








## CHAPTER II




### PRODUCT OVERVIEW

#### 2.1 DESCRIPTION OF THE INGREDIENTS TO BE USED

Table 1. Ingredient





No	Ingredients	Descriptions	Quantities	Function in process
1	 <p style="text-align: center;">Figure 1. stevia</p>	<p>Stevia is a plant native to South America that has been known for hundreds of years as a natural sweetener.</p>	25 gram	Stevia used to add sweetness to the sponge cake.
2	 <p style="text-align: center;">Figure 2. Honey</p>	<p>Honey is a substitute for the sweet and thick food made by honeybees and some other insects.</p>	100 gram	Honey used to add sweetness to the sponge cake.
3	 <p style="text-align: center;">Figure 1. Baking powder</p>	<p>Baking powder is a leavening agent, which consists of a mixture of sodium bicarbonate, sodium aluminium phosphate, and monocalcium phosphate.</p>	5 gram	Baking powder used to dough becomes 2 times bigger






4	 <p>Figure 2. Margarine</p>	<p>Margarine or margarine is made from vegetable fat, usually palm oil. Coconut oil will go through a hydrogenation process, which changes the liquid form into a solid with hydrogen gas.</p>	75 gram	<p>Margarine used to add aroma and also make sponge cake soft.</p>
5	 <p>Figure 3. Xanthan gum</p>	<p>Xanthan gum is a polysaccharide produced from fermentation using the bacterium xanthomonas campestris which grows naturally on brassica or cabbage plants.</p>	5 gram	<p>Xanthan gum used to thickener in sponge cake.</p>
6	 <p>Figure 4. yam uwi</p>	<p>Uwi is one of the staple food crops of starch which is very important in tropical and sub-tropical agriculture because this plant shows a strong growth cycle.</p>	250 gram	<p>Yam tumber used to as a substitute for flour.</p>
7	 <p>Figure5. Vanilla essence</p>	<p>Vanilla essence is a product of chemical compounds that only give an aroma</p>	5 ml	<p>Vanilla essence used to add fragrance from cake.</p>





8	 <p data-bbox="347 521 544 555">Figure 6. Eggs</p>	Eggs are animal food ingredients that come from poultry which have a high protein.	4 egg	Egg used to binder that holds the dough and also make sponge cake soft.
9	 <p data-bbox="347 851 544 884">Figure 7. TBM</p>	TBM Function for mix all ingredients so the dough can next level.	4 Gram	TBM used to dough becomes 2 times bigger and also so that the dough does not break when adding flour.
10	 <p data-bbox="331 1321 561 1355">Figure 8. Spinach</p>	Spinach is one of the vegetables that can grow well in Indonesian, and is a vegetable that is very popular with Indonesian people	150 gram	Spinach used to adding more nutrition

## 2.2 THE UTENSIL USED DURING THE PROCESSING

Table 2. Utensil and equipment

No	Picture	Utensils descriptions	Function in process
1	 <p data-bbox="379 792 580 824">Figure 9. Knife</p>	<p data-bbox="711 403 925 506">A knife is a tool used to cut something.</p>	<p data-bbox="1000 403 1302 577">in the process, a knife is used to peel the skin of the yam tuber and also slice the uwi tuber so that it is small</p>
2	 <p data-bbox="323 1106 636 1137">Figure 10. cutting board</p>	<p data-bbox="711 869 970 1079">The cutting board serves as a base for cutting food ingredients, ranging from meat, onions, vegetables, or fruit.</p>	<p data-bbox="1000 869 1294 972">In the process, used as a base for cutting yam tubers</p>
3	 <p data-bbox="383 1447 574 1478">Figure 11. Pan</p>	<p data-bbox="711 1187 944 1433">a pan is a cooking utensil made of metal (aluminum, steel, etc.) and is cylindrical or smaller at the bottom.</p>	<p data-bbox="1000 1187 1310 1326">In the process, the pan is used as a container to wash the cut yam tubers.</p>
4	 <p data-bbox="347 1836 612 1868">Figure 12. strainer 1</p>	<p data-bbox="711 1527 960 1630">strainer is used to wash vegetables or fruit</p>	<p data-bbox="1000 1527 1302 1666">In the process, strainer is used to drying yam tubers from water after washing clean.</p>

