

## CHAPTER II

### PRODUCT OVERVIEW

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



Picture 1. The Ingredients

1. **Glutinous Rice Flour (60g)** – Glutinous rice flour is made from grounded short-grain sweet white rice. Moreover, it is a gluten-free alternative to wheat flour. It used for shaper and binder of other ingredients.
2. **Wild Horse Milk (1000ml)** – Susu kuda liar is one of the pure milk produced by wild horses raised by organic farmers in Sumbawa and it has many benefits for body health. It used as liquid ingredients and to add flavors.
3. **Coconut Flour (30g)** – Coconut flour is made from coconut dregs that is drying and grinding to attain powder-like consistency. It used to increase nutrition value to dodol.
4. **Brown Rice Flour (40g)** – Brown rice flour is high-fiber flour that has been ground from rice kernels, also known as brown rice. It used to increase nutrition value to dodol.
5. **Stevia (120g)** – Stevia contain non-caloric natural sweeteners and it replaced the use of sugar.

6. **Vanilla essence (5ml)** – Vanilla essence is liquid flavors that used to add flavors and reduce the unpleasant smell of the flour.

## 2.2 THE UTENSIL USED DURING THE PROCESSING



Picture 2. The Utensils

1. **Stove** – used to cooked the dodol.
2. **Pan** – used to cook the dodol in the pan.
3. **Bowl** – used to mix the flour and milk.
4. **Wood Spatula** – used to stir the mixture of dodol.
5. **Digital Scale** – used to measure the amount of the ingredients
6. **Bamboo Tray** – used to dried the coconut dregs and brown rice.
7. **Grinder** – used to powdering the coconut dregs and brown rice.
8. **Spoon** – used to take ingredients or mixing.
9. **Sift** – used to sifted the flour.
10. **Tray** – used to cool down the dodol.
11. **Plastic wrap** – used to wrap/cover the dodol when it cooled down.

## 2.3 APPROVED AND REVISED RECIPE

### 2.3.1 Approved Recipe

Recipe Name : DODOL SUSU KUDA LIAR

Yield : approx.. 40 strips

Main Ingredients : 1000 ml kuda liar milk

Ingredients :

- 1000 ml kuda liar milk
- 65 gr glutinous flour
- 100 gr brown rice flour
- ~~175~~ gr palm sugar (gula jawa) 160 g Stevia
- Vanilla extract

Method :

#### A. Tepung Beras Merah

1. Soak the rice overnight
2. Wash the rice thoroughly and then dried
3. Puree the rice gradually with dry mill until the rice runs out
4. Then, the rice that has become powder is sifted until smooth

#### B. Dodol Kuda Liar

1. Heat 2500 ml of milk over medium heat until half the milk volume remains
2. Add a mixture of 100 grams of rice flour and 65 grams of pre-dissolved glutinous flour with water, 175 grams of granulated sugar and 4 drops of vanilla essence into the milk. Stir constantly until thickened at least one hour.
3. Once the dodol has cooked long enough, separating from the pan and pour it out into a container to cool.
4. Once it has cooled, cut into strips, squares or diamond shapes.

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Date & time of submission : (filled by Academic) 1/4/22 14.00

RECIPE BACKGROUND (50 – 100 WORDS)

Susu Kuda Liar, which means “Wild Horse’s Milk” is a local product of Sumbawa, West Nusa Tenggara. But until now in Sumbawa, wild horse milk is only consumed directly by drinking. Therefore, I want to make another product based on wild horse milk, dodol susu. Dodol is a type of sweet candy and the base of the candy is rice flour and palm sugar that is formed into dense, slightly sticky squares or diamonds. As for dodol susu, it is made from dodol in general, but added liquid milk to add flavor. Like other types of milk, horses also produce delicious liquids complete with compound components including fat, calcium various vitamins such as A, B, C and also E, potassium, calcium, magnesium, protein, iron and many others. In every 100 grams of horse milk sumbawa produces 44 calories, which is less than cow’s milk which is 64 calories so that people who consume it do not get fat quickly.

APPROVAL TABLE (filled by advisor)

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

\*approval min. 50 points

NOTES (filled by advisor)

dodol use a lot of sugar, <sup>long cooking.</sup> hard to score health.  
~~Use additional~~ / use additional ingredients that are waste.

Picture 3. Approved Recipe

### 2.3.2 Revised Recipe

Recipe Name : DODOL SUSU KUDA LIAR

Yield : approx.. 20 strips

Main Ingredients : 1000 ml kuda liar milk

Ingredients :

- 1000 ml kuda liar milk
- 60 gr glutinous flour
- 30 gr coconut flour
- 40gr brown rice flour
- 120 g stevia
- Vanilla extract

Method :

A. Tepung Beras Merah

1. Soak the rice overnight
2. Wash the rice thoroughly and then dried
3. Puree the rice gradually with dry mill until the rice runs out
4. Then, the rice that has become powder is sifted until smooth

