

CHAPTER 2

INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE MATERIAL TO BE USED



Picture 1. The Material to be Used

1. Multigrain

The main ingredient for making high-fiber jellycandy is Multigrain. The multigrain used consists of brown rice which is high in fiber and contains anthocyanins, black rice which has antioxidants and iron, barley which has minerals and nutrients, basil seeds as vitamins and is high in fiber, green beans as anti aging and has antioxidants, rice Glutinous as an addition to Vitamins and Antioxidants, Corn which is rich in Calories, Vitamins, and Minerals. Sesame as Vegetable Oil, Red Millet and White Millet are high in fiber and also contain Magnesium.

2. Stevia

Stevia to for a healthy sweet taste and low in calories, and safe for people with diabetes and children. Stevia stevia is 300x sweeter than sucrose

3. Glucomanan

Glucomannan as a healthier substitute for gelatin which is used as a homogenizer in candy making. And gives a chewy effect to the candy.

4. Vanilla Extract

Vanilla Extract as a flavor balancer and gives a vanilla aroma to the candy.

2.2 DESCRIPTION OF THE TOOLS TO BE USED



Picture 2. The Tools Used During The Processing

1. Dehydrator

Dehydrator to dry candy by using a temperature of 70 degrees overnight to remove the moisture content as much as 40%

2. Blender

Blender to smooth Multigrain at high speed that has been soaked so that the juice and nutrients are not wasted.

3. Cheese Cloth

Cheese Cloth with a size of 3mm to separate the extracted Multigrain so that none of the seed pulp is mixed in the soaking water.

4. Cake Mold

Cake Mold with a size of 30 x 4 for shaping to get a precise size and thickness.

5. Laddle

Laddle for stirring the soaked multigrain to mix with other ingredients perfectly.

6. Stove

Stove for cooking Multigrain that has been soak using medium temperature until the texture is like honey.

7. Digital Scale

Digital Scales to weigh ingredients so that the ingredients used do not exceed the dose, because it will cause differences in taste and texture.

8. Container

Containers for multigrain soaking containers. In order to avoid bacteria and dust, so that hygiene is maintained.

9. Pot

Pot for boiling soaked multigrain and as a container for heating so that other ingredients can be mixed well.

10. Knife

Knife to cut the jelly that has formed perfectly in the cake mold to get the right size.