

CHAPTER 2

INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE INGREDIENTS TO BE USED

1. Matoa Fruit



Figure 1. Matoa Fruit

Matoa fruit is the main ingredient for making Matoa Fruit Leather.

2. Honey



Figure 2. Honey

Honey is adding sweetness for making Matoa Fruit Leather.

3. Stevia Sugar



Figure 3. Stevia Sugar

Stevia sugar is adding sweetness for making Matoa Fruit Leather.

4. Lemon Juice



Figure 4. Lemon Juice

Lemon juice is adding sour taste for making Matoa Fruit Leather.

5. Gelatine Powder



Figure 5. Gelatin Powder

Gelatine powder make jam sticky and thick for making Matoa Fruit Leather.

6. Water



Figure 6. Water

Water is added for blend all the ingredients for making Matoa Fruit Leather.

7. Cold Water



Figure 7. Cold Water

Cold Water is for bloom the gelatine for making Matoa Fruit Leather.

8. Food Coloring



Figure 8. Food Coloring

Food Coloring is for coloring the matoa jam.

2.2 DESCRIPTION OF THE UTENSILS TO BE USED

1. Sauce Pan



Figure 9. Sauce Pan

Sauce Pan used to cook the jam.

2. Food Dehydrator



Figure 10. Food Dehydrator

Food Dehydrator used to dry the matoa jam.

3. Baking Tray



Figure 11. Baking Tray

Baking Tray used to pour the matoa jam until set.

4. Blender



Figure 12. Blender

Blender used to blend all of the ingredients.

5. Balloon Whisk



Figure 13. Balloon Whisk

Balloon Whisk used to stir while cook the jam.

6. Baking Paper



Figure 14. Baking Paper

Baking Paper used to prevent the jam from sticking to the Baking tray.

7. Bowl



Figure 15. Bowl

Bowl is for sperate the skin, seed, and flesh of matoa.

8. Stove



Figure 16. Stove

Stove is for cook the matoa jam.

9. Scissors

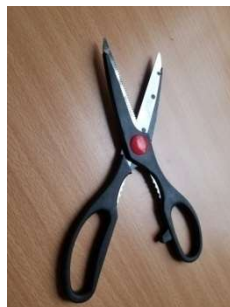


Figure 17. Scissors

Scissors is for cut and shape the matoa fruit leather.

10. Digital scale



Figure 18. Digital Scale

Digital scale is for scale every ingredients.

11. Tissue



Figure 19. Tissue

Tissue is for cleaning purpose.

2.3 APPROVED AND REVISED RECIPE

Recipe Name : Matoa Leather
Yield : 5 portion
Main Ingredients : 200 gr Matoa Fruit
Ingredients :

- 200 gr Matoa fruit, peeled
- 30 ml honey
- 150 ml water
- 20 gr Stevia sugar
- 1 gr gelatin powder
- 10 ml cold water
- 1 tsp lemon juice

Method :

1. Peel the Matoa until clean, separate the flesh and seeds,
2. Blend the Matoa and water until become juice,
3. Mix the Matoa juice with honey, lemon juice, and sugar in a sauce pan, cook until thickened using low heat,
4. Bloom the gelatine with 10 ml of cold water,
5. Turn the heat off, then add the bloomed gelatine into sauce pan and stir well,
6. After everything is mixed, pour the Matoa jam into a baking tray that has been lined with silicon mat, wait 15 – 20 minutes until cool and then put it in chiller for about 2 hour until it set,
7. After set, put it in the food dehydrator for about 7 to 12 hours,
8. Cut it into squares and put it in packaging, and the Matoa Leather is ready to be consumed.

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Date & time of submission :

RECIPE BACKGROUND

Fruit leather is a semi-wet/dry processed fruit. Fruit leather is classified as an ideal snack to meet consumer demand for high vitamin and can be consumed by various ages. I chose matoa because in the matoa, there are various kinds of nutritional content that are well digested by the body, vitamins C and E which are antioxidants so it can reduce the risk of chronic diseases such as stroke and heart disease. Matoa fruit is unique, it smells like durian, the shape and color of the flesh is similar to longan, and the taste is sweet like rambutan. Besides that, matoa is also rarely found and is known to many people in big cities such as Surabaya.