5	 <p data-bbox="331 573 624 611">Figure 13. Dehydrator</p>	<p data-bbox="708 197 978 450">Dehydrator is a machine that is useful for drying fruit, fish, meat and vegetables for commercial purposes.</p>	<p data-bbox="997 197 1278 304">In the process, dehydrator is used to drying yam tuber.</p>
6	 <p data-bbox="352 965 604 1003">Figure 14. Chopper</p>	<p data-bbox="708 649 938 757">Chopper is a tool for cutting and grinding food.</p>	<p data-bbox="997 649 1307 757">In the process, chopper is used to cutting and grinding yam tuber.</p>
7	 <p data-bbox="336 1234 620 1272">Figure 15. Gastronom</p>	<p data-bbox="708 1003 954 1189">Gastronom is a kitchen tool that is commonly used to wash fruit or vegetables.</p>	<p data-bbox="997 1003 1310 1256">In the process, gastronome is used to as a container for dough and also a container for the results of uwi flour that has been sifted and Ground</p>
8	 <p data-bbox="344 1615 612 1653">Figure 16. Strainer 2</p>	<p data-bbox="708 1312 943 1420">strainer is usually used to sift and grind flour</p>	<p data-bbox="997 1312 1299 1420">In the process, strainer used to sift and grind yam tuber.</p>
9	 <p data-bbox="312 1995 644 2033">Figure 17. Kitchen Scales</p>	<p data-bbox="708 1693 975 2018">Kitchen scale is one of the types of counting scales. Scales that have very diverse functions so that they can be used in every daily activity. Called kitchen</p>	<p data-bbox="997 1693 1307 1879">In the process, kitchen scales used to Weigh all the ingredients used in making the steamed sponge</p>

		<p>scales because these scales are used to weigh food ingredients for purposes in the kitchen, which are commonly used to assist in the manufacture of cakes or the process of making a meal.</p>	
10	 <p>Figure 18. Sauce Pan</p>	<p>a sauce pan is a cooking utensil made of metal (aluminum, steel, etc.) and is cylindrical or smaller at the bottom.</p>	<p>In the process, sauce pan is used for heating water to ban marie margarine.</p>
11	 <p>Figure 19. Mixer</p>	<p>Mixer is a mechanical device used to mix dough ingredients that are usually used for cake making.</p>	<p>In the process, mixer is used to mixed all ingridients become dough.</p>
12	 <p>Figure 20. Spatula</p>	<p>The function of a spatula in general is to flip food in a frying pan or frying pan.</p>	<p>In the process is used to clean all the remaining dough in the container.</p>
13	 <p>Figure 21. Steamer</p>	<p>steamer is one way of processing food through heating using water vapor in a closed container.</p>	<p>In the process steamer is used to steam dough.</p>

## 2.3 APPROVED AND REVISED RECIPE

Revised recipe

Recipe name : steam cake

Yield : 6 portion

Main ingredients : 250 gram yam tumber

Ingredient :

- 250 gram yam tumber flour
- 25 gram stevia
- 100 gram honey
- 4 egg
- 75 gram Margarine
- 5 ml vanilla essence
- 4 gram baking powder
- 4 gram TBM
- 2 gram xanthan gum
- 150 gram Spinach

Method :

- First clean the yam tumber then cut it into small pieces and then put it in dehydrator for 1 days, after 1 days ground it with chopper. For spinach first boil a water and then take the leaf and wash the leaf and boil it for a minute then take it in a dehydrator for 1 day, after 1 day ground it with chopper.
- Second, heat the water in the saucepan then remove and ban marie margarine.
- third mixer eggs, stevia, honey, vanilla essence and TBM until blended and fluffy.
- Fourth, enter the uwi tuber flour, baking powder, xantan gum, Spinach powder and mix well using a spatula
- Fifth add margarine then fold
- Put the dough into the prepared container and then steam it
- After 30 minutes take the steamed sponge and then wait until room temperature.



Recipe name : bolu kukus

Yield : 5 - 10 portion

Main ingredients : 250 gr umbi uwi flour

Ingredients :

- 250 gr umbi uwi flour
- 150 gr spinach
- 250 gr stevia
- 4 eggs
- 200 gr butter
- 10 ml vanili
- 1 tsp baking powder
- 1 tsp tbm
- 30 gr xantan gum

Method :

- first clean the umbi uwi then cut it into small pieces and then put it in a dehydrator for 2 days, after 2 days puree it with a blender
- both wash and clean the spinach, then boil the spinach for 1 minute then put it in the oven at 150 ° for 10-15 minutes then puree with a blender
- third mixer eggs and stevia until well blended and fluffy
- Fourth, enter the uwi tuber flour, spinach powder, vanilla, baking powder, xantan gum and TBM and mix well using a spatula
- Fifth, add the melted butter and mix again until smooth
- prepare a baking sheet / mold that has been spread with butter then enter the dough and steam for about 30 minutes.
- After 30 minutes take the steamed sponge and it's ready to be served

Student name : shinta khurniawan

Advisor name : chef yohana prasetio

Date & time of submission : 12 / 4 / 22 (11.00)



Recipe background :

from ancient times until now, people must really like Indonesian wet foods such as cucur cakes, nagasaki, cupcakes, steamed sponge cake and many more. Many people do not know that wet foods, one of which is steamed sponge cake, has a lot of calories and if we consume it continuously it is not good for health. Therefore, steamed cakes are made with flour substitute ingredients, namely with umbi flour and also with stevia so that they are lower in calories and also healthier.