B. Tepung Kelapa

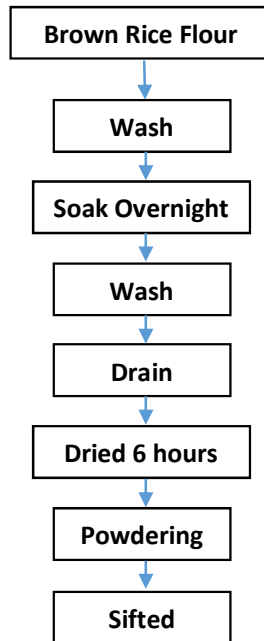
1. Wash the coconut dregs ( a by-product of coconut milk processing) thoroughly and
2. Dried overnight
3. Then, powdering the coconut by grinding and sifting until smooth

C. Dodol Kuda Liar

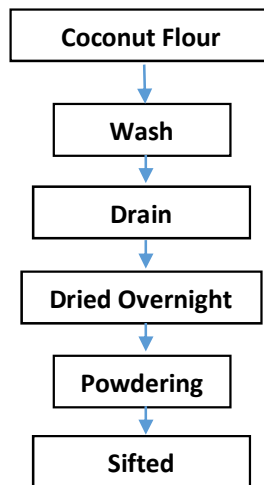
1. Heat 800 ml of milk over medium heat until half the milk volume remains
2. Add a mixture of 60 grams glutinous flour, 40 grams brown rice flour, 30 grams coconut flour, 120 grams stevia and 200 grams milk into the cooked milk
3. Add 4 drops of vanilla essence into the milk. Stir constantly for 4-8 hours until the mixture become thick and the dodol cooked
4. Once the dodol has cooked long enough, separating from the pan and pour it out into a container to cool.
5. Once it has cooled, cut into strips and ready to pack.

Picture 4. Revised Recipe

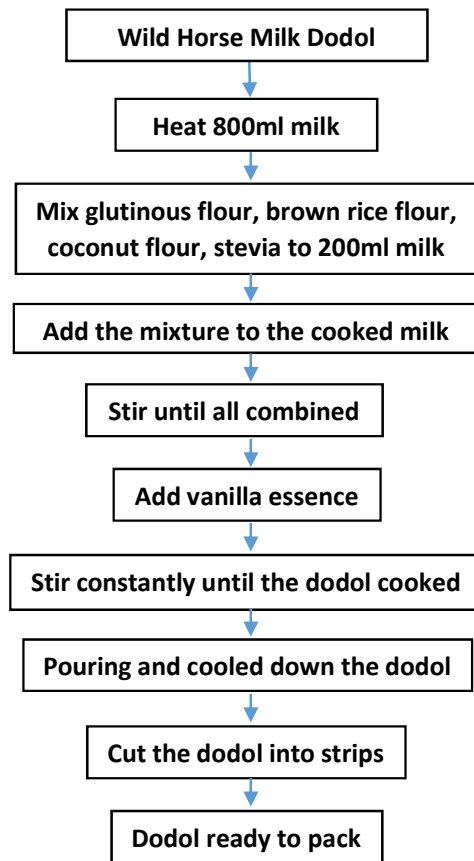
## 2.4 PRODUCT PROCESSING SEQUENCE USING FLOWCHART



Picture 5. Brown Rice Flour Flowchart



Picture 6. Coconut Flour Flowchart

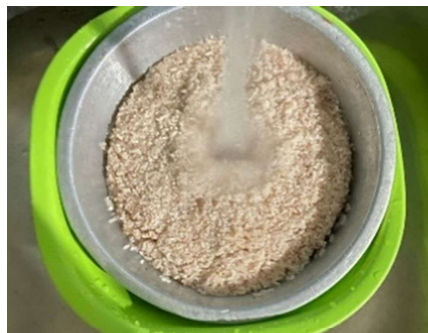


Picture 7. Wild Horse Milk Dodol Flowchart

## 2.5 PRODUCT PROCESSING METHOD WITH PICTURES

### 1. Brown Rice Flour

- a. Wash the brown rice



Picture 8. Wash the rice

- b. Soak the rice



Picture 9. Soak the Brown Rice for 4-6 hours

- c. Wash the rice thoroughly and then dried



Picture 10. Dried the Brown Rice for 24 hours

- d. Puree the rice gradually with dry mill until the rice runs out



Picture 11. Puree the Brown Rice

- e. Then, the rice that has become powder is sifted until smooth



Picture 12. Sift the flour



## 2. Coconut Flour

- a. Wash the coconut dregs thoroughly and drain



Picture 13. Wash the Coconut Dregs

- b. Dried overnight



Picture 14. Dried the Coconut for 24 hours

- c. Then, powdering the coconut by grinding and sifting until smooth



Picture 15. Powdering the coconut & sifting

### 3. Wild Horse Milk Dodol

- a. Heat 800 ml of milk over medium heat until half the milk volume remains



Picture 16. Heat the Milk

- b. Add a mixture of 60 grams glutinous flour, 40 grams brown rice flour, 30 grams coconut flour, 120 grams stevia and 200 grams milk into the cooked milk



Picture 17. Mixture of Flour, Milk & Stevia

- c. Add 1 tsp of vanilla essence into the milk. Stir constantly for 4-8 hours until the mixture become thick and the dodol cooked



Picture 18. The dodol semi-cooked

- d. Once the dodol has cooked long enough, separating from the pan and pour it out into a container to cool and cover with plastic wrap.



Picture 19. Cooled down the dodol

- e. Once it has cooled, cut into strips and ready to pack.



Picture 20. Cut & pack the dodol.