

CHAPTER 2

PRODUCT OVERVIEW

2.1 DESCRIPTION OF MATERIALS TO BE USED

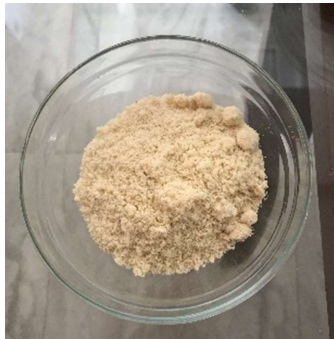
Ingredients you will need:

1. 130 gr lotus root flour – as main ingredients avocado cookies with lotus root flour



Picture 1. Lotus root flour

2. 70 gr almond flour – substitute for wheat flour because this gluten-free cookies



Picture 2. Almond flour

3. 1 whole egg - as a binder of all cookie ingredients



Picture 3. Egg

4. 1 avocado, mashed – main ingredient and substitute for butter to make cookies healthier



Picture 4. Avocado

5. 110 gr coconut palm sugar – used to give sweet, substitute for granulated sugar



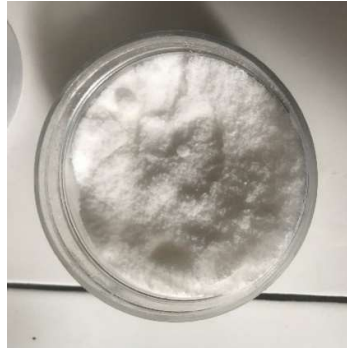
Picture 5. Coconut palm sugar

6. 1 tsp baking powder – used for make cookies rise and add flavor



Picture 6. Baking powder

7. A pinch of salt – to add flavor



Picture 7. Salt

8. 50 gr flaxseed - as a texture enhancer and substitute for chocochips because it is healthier



Picture 8. Flaxseed

9. 1 tsp vanilla extract – used for scent cookies, remove fishy smell from egg



Picture 9. Vanilla extract

2.2 THE TOOLS USED DURING THE PROCESSING

1. Bowl – for mixing the liquid and dry mixture



Picture 10. Bowl

2. Fork – for mashing the avocado



Picture 11. Fork

3. Food Processor – for grind the dried lotus root



Picture 12. Food processor

4. Spatula – to stir the mixture in the bowl



Picture 13. Spatula

5. Scale – to weigh all the ingredients



Picture 14. Scale

6. Oven – to bake the cookies



Picture 15. Oven

7. Teaspoon – to



Picture 16. Teaspoon

8. Cutting board – used a base for cutting materials



Picture 17. Cutting board

9. Baking Paper – mat for baking cookies



Picture 18. Baking paper

10. Knife - for cut the lotus root and avocado



Picture 19. Knife

11. Baking pan – for bake the cookies



Picture 20. Baking pan

12. Food Dehydrator – to dry the lotus root



Picture 21. Food Dehydrator

13. Spoon – to drop cookies in baking paper



Picture 22. Spoon

2.3 APPROVES AND REVISED RECIPE

Ingredients:

1. 130 gr lotus root flour
2. 70 gr almond flour
3. 1 whole egg
4. 1 avocado, mashed
5. 110 gr coconut palm sugar
6. 1 tsp baking powder
7. A pinch of salt
8. 50 gr flaxseed
9. 1 tsp vanilla extract

Method :

