

CHAPTER II

INGREDIENTS AND UTENSILS OVERVIEW

2.1 Material

1. Avocado seed



Picture 1. Avocado seed

The avocado has been all the rage lately with every type of avocado toast you can imagine being found at nearby cafes. Additionally, avocados offer the benefits of healthy fat — something keto diet fans crave. Beside, avocado seed also have some benefit for people, such as providing amazing antioxidants, possibly helping reduce the risks of Alzheimer’s and lowering pain from toothaches. It also may aid in the treatment of diabetes, constipation and diarrhea, and arthritis — not to mention its antifungal properties, collagen benefits, cholesterol-lowering effects and more — making it the latest and greatest super-seed.

According to the Leung’s Encyclopedia of Common Natural Ingredients, the avocado seed contains biscatechin, a condensed flavanol. One study isolated biscatechin from avocado seeds and tested in mice and rats. The biscatechin was shown in vitro to have antimicrobial activity and antitumor effects on the animals. According to a study performed at the National University of Singapore, the avocado seed offers more antioxidant activity than some more commonly eaten

fruit parts. In fact, the study shares that the seeds may actually contain more than 70 percent of the antioxidants found in the entire fruit. That makes the avocado seed a powerful antioxidant resource.

Alzheimer's disease affects the brain and is considered one of the most neurodegenerative diseases on the planet. Many studies have been conducted to review the phytochemical contents of the avocado seed.

An evaluation published in the *Journal of Basic and Clinical Physiology and Pharmacology* showed the evidence of saponins, alkaloids and terpenoids in the extracts of the avocado seed. According to the researchers, these phytochemicals may offer a natural approach to helping manage the affects of Alzheimer's disease, concluding "The anti-cholinesterase and antioxidant activities of avocado leaf and seed could be linked to their phytoconstituents and might be the possible mechanisms underlying their use as a cheap and natural treatment/management of AD. However, these extracts should be further investigated in vivo."

The avocado seed is one of the top high-fiber foods on the planet, and we know fiber can help balance cholesterol levels. That may be why research shows avocado seeds can lower cholesterol.

2. Water



picture 2. Water
(Anonymous, 20018)

Water is a transparent and nearly colorless chemical substance that is the main constituent of Earth's streams, lakes, and ocean, and the fluids of most living organisms. Its chemical formula is **H₂O**, means that its molecule contain one oxygen and two hydrogen atoms, that are connected by covalent bonds. Water strictly refers to the liquid state of that substance, that prevails at standard ambient temperature and pressure but it often refers also to its solid state (ice) or its gaseous state (steam or water vapor). It also occurs in nature as snow, glaciers, ice packs and icebergs, cloud, fog , dew, aquifers, and atmospheric humidity.

2.2 Equipment and Tools

1. Wooden spatula



Picture 3. Wooden spatula
(Anonymous, 2018)

Spatula is a small implement with a broad, flat, flexible blade used to mix, spread and lift material, including foods, drigs, plaster and paints.

2. Gastronoms



Picture 4. Gastronom
(Anonymous, 20018)

Gastronom contain is a container used in the catering industry. There are so many size that can be adjust to fit our need.

3. Cutting board ⁱⁱ



picture 5. Cutting board
(Anonymous, 2018)

A cutting board is a wooden board that people usually use for cutting and chopping, cutting board also used on preparing food, they are two types of cutting board's material such as plastic and wood.

4. Knife



picture 6. Knife
(Anonymous, 2018)

Kitchen knife is the important tools in the kitchen, any kitchen knife is intended to be used on food preparation.

5. Saucepan



Picture 7, saucepan
(Anonymous, 2018)

A sauce pan is a deep pan that used for making sauce or even boiling, saucepan are very good to boiling.

6. Gas Stove



picture 8, gas stove
(Anonymous, 2018)

Gas stove is a stove which is use natural gas, propane, butane, liquefied petroleum or other flammable gas as fuel source.

7. Spoon



picture 9. Spoon
(Anonymous, 2018)

A spoon is a utensil consisting of a small shallow bowl, oval or round, at the end of a handle. It is used primarily for serving. Spoons are also used in food preparation to measure, mix, stir and toss ingredients. Present day spoons are made from metal (notably flat silver or silverware, plated or solid), wood, porcelain or plastic.

8. Blender



picture 10. Blander
(Anonymous, 2018)

A blender is a kitchen device used to mix, purée, or emulsify food and

other substances. A blender consists of a blender jar with a rotating metal blade at the bottom, powered by an electric motor in the base. Some powerful models can also crush ice. The newer immersion blender configuration has a motor on top connected by a shaft to a rotating blade at the bottom, which can be used with any container.

9. Strainer



picture 11. Strainer
(Anonymous, 2018)

Strainer is a kitchen device that is most used to strain liquids away from other ingredients but also to occasionally sift fine ingredients away from larger ingredients. The strainer may be formed as a spoon-shaped utensil or a basket-shaped strainer from various materials such as metal, nylon or cloth. Some strainers with mesh screens have various densities of screening that range from fine to very coarse screens. Finer screens keep very tiny particles from being released while the more coarse strainers are often used simply to hold or retrieve larger food items such as fried foods that are removed from hot oils as they cook.

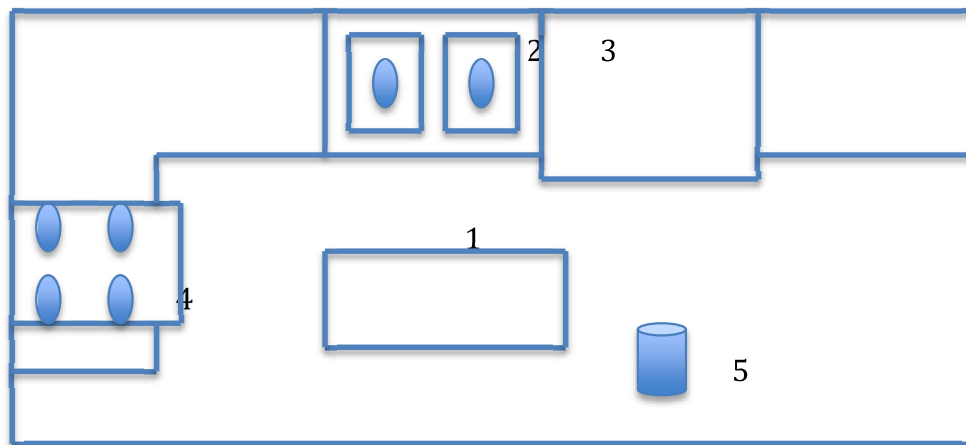
10. Kitchen Scale



picture 12. Kitchen scale
(Anonymous, 2018)

Kitchen digital scale is a kitchen device used to measure the weight of ingredient and other food. Using a scale will result in a more accurate measurement of the ingredients than by measuring it by volume. Scales are usually available in manual and digital models.

1. Kitchen Layout



Picture 1.13

notes :

1. island/ preparation table : to place the equipment such as blender, wooden spatula, gastronome, cutting board.

2. sink : to clean the ingredients and utensils

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|-------------------|---|
| 3. Diswasher | : clean up the plate or spoon |
| 4. Range/ cooktop | : to boiled the main ingredient and utensil |
| 5. Black circle | : trash bin |