

CHAPTER 2

Ingredients And Utensils Overview

2.1 Product Description

Lemon skin chips is a new snack product that main ingredient is the lemon skin itself, its crispy and have the lemon flavour. By consume this snack it helps consumer to avoid from cancer, Potassium which is also contained in it is also able to maintain blood pressure, so it is believed to prevent heart disease.

2.2 Materials

2.2.1 Lemon skins



Picture 1. Lemon skin

(Anonymous.2018)

My main ingredients on this project is Lemon skin. The writer choose lemon skin because people always throw away the skin when they only need the juice of lemon. The skin part that the writer use for my project is the white and the yellow part, you can see in the picture 1. On this project the writer will show to people if lemon skin can be edible.

Lemon peel extract contains polyphenols which can be given orally or topically to get photoprotection effect. The antioxidant mechanism of polyphenol compounds based on the ability to donate hydrogen atoms and the ability to chelate metal ions. After donating one hydrogen atom, the phenolic compound becomes a

stable compound and is not susceptible to resonance, so it is not easy to participate in other radical reactions. Lemon peels also contain flavonoids which are phenol antioxidants found in vegetables, fruits, bark, roots, flowers, tea and wine. The contribution of flavonoids to antioxidant defense systems is very large considering the total daily intake of flavonoids can range from 50-800 mg.(Hutasoit,2005)

2.2.2 Salt

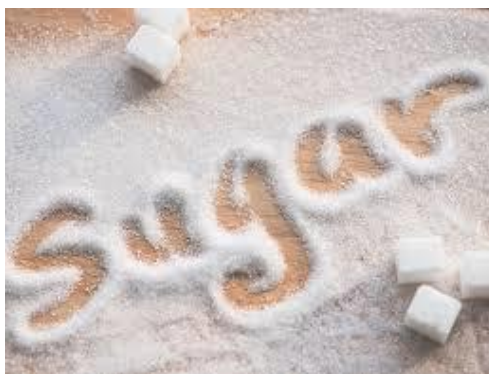


Picture 2. Salt

(Anonymous,2018)

Salt is a mineral composed primarily of sodiumchloride (NaCl). Salt is present in lot of quantities from the seawater, where it is the main mineral came from the sea. The open ocean has about 35 grams (1.2 oz) of solids per litre, a sanity of 35%. Salt is always used in our daily life, and salt is the one of the human basic taste. In food salt is one of the oldest and most ubiquitous food seasoning, and salting is one of method of food preservation. (Anonymous,2018)

2.2.3 Sugar



Picture 3. Sugar

(Anonymous, 2018)

Sugar is the generic name for Sweet-tasting and sugar is the most important cooking ingredients. But there are various of sugar, simple sugars are called monosaccharides and include glucose (also known as dextrose), fructose, and galactose. The "table sugar" or "granulated sugar" most customarily used as food is sucrose, a disaccharide of glucose and fructose.

Sugar are found in the tissues of most plants and are present in sugarcane and sugar beet. Indonesia is one of the largest importers of sugar in period 2009 to 2018, and there are several country such as China and United States.(Anonymous,2018)

2.2.4 Lemon juice



Picture 4. Lemon juice

(Anonymous, 2018)



There are a lot benefits of lemon juice for healthy, citrus fruits is very high in vitamin C, for example lemon juice, which is primary antioxidant that helps protect cells from damaging free radicals. Beside healthiness lemon juice can improves your skin quality. Vitamin C found in lemon may help reduce skin wrinkling. The taste of acid comes from the content of citric acid which is indeed contained to all its members of citrus (Marwanto, 2014).

2.2.5 Cinnamon



Picture 5. Cinnamon

(Anonymous, 2018)

In our product we don't use the cinnamon stick, but we use the powdered cinnamon, which is actually the same but powdered cinnamon is easier for processing the product.