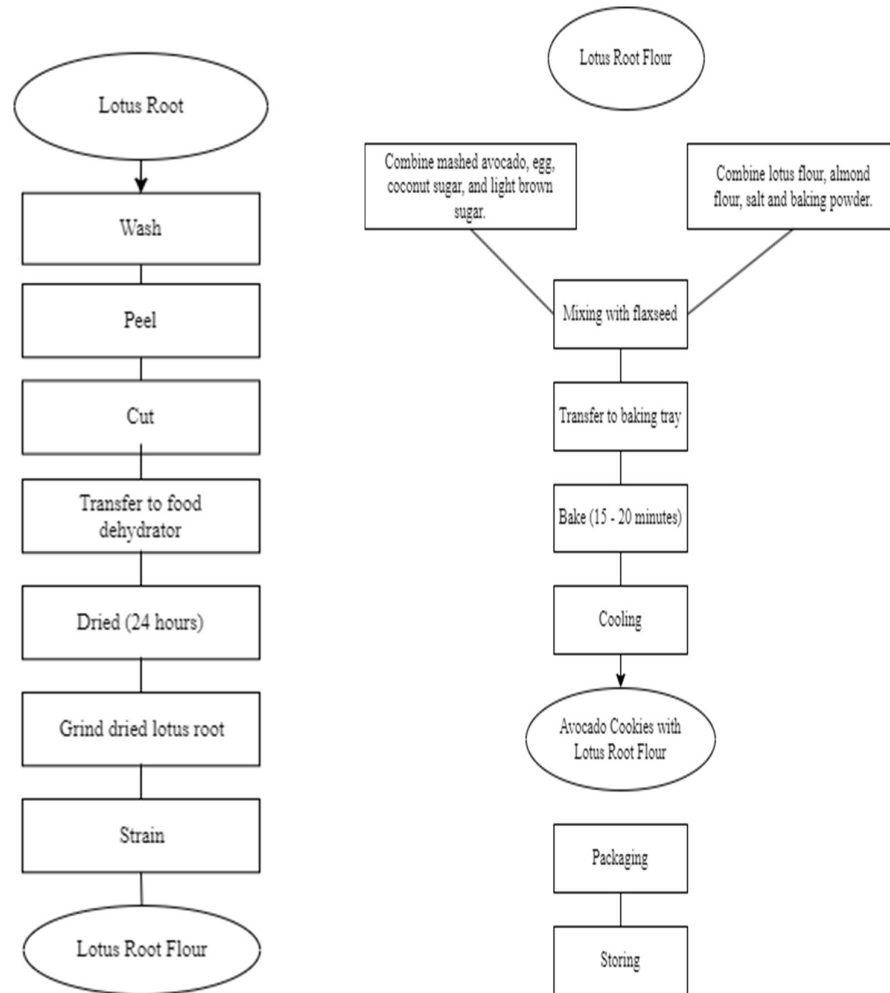
Making Lotus Root Flour:

1. Clean the lotus root then peel the skin of the lotus root.
2. Cut the lotus root into slices but not too thick and not too thin.
3. After that, put the lotus root in a food dehydrator for 24 hours or until it dries.
4. Put the dried lotus root into the food processor until smooth and then strain it.

Making Avocado Cookies with Lotus Flour:

1. Combine the finely mashed avocado, coconut palm sugar, vanilla extract, and egg in a medium-sized bowl.
2. In a separate bowl, mix the lotus root flour, almond flour, salt, and baking powder.
3. Mix together the wet and dry ingredients until just combined, then gently stir in the flaxseed.
4. Using dropped method in baking paper.
5. Bake in oven at 200°C about 15-20 minutes

2.4 PRODUCT PROCESSING SEQUEENCE USING FLOWCHART



Picture 23. Flowchart of Avocado Cookies with Lotus Root Flour

2.5 PRODUCT PROCESSING METHOD WITH PICTURE

1. Cut the avocado in half and remove the seeds



Picture 24. Cut the avocado

2. Mash the avocado flesh in a bowl with fork



Picture 25. Mash the avocado

3. Put the egg in the avocado bowl, stir



Picture 26. Put the egg

4. Add coconut palm sugar and vanilla extract, then stir using a spatula



Picture 27. Add coconut sugar and vanilla extract

5. Mix lotus root flour, almond flour, baking powder, and salt in a separate bowl



Picture 28. Mix dry ingredients

6. Slowly mix dry ingredients into wet mixture



Picture 29. Slowly mix using spatula

7. After mixed well, add the flaxseed, and stir again



Picture 30. Add flaxseed

8. Using dropped method in baking paper.



Picture 31. Cookies before bake

9. Bake in oven at 180°C about 15-20 minutes



Picture 32. Cookies after bake