

CHAPTER II

INGREDIENT AND UTENCILS OVERVIEW

A. Detail Background of the Main Ingredients



1. Banana Blossom

The banana inflorescences are shooting out from the heart in the tip of the stem, is at first a large, long-oval, tapering, purple-clad bud. As it opens, the slime, nectar-rich, tubular, toothed, white flowers appear. They are clustered in whorled double rows along the floral stalk, each cluster is covered by a thick, waxy thing and it is purple on the outside and deep red within. The flowers occupying the first 5 – 15 rows are female. As the rachis of the inflorescence continues to elongate, sterile flowers with abortive male and female parts appear, followed by normal ones with abortive ovaries. The two latter flower types eventually drop in most edible bananas. It is used for adding more unique taste and giving more nutrient to the crackers



2. Tapioca Flour

Tapioca is a starch extracted from cassava root. This species is native to the northeast region of Brazil, but it's spreading throughout South America. The plant was carried by Portuguese and Spanish explorers to most of the West Indies and Africa and Asia. It is tropical, perennial shrub that is less commonly cultivated in temperate climate zones. Cassava thrives better in the poor soils than many other food plants. It is used to make a dough



3. High Protein Flour

High protein flour is milled from hard wheat and has an especially high protein content, making it high in gluten. It is often blended by the maker with other low-gluten flours to give them more strength and elasticity. It is also used for particularly crusty breads and pizza dough, It does not darken the colour of the final product, as does clear flour. And it is used to make a dough



4. Garlic

Garlic is a species in the onion genus. It is a close relatives that includes the onion, shallot, leek, chive, and Chinese onion.

Garlic is native to Central Asia and North Eastern Iran, and has long been a common seasoning worldwide, with a history of several thousand years of human consumption and use. It was known to ancient Egyptians, and has been used both as a food flavouring and as a traditional medicine. China produces some 80% of the world supply of garlic. And it is used for giving more flavour to the crackers



5. Chicken Powder

Powdered amphetamine. Chicken stocks that are made into an instant powder with monosodium glutamate . And it is used for seasoning



6. Water

Water (chemical formula **H₂O**) is an inorganic, transparent, tasteless, odorless, and nearly colourless chemical substance, which is the main constituent of Earth's hydrosphere and the fluids of all known living organisms (in which it acts as a solvent^[1]). It is vital for all known forms of life, even though it provides no calories or organic nutrients. Its chemical formula H₂O, indicates that each of its molecules contains one oxygen and two hydrogen atoms, connected by covalent bonds. The hydrogen atoms are attached to the oxygen atom at an angle of 104.45°.^[2] "Water" is the name of the liquid state of H₂O at standard conditions for temperature and pressure. It is used for mixing the ingredients



7. Coriander Seeds

The dry fruit are known as coriander seeds or simply as coriander. They have a lemony citrus flavour when crushed, due to the presence of the terpenes linalool and pinene. It is also described as warm, nutty, spicy, and orange flavoured. They are usually dried but can be eaten green. Ground coriander is a major ingredient in curry powder, certain Belgian-style beers and other aromatic dishes. It is used for more unique flavour in the crackers

8. Salt



Salt is a mineral composed primarily of sodium chloride, a chemical compound belonging to the larger class of salts; salt in its natural form as a crystalline mineral is known as rock salt or halite. Salt is present in vast quantities in seawater, where it is the main mineral constituent. The open ocean has about 35 grams of solid per litre, a salinity of 3.5%



9. "PULI"

It is a mixture of high concentrated salt mineral. Usually used for making cracker to get the crispy texture.



10. Vegetable Oil

Cooking oil is a plant, animal or synthetic fat that 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 term in edible oil. And it will be used for deep frying.

B. Nutrition Value and Health Benefits of the Main Ingredient

1. IMPORTANCE OF EATING BANANA BLOSSOM

Based on the study, every 25 grams of banana's heart contains:

- 31 calories
- 1.2 grams of protein compounds
- 0.3 grams of fat
- 7.1 grams of carbohydrates

The heart of bananas also contains the benefit of vitamin E, vitamin B1, vitamin C and essential minerals such as phosphorus, calcium and iron. The nutritious content, anyone will be tempted to process the heart of bananas into cuisine and delicious food. The benefits of banana's heart include:

- Preventing stroke
- Preventing Cholesterol
- Smooth digestion
- Rich in fibre
- Blood cycle
- Anti aging
- Prevent cancer (<https://manfaat.co.id/17-manfaat-jantung-pisang-untuk-kesehatan-pengobatan-dan-menu-masakan>)

C. Short Overview of New Product Characteristics

The Crackers is more crunchy than the original one because I used banana blossom in the ingredients.

D. Utensils Overview

1. Mixing Bowl / Gastronome used for put ingredients separately and mixing



Picture 3.11 Mixing Bowl

2. Blender used for puree the banana blossom



Picture 3.12 Blender

3. Pot used for boiling the banana blossom dough



Picture 3.13 Pot

4. Wooden spatula used for mix all ingredients



Picture 3.14 Wooden Spatula

5. Metal spoon used for taking the seasoning



Picture 3.15 Metal Spoon

6. Plastic used for cook and form the crackers dough



Picture 3.16 Plastic

7. String used for the tie dough that have been put in plastic



Picture 3.17 String

8. Digital scale used for scale all the ingredients



Picture 3.18 Digital Scale

9. Box Lid used for drying out the crackers



Picture 3.19 Box Lid

10. Strainer used for take the crackers out while deep frying



Picture 3.20 Strainer

11. Stove used for frying the crackers



Picture 3.21 Stove

12. Chef knife used for slicing the cracker dough and banana inflorescence



Picture 3.22 Chef Knife