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		

*approval min. 50 points

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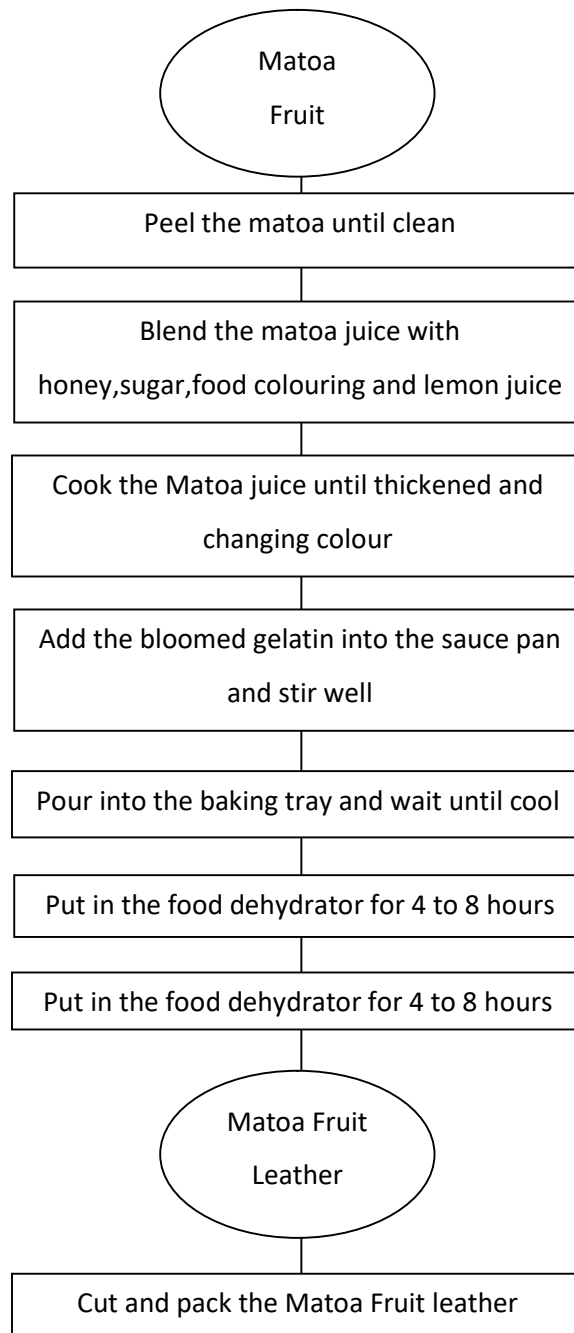

NOTES

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Figure 20. Revised Recipe

2.4 PRODUCTS PROCESSING SEQUENCE USING FLOWCHART

Table 1. Flowchart



2.5 PRODUCTS PROCESSING METHOD USING PICTURE

1. Peel the Matoa until clean, separate the flesh and seeds,



Figure 21. Matoa Peel

2. Blend the Matoa and water until become juice,



Figure 22. Blending the matoa

3. Mix the Matoa juice with honey, lemon juice, and sugar in a sauce pan, cook until thickened using low heat,



Figure 23. Cook the matoa

4. Bloom the gelatin with 10 ml of cold water,



Figure 24. Blooming Gelatine

5. Turn the heat off, then add the bloomed gelatin into sauce pan and stir well,



Figure 25. Adding the bloomed gelatine

6. After everything is mixed, pour the Matoa jam into a bowl, wait 15 – 20 minutes until cool and then put it in chiller for about 2 hour until it set,



Figure 26. Letting the jam set and cool

7. After set, put it in the food dehydrator for about 4 - 8 hours,



Figure 27. Put in food Dehydrator

8. Cut it into squares and put it in packaging, and the Matoa Leather is ready to be consumed.



Figure 28. Ready to eat matoa fruit leather