

## APPENDIX

### 7.1 Nutrition Facts of Healthy Tofu(1pc)

There are the nutrients values of healthy tofu per 1 pc:

1. Carbohydrates =  $(20\text{g} + 21,67\text{g}) \times 4$   
=  $41,67 \text{ g} \times 4$   
=  $166,68 \text{ kcal} \times 5$   
=  $833,4 \text{ kcal} : 16 \text{ pcs}$   
= **52,09 kcal**
2. Protein =  $(21,22 \text{ g} + 20,78 \text{ g}) \times 4$   
=  $42 \text{ g} \times 4$   
=  $168 \text{ kcal} \times 5$   
=  $840 \text{ kcal} : 16 \text{ pcs}$   
= **52,5 kcal**
3. Total Fat =  $(49,42 \text{ g} + 51,46 \text{ g}) \times 9$   
=  $100,88 \text{ g} \times 9$   
=  $907,92 \text{ kcal} \times 5$   
=  $4539,6 \text{ kcal} : 16$   
= **283,725 kcal**
4. Total Energy =  $(575 \text{ kcal} + 584 \text{ kcal}) \times 5$   
=  $1.159 \text{ kcal} \times 5$   
=  $5.795 \text{ kcal} : 16$   
= **362,188 kcal**

There are the percentages of RDA of healthy tofu per 1 pc:

1. Carbohydrates =  $(52,09 \text{ kcal} : 1.350 \text{ kcal}) \times 100\%$   
= **3,859%**
2. Protein =  $(52,5 \text{ kcal} : 300 \text{ kcal}) \times 100\%$   
= **17,5%**
3. Total Fat =  $(283,725 \text{ kcal} : 350 \text{ kcal}) \times 100\%$   
= **81,064%**

## 7.2 Packaging Design

### 1. Logo



**Picture 11.**Logo of Healthy Tofu (Personal Documentation, 2018)

### 2. Packaging



**Picture 12.**Packaging of Healthy Tofu (Personal Documentation, 2018)

### 7.3 Process of Making Healthy Tofu

There are the process of making healthy tofu:



**Picture 13.**Wash the ingredients then thrown away the husk (Personal Documentation, 2018)



**Picture 14.**Soak it overnight (Personal Documentation, 2018)



**Picture 15.**Blend until smooth (Personal Documentation, 2018)



**Picture 16.**Strain the milk (Personal Documentation, 2018)



**Picture 17.**Boil the milk (Personal Documentation, 2018)



**Picture 18.**Add the vinegar (Personal Documentation, 2018)



**Picture 19.**Skim the curds and pour into the mold (Personal Documentation, 2018)



**Picture 20.**Press down with heavy object-Mortar (Personal Documentation, 2018)



**Picture 21.**The tofu is ready (Personal Documentation, 2018)

#### 7.4 Supplier List

The supplier for making healthy tofu is all from Online Shopping at Shopee. There are the suppliers for making healthy tofu:



**Picture 22.**Almonds Supplier (Personal Documentation, 2018)



**Picture 23.**Sunflower seeds Supplier (Personal Documentation, 2018)





**Picture 24.**Cheese Cloth Supplier (Personal Documentation, 2018)



**Picture 25.**Cup Supplier (Personal Documentation, 2018)



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### TOFU MADE FROM ALMONDS AND SUNFLOWER SEEDS

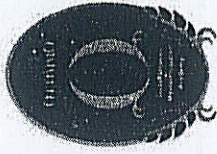
Ingredients :

1. 500 gr almonds
2. 500 gr sunflower seeds
3. 2500 ml water
4. 100 ml vinegar

Steps :

1. Wash the almonds and sunflower seeds then soak it overnight.
2. Put almonds and sunflower seeds in the blender, add 2500 ml of water then blend until smooth.
3. Boil the almonds and sunflower seeds that have been blended (milk) then simmer for about 20 minutes with medium heat, stir frequently.
4. Strain the milk.
5. Heat the milk up to 80 degrees (Celsius).
6. Remove from heat, put 100 ml vinegar and stir gently. Wait about 20 minutes until the curds separated.
7. Skim the curds and pour into the mold.
8. Press down with a heavy object.
9. Leave for about 30 minutes and the tofu is ready.





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**FORM CONSULTATION  
RESEARCH AND DEVELOPMENT  
FINAL PROJECT**

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**STUDY PROGRAM OF CULINARY ART  
OTTIMMO INTERNATIONAL  
MASTERGOURMET ACADEMY  
SURABAYA**



No	Date	Topic Consultation	Name/ Signature
1.	Rabu, 7 Maret 2018	Konsultasi mengenai resep	
2.	Senin, 2 April 2018	Konsultasi tentang bahan membuat tahu (Almond slice / Almond utuh)	
3.	Senin, 9 April 2018	Konsultasi tentang bahan untuk mengemulsi tahu (cuka makan / jeruk nipis)	
4.	Minggu, 15 April 2018	Percobaan 1 pembuatan tahu, konsultasi tentang air tahu tidak mengumpul	
5.	Kamis, 19 April 2018	Percobaan 2 pembuatan tahu, konsultasi tentang air tahu sudah mengumpul tanpa diberi cuka	
6.	Rabu, 6 Juni 2018	Konsultasi struktur penulisan Chapter 1 (Format PnD)	
7.	Tumart, 8 Juni 2018	Pertemuan Chapter 1	

No	Date	Topic Consultation	Name/ Signature
8.	Selasa, 12 Juni 2018	Konsultasi Chapter 1-4 Mengumpulkan Chapter 1-4	
9.	Selasa, 26 Juni 2018	Pertemuan chapter 1-4	
10.	Senin, 23 Juli 2018	Konsultasi nutrisi facts konsultasi Chapter 5 mengenai Financial Aspect	
11.	Selasa, 24 Juli 2018	Konsultasi mengenai Chapter 6, list of table dan executive summary	
12.	Kamis, 26 Juli 2018	Pertemuan penulisan sifat di Chapter 4	
13.	Sabtu, 28 Juli 2018	Konsultasi tentang packaging dan poster	
14.	Rabu, 1 Agustus 2018	Konsultasi tentang list dari appendix	