

CHAPTER 2 INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE MATERIAL TO BE USED FOR AVOCADO SEED FLOUR



Picture 1. The Material to be Used (Personnal Documentation)

1. Avocado Seed

The main ingredients to make the flour

2.2 DESCRIPTION OF THE MATERIAL TO BE USED FOR MINI DONUT BOMBOLONI



Picture 2. The Material to be Used (Personnal Documentation)

- 1. Bread Flour**
The main ingredients to make the bomboloni
- 2. Avocado seeds flour**
The main ingredients to make the bomboloni
- 3. Butter**
The main ingredients to make the bomboloni
- 4. Egg**
The main ingredients to make the bomboloni
- 5. Yeast**
The main ingredients to make the bomboloni
- 6. Milk (low fat)**
The main ingredients to make the bomboloni
- 7. Powder milk**
The main ingredients to make the bomboloni
- 8. Salt**
The main ingredients to make the bomboloni
- 9. Water**
The main ingredients to make the bomboloni

2.3 DESCRIPTION OF THE MATERIAL TO BE USED FOR FILLING



Picture 3. The Material to be Used (Personnal Documentation)

- 1. Cornstarch**
The main ingredients to make the filling
- 2. Egg**
The main ingredients to make the filling
- 3. Stevia sugar**
The main ingredients to make the filling
- 4. Powder coffee**
The main ingredients to make the filling
- 5. Milk chocolate**
The main ingredients to make the filling
- 6. Milk (low fat)**
The main ingredients to make the filling

2.4 DESCRIPTION OF THE MATERIAL TO BE USED FOR SAUCE



Picture 4. The Material to be Used (Personal Documentation)

1. Avocado fruit

The main ingredients to make the sauce

2. Egg

The main ingredients to make the sauce

3. Stevia sugar

The main ingredients to make the sauce

4. Avocado flavoring paste

The main ingredients to make the sauce

5. Cornstarch

The main ingredients to make the sauce

6. Condensed milk

The main ingredients to make the sauce

7. Milk (low fat)

The main ingredients to make the sauce

2.5 DESCRIPTION OF THE MATERIAL TO BE USED FOR TOPPING



Picture 5. The Material to be Used (Personnal Documentation)

1. **Cornstarch**

The main ingredients to make the sauce

2. **Brown sugar**

The main ingredients to make the sauce

3. **Stevia sugar**

The main ingredients to make the sauce

4. **Baking soda and Baking powder**

The main ingredients to make the sauce

5. **Butter**

The main ingredients to make the sauce

6. **Egg**

The main ingredients to make the sauce

7. Vanilla extract

The main ingredients to make the sauce

8. Lemon

The main ingredients to make the sauce

9. Yakult

The main ingredients to make the sauce

2.6 THE TOOLS USED DURING THE PROCESSING



Picture 6. The Tools Used During The Processing (Personnal Documentation)

1. **Frying pan**

Frying pan used to fried the donut.

2. **Pan**

Pan used to made the sauce, filling and water roux.

3. **Spoon**

Spoon used to mix all ingredients.

4. **Digital scale**

Digital scale used to measure the amount of the ingredients.

5. **Cutting board**

Cutting board used to cut all ingredients.

6. **Bowl**

Bowl used to put the ingredients.

7. **Knife**

Knife used to cut all ingredients.

8. **Wooden Spatula**

Wooden spatula used to fry the donut.

9. **Strainer**

Strainer used to strain the fry donut from the oil.

10. **Stove**

Stove used to cook the filling, sauce and water roux.

11. **Gas**

Gas used to provide fire.

12. **Oven**

Oven used to baked the cookies.

13. **Blender**

Blender used to smooth the ingredient.