APPROVAL TABLE (filled by advisor)

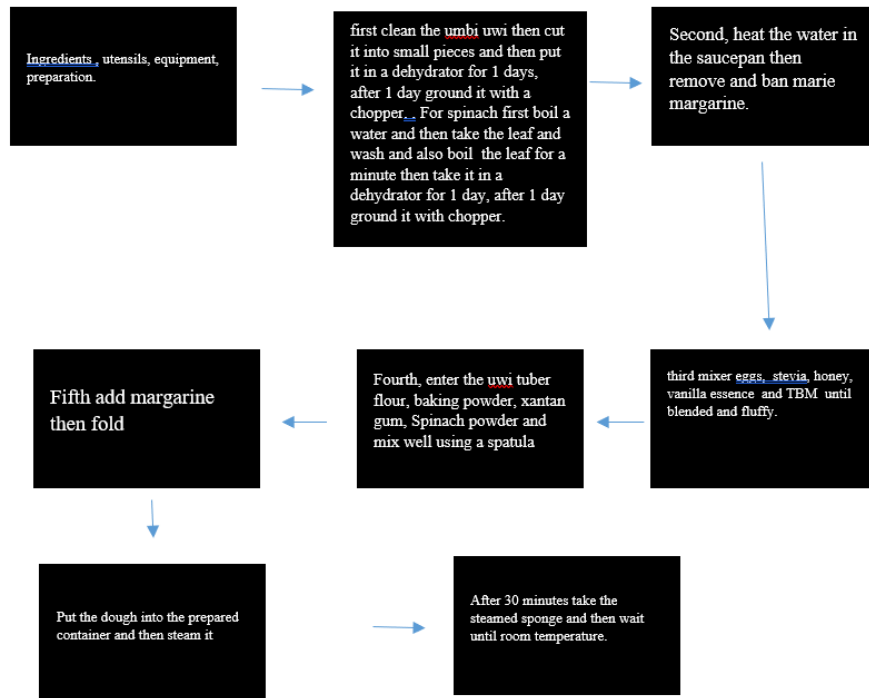
CHECK LIST	POINTS	APPROVAL
WASTE MANAGEMENT	20	x
PROCESSING METHOD	20	✓
UNIQUE INGREDIENTS	20	✓
PRODUCT OUTLOOK	20	x
HEALTH & NUTRITION	15	✓
NEW MODIFICATION	5	✓
<b>TOTAL</b>		<b>60</b>

\*approval min. 50 points

Notes :

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## 2.4 PRODUCT PROCESSING SEQUENCE USING FLOW CHART



## 2.5 PRODUCT PROCESSING METHOD WITH A PICTURE

Prepare all the ingredient, utensil and equipment



Figure 22. Ingredients



Figure 23. Utensils



Figure 24. Equipment

Make sure the umbi uwi are clean enough to process and then cut into small pieces and put in a dehydrator for 1 days with temperature 70° until it become dry and it ready to be ground.



Figure 25. Peel the skin



Figure 26. Sliced the yam



Figure 27. Clean the yam



Figure 28. Put in strainer



Figure 29. Put in dehydrator



Figure 30. Dry for 1 day



Figure 31. Drying Process



Figure 32. Ground with a chopper and strainer



Figure 33. Boil a water





Figure 34. Take the leaf and wash



Figure 35. Boil the spinach and put in dehydrator and dry it for 1 day



Figure 36. Drying process



Figure 37. Ground spinach with chopper and strainer

Second, heat the water in the saucepan then remove and bain marie margarine.





Figure 38. Heat the water



Figure 39. Bain marie margarine

Third mixer eggs, stevia, honey, vanilla essence, and TBM until pale and fluffy in texture.



Figure 40. mix the ingredients

Fourth, put in the uwi tuber flour, baking powder, xantan gum, Spinach powder and mix well using a spatula



Figure 41. mix dry ingredients

Fifth add margarine then fold



Figure 42. Fifth add margarine then fold

Put the dough into the prepared container and then steam it



Figure 43. Put the dough in container and steamed it

After 30 minutes take the steamed sponge and then wait until room temperature.



Figure 44. Finish