder into the pan then add all the liquid that has been mixed earlier
12. Cook until boiling, immediately turn off the heat. Pour into the box mold.
13. Wait for it to cool, put it in the chiller
14. When it has become jelly, cut into large cubes (approximately 15 - 20 pieces)
15. After that pat dry jelly, arrange it neatly along with the peeled apple skin
16. Put in the hydration device at a temperature of 60 degrees Celsius for 12 - 13 hours
17. If it feels chewy, set aside. While the apple skin becomes dry
18. Puree the skin of a hydrated apple into a powder, then mix it with stevia
19. Coat the candy (the result of the jelly earlier) into the powder mixture
20. Candy is ready to eat

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RECIPE BACKGROUND (50 - 100 WORDS)

My goal in making this candy product is to create a product that is new and beneficial for health. Especially can help relieve cough, flu, or insomnia. With the addition of fruit, this product can also help provide fiber for our bodies. With the uniqueness of using the roots and leaves of the Putri Malu plant, this is a good product and no one has made it yet. This plant is a wild plant that can indeed be used as herbal medicine. Because it aims to be a candy that can help relieve cough, flu, or insomnia, therefore I try to use all ingredients with natural ingredients. But unfortunately, this product is not recommended for children under 2 years and pregnant women.

APPROVAL TABLE (filled by advisor)

CHECK LIST	POINTS	APPROVAL
WASTE MANAGEMENT	20	✓
PROCESSING METHOD	20	✓
UNIQUE INGREDIENTS	20	✓
PRODUCT OUTLOOK	20	✗
HEALTH & NUTRITION	15	✓
NEW MODIFICATION	5	✓
TOTAL		80

*approval min. 50 points

NOTES (filled by advisor)

Approve

Picture 3 Approved Recipe

2. Revised Recipe

Putri Malu Candy

Yield: 32 pieces

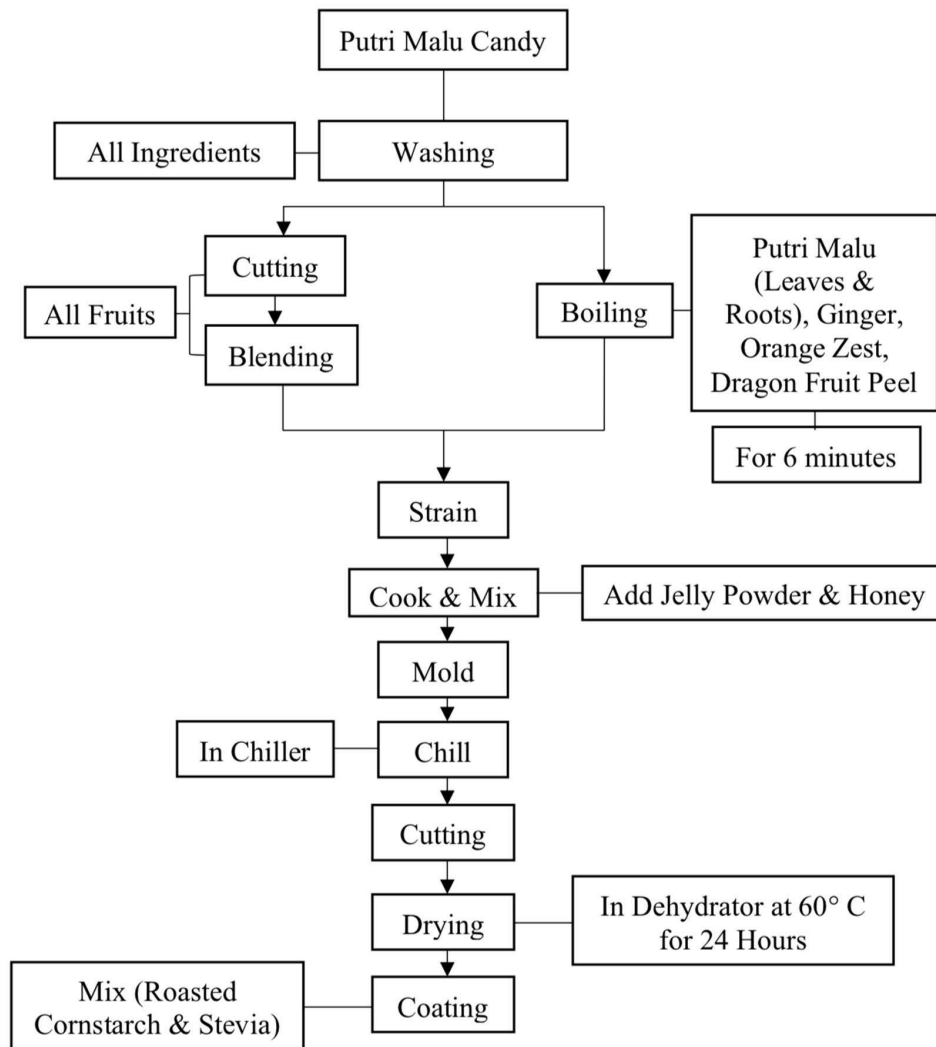
Ingredients:

- 30 g Putri Malu Leaves
- 10 g Putri Malu Root
- 15 g Ginger
- 255 g Fuji Apple
- 320 g Red Dragon Fruit
- 310 g Sunkist Oranges

- 500 mL Water
- 30 g Jelly Powder
- 2,6 g Instant Stevia
- 40 g Cornstarch
- 50 g Honey

*note: There is a recipe revision on the product, the reduced dose of Putri Malu root because it causes the color to be too dark and makes the product unattractive. After the first recipe, the texture of the product is not appropriate (less dense) that's why the dose of jelly powder is added. The sweetness that is obtained is more important in the candy, then the amount of honey is added and stevia is reduced on the outer coating. Then there is the addition of cornstarch because if just use stevia it doesn't cover the whole part.

2.4 PRODUCT PROCESSING SEQUENCE USING FLOWCHAT



Picture 4 Flow Chart

2.5 PRODUCT PROCESSING METHOD WITH PICTURES

1. Wash all ingredients (ginger, red dragon fruit, Sunkist orange, apple, Putri Malu root, Putri Malu leaf)



Picture 5 Wash all ingredients

2. Cut the fruit and remove the skin (except apples)



Picture 6 Cut the fruit

3. 500 mL of water to boil (leaves, roots, ginger, dragon fruit peel, and orange zest) until it boils then turn off the heat. Then strain



Picture 7 Boil Ingredients and Strain

4. Boiled water that has been filtered is used to blend fruit (apples, oranges, and dragon fruit)



Picture 8 Add The Liquid and Blend with Friut

5. Strain, after filtering, cook the liquid again over low heat, then add honey and jelly powder, until all is dissolved



Picture 9 Strain Blended Fruit, Add Honey, Add Jelly Powder

6. Strain the liquid while it is poured into the mold



Picture 10 Pour Into The Mold

7. Wait until the dough comes to room temperature, then put it in the chiller



Picture 11 Put The Mold in The Chiller

8. Once solid, cut into 32 parts, pat dry using a tissue. Put it in a food dryer for 24 hours, at a temperature of 60° C.



Picture 12 Cut into 32 Parts, Pat Dry, Put Into Food Dryer

9. Roast the cornstarch, when finished, wait for the cornstarch not to heat up, then mix it with stevia.



Picture 13 Roast Cornstarch, Mix With Stevia

10. After drying for 24 hours, take it out, then coat it with mixed powder (cornstarch and stevia)



Picture 14 Coat With Mixed Powder