Cinnamon is a spice and aromatic condiment and flavouring additive in a variety of cuisines. The term why its called "cinnamon" its colour mid- brown, and cinnamon is the name for several species of trees. Indonesia and China produced 75% of the world's supply of cinnamon. Another benefit of cinnamon is to have antioxidant activity because of it in cinnamon extract there are cinnamaldehyde, eugenol, trans acid compounds cinnamon, phenol compounds, and tannins. Antioxidants are capable compounds prevent rancidity and inhibit the oxidation reaction on the material contains fat or oil. (Adriyanto, 2013).

2.2.6 Soda water



Picture 6. Soda water

(Anonymous,2018)

Soda water or they called carbonated water is a generic term water given carbon dioxide gas which has been dissolve under preasure. Carbonated water usually contains (0.2~1.0%) Carbon dioxide in the form of aqueous Carbonic Acid. There are a lot of water are carbonated, including sparkling mineral water, club soda, sparkling water, tonic water, and soda water.

2.2.7 Cooking oil



Picture 7. Cooking oil

(Anonymous,2018)

Cooking oil is plant, animal, or synthetic fat used in frying, baking, and other types of cooking. It is also used in food preparation and flavouring not involving heat, such as salad dressings and bread dips, and in this sense might be more accurately termed edible oil. Cooking oil is typically a liquid at room temperature, although some oils that contain saturated fat, such as coconut oil, palm oil and palm kernel oil are solid. There are a wide variety of cooking oils from plant sources such as olive oil, palm oil, soybean oil, canola oil (rapeseed oil), corn oil, peanut oil and other vegetable oils, as well as animal-based oils like butter and lard.(Anonymous,2018)

2.3 Equipment and tools

2.3.1 Spoon



Picture 8. Spoon

(Anonymous, 2018)

Spoon is an utensil which shape have the small shallow bowl, oval or round, and at the end have the handle. Spoons are also used in food preparation to measure, mix, stir and toss ingredients.

2.3.2 Bowl



Picture 9. Plastic bowl

(Indiamart, 2016)

Plastic bowl is a bowl used for put the goods, or food. They always used in catering industry. There are so many size that can be adjust to fit our need.

2.3.3 Cutting board



Picture 10. Cutting board

(Anonymous, 2018)

Cutting board is a board on which to place material for cutting. Cutting board or kitchen board is usually used in preparing food, or cutting other types for raw materials. Cutting board are often made from wood and plastic and they have various width and size.

2.3.4 Knife



Picture 11. Knife

(Anonymous, 2018)

Knife is a tool for cutting ingredients, which having the blade and hand held. Knife also used for food preparation.

2.3.5 Saucepan



Picture 12. Saucepan

(Anonymous, 2018)

Saucepan is a deep bowl that used for making sauce or boiling ingredients. Saucepan is really useful for boiling.

2.3.6 Gas stove



Picture 13. Gas stove

(Anonymous, 2018)

Gas stove is a cooker/stove which uses syngas, natural gas, propane, butane, liquefied petroleum gas or other flammable gas as a fuel source. Gas stove always needed in every kitchen.

2.3.7 Kitchen scale



Picture 14. Kithcen scale

(Anonymous, 2018)

Kitchen scale or they called weighing scale are devices for measuring weight, Spring balances or spring scales calculate weight that is the product of mass into gravity (9.807 m/s^2) on the force on a spring, whereas a balance or pair of scales using a balance beam compares masses by balancing the weight due to the mass of an object against the weight of one or more known masses.(Anonymous,2018)

2.3.8 Stainless tray



Picture 15. Stainless tray

(Anonymous,2018)

Stainless tray is a flat/round tray used for put the goods, or food. They always used in catering industry. There are so many size that can be adjust to fit our need. There are some shape of stainless tray such as round,square and rectangle.

2.3.9 Ziplock package



Picture 16. Ziplock package

(Anonymous,2018)

Ziplock packaging is made by plastic and it's sealed by zip, so its easy to open and close by zipping the zip.

2.3.10 Sun Drying method



Picture 17. Sunlight

(Anonymous,2018)

Sunlight is a portion of the electromagnetic radiation given off by the Sun, in particular infrared, visible, and ultraviolet light. On Earth, sunlight is filtered through Earth's atmosphere, and is obvious as daylight when the Sun is above the horizon. (Anonymous,2018)