

## CHAPTER 2

### PRODUCT OVERVIEW

#### 2.1 DESCRIPTION OF THE INGREDIENTS



Picture 1. The Ingredients for Cookies

1. Lotus seed flour (flour at the bottom left of image) for as substitute for wheat flour
2. Avocado as a fat for cookies
3. Egg for emulsion
4. Corn starch (flour at the bottom right of image) for crunchy
5. Rice bran oil for maintain the texture of cookies
6. Flaxseed and almond as addition topping
7. Coconut sugar as a sweetness of cookies
8. Cocoa as an addition chocolate flavor
9. Vanilla Powder to give fragrant flavor
10. Baking soda to develop cookies

## 2.2 THE UTENSIL USED DURING THE PROCESS



Picture 2 Stainless Bowl

(a container for mixing all ingredients)



Picture 3 Whisk

(utensils for mixing all ingredients)

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Picture 4 Baking Tray

(a container for cookies when it goes into oven)



Picture 5 Spoon

(used to take ingredients)



Picture 6 Knife

(to chopped almond and for cut avocado)



Picture 7 Cutting board

(a place for chopped almond)



Picture 8 Spatula

(to mix dough after adding flour)



Picture 9 Oven

(for bake cookies

## 2.3 APPROVED AND REVISED RECIPE

Recipe Name: Cookies With lotus seed flour

Yield: 1-2 portion

Main ingredients: lotus seed flour

Ingredients:

- Lotus seed flour 200gr
- Avocado 110gr
- Rice bran oil 30gr
- Cocoa powder: 30gr
- Egg 1 pcs
- Coconut Sugar 130gr
- Flaxseed 50gr
- Almond 50gr

Method:

A. Lotus seed flour

1. Oven lotus seed 60°-80° during 90 minutes
2. After that blender until smooth

B. Cookies

1. Mix avocado and coconut sugar
2. Then add egg and oil
3. Add flour and cocoa, then mix well
4. Add flaxseed and chopped almond to dough
5. After that shape the dough into round
6. Oven the cookies during 20 minutes with 160°

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Advisor Name: Nurul Azizah Choiriah

Date & time of submission: 22/4/22

Picture 10 Approved Recipe

### Background

Why i choose lotus seed flour to be a main ingredients for cookies. Because there is no one try to make cookies with lotus seed flour. I saw this flour is suitable for making cookies. And this flour contain antioxidan and it's good for protect the body from free radical attack.

Approval Table

Check list	Points	Approval
Waste Management	20	
Processing Method	20	✓
Unique ingredients	20	✓
Product outlook	20	
Health & Nutrition	15	✓
New modification	5	✓
Total		60

### NOTES

Picture 11 Approved recipe

## **REVISED RECIPE**

Recipe Name: Cookies with lotus seed flour

Yield: 1-2 portion

Main ingredients: Lotus seed flour

Ingredients:

- Lotus seed flour 200gr
- Avocado 140gr
- Rice bran oil 30gr
- Cocoa powder: 20gr
- Egg 1 pcs
- Coconut Sugar 170gr
- Flaxseed 12gr
- Almond 35gr
- Baking ½ tsp
- Vanilla powder 1 tbsp

Method:

### **A. Lotus seed flour**

1. Oven lotus seed 60°-80° during 90 minutes
2. After that blender until smooth

### **B. Cookies**

1. Mix avocado, coconut, egg, and oil
3. Add flour and cocoa, then mix well
4. Add flaxseed
5. After that shape the dough into round (per dough 12gr)
6. Give almond as a topping

7. Oven the cookies during 25 minutes with 160°

Student Name: Kevin Julio Wong

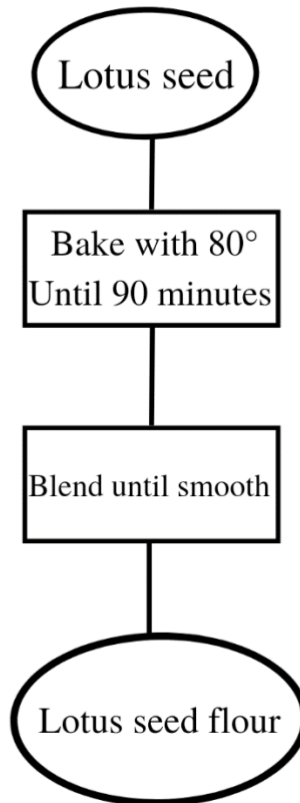
Advisor Name: Novi Indah Permata Sari

Date & time of submission:



## 2.4 PRODUCT PROCESSING SEQUENCE USING FLOW CHART

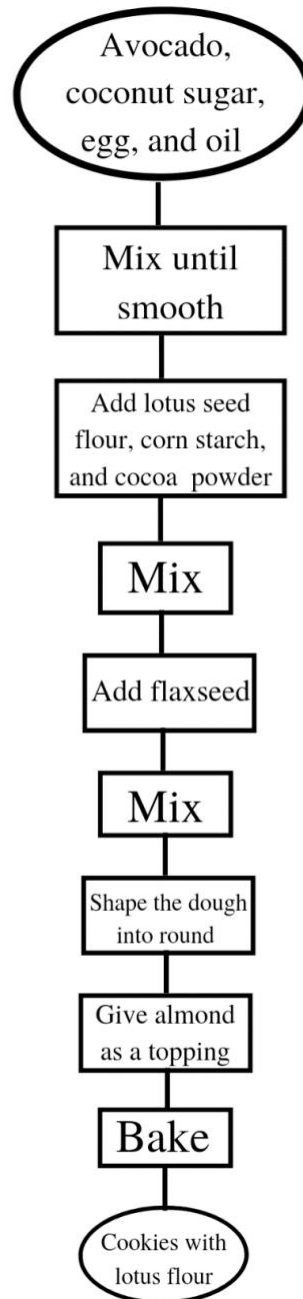
### 1. FLOW CHART HOW TO MAKE LOTUS SEED FLOUR



Picture 12 How to Make Lotus Seed Flour

## 2. FLOW CHART HOW TO MAKE COOKIES WITH LOTUS SEED

### FLOUR



Picture 13 How To Make Cookies With Lotus Seed Flour

## 2.5 PRODUCT PROCESSING METHOD WITH PICTURE

1. Mix Avocado, coconut sugar, egg, and rice bran oil



Picture 14 Avocado, coconut sugar, egg, and rice bran oil after get mix

2. Add lotus seed flour, Cocoa powder and corn starch to dough



Picture 15 lotus seed flour, Cocoa powder and corn starch

3. Mixing lotus seed flour, corn starch with dough until smooth



Picture 16 The Final Cookies Dough

4. Shape the dough into round and give almond as a topping (12gr per cookie)



Picture 17 cookies ready for bake

5. Bake cookies for 25 minutes



Picture 18 Cookies in Oven

6. Cookies ready



Picture 19 Cookies