

## BIBLIOGRAPHY

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# APPENDIX

## APPENDIX 1

Recipe Name : Nutrition Bar dengan Fermented Banana and Eggshell Powder

Yield : 3 Porsi

Main Ingredients : Chocolate, Cangkang Telur, Pisang

Ingredients :

- 500gr Pisang Kepok
- 22gr Instant Yeast
- 5gr Bubuk Cangkang Telur
- 200gr Dark Chocolate
- 100gr Milk Chocolate
- 15gr Butter
- 100ml Heavy Cream
- 15gr Coconut Oil

Method:

**Tape Pisang Kepok:**

1. Kukus pisang hingga setengah matang.
2. Angkat.
3. Biarkan pisang dingin.
4. Menaburi pisang dengan ragi hingga tercampur rata.
5. Membungkus pisang dengan daun pisang dan memasukkannya kedalam toples dan ditutup dengan rapat.
6. Simpan ditempat yang aman selama 3 hari.

**Bubuk Cangkang Telur:**

1. Bersihkan sisa-sisa telur.
2. Tahap selanjutnya adalah merebus cangkang telur dalam air untuk menghilangkan kuman dan bakteri.
3. Tiriskan airnya dan tunggu selama satu jam sampai cangkangnya mengering. Semalaman untuk lebih kering.
4. Panggang cangkang telur dalam oven dengan suhu 100 derajat Celsius selama kurang lebih 30 menit agar benar-benar kering.

*Figure 20 Product Recipe*

## APPENDIX 2

5. Setelah cangkang benar-benar kering, hancurkan hingga menjadi bubuk halus menggunakan blender.

### **Nutrition Bar:**

1. Lelehkan milk chocolate dan masukan coconut oil ke dalam lelehan milk chocolate.
2. Angkat lelehan milk chocolate.
3. Lelehkan dark chocolate, cream dan butter.
4. Angkat lelehan dark chocolate.
5. Iris tipis-tipis tape pisang kapok lalu campurkan dengan bubuk cangkang telur, campur hingga rata.
6. Tuang lelehan milk chocolate ke cetakan, lalu tunggu dingin.
7. Tuang lelehan ganache (dark chocolate) ke atas milk chocolate lalu masukan potongan tape pisang dan tutup lagi dengan coklat ganache, lalu tunggu dingin..
8. Tuang lelehan milk chocolate untuk menutup layer terakhir dari nutrition bar, lalu tunggu dingin.
9. Keluarkan dari cetakan, lalu bungkus dengan packaging.

*Figure 21 Product Recipe*

### APPENDIX 3

Student Name : Noel Nathanael Matthew Muaya

Advisor Name : Mrs Hilda Tjahjani Iskandar

Date & time of submission :

RECIPE BACKGROUND (50 – 100 WORDS)

Saya membuat nutrition bar ini karena saya melihat bahwa nutrition bar yang beredar memiliki rasa yang biasa saja dan cenderung hamper sama semua. Saya memiliki ide untuk membuat ini karena saya menggunakan tape pisang, dan saya membuat yang beda dengan cangkang telur untuk menambah calcium yang ada di dalam nutrition bar ini.

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

27/10  
2022


NOTES (filled by advisor)

.....  
 .....  
 .....

.....  
 .....  
 .....

Figure 22 Recipe Approval

## APPENDIX 4



Akademi Kuliner & Patiseri  
**OTTIMMO**  
INTERNASIONAL  
CULINARY ARTS - GASTRONOMY - BAKING & PASTRY ARTS

**CULINARY INNOVATION AND NEW  
PRODUCT DEVELOPMENT  
SENSORY TEST**

**DATE** : 17 October 2022

**NAME** : Noel Nathanael Matthew Muaya

**NIM** : 2074130010044

**PRODUCT** : Nutrition bar dengan bubuk cangkang telur dan tape pisang kepok

**ADVISOR** : Hilda Tjahjani Iskandar, S.E., Ak., C.A., M.M.

PANELIST	SIGHT	SMELL	TEXTURE	TASTE	TOTAL
Panelist 1	√	√	√	X	√
Panelist 2	√	√	√	X	√
Panelist 3	√	√	√	√	√
Panelist 4	X	√	X	√	X
Panelist 5	√	√	√	√	√
Panelist 6	√	√	√	√	√
Panelist 7	X	√	√	X	X
Panelist 8	√	√	√	√	√
Panelist 9	√	√	√	√	√
Panelist 10	X	√	√	X	X

**NOTES** :

- After taste pahit
- Ukuran dikecilkan bite size
- It doesn't look like nutrition bar, look like dark chocolate sandwich. Taste too chocolatey
- Enak tapi **ketebelan**
- It doesn't taste **bad**, but it's not an R&D, and it's not a bar
- The **banana** is a bit bitter.... and the chocolate is a bit too much
- Ada rasa **getir** pada filling





Figure 23 Sensory Test

## APPENDIX 5



Akademi Kuliner & Pastry

**OTTIMMO**  
INTERNASIONAL



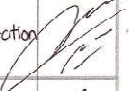



RESEARCH AND DEVELOPMENT  
FINAL PROJECT

Name : Noel N. M. M.

Student Number : .....

Adviser : Ms. Rida

No	Date	Topic Consultation	Name/ Signature
		Cost production (BEP)	
		Flow Chart	
		Recipe Consultation	
		Nutrition label	
		Cost production (BEP)	
		Packaging	






No	Date	Topic Consultation	Name/ Signature
		Report consultation	
		Final consultation for report	
		Report format	
		Bibliography	
		Approval	

Figure 24 Consultation Form

## APPENDIX 6




*Figure 25 Product Logo*

## APPENDIX 7

**STORED IN THE CHILLER !**

Made with love and dedication,  
We use the best quality  
ingredients to make the most  
loved seasoning of all. Packed in  
tightly to enhance the flavor of  
your food.



**MISCHOCNARY**  
CHOCOLATE WITH  
FERMENTED BANANA

Nutrition Facts	
1 servings per container	
Serving size (100g)	
Amount Per Serving	
<b>Calories</b>	<b>170</b>
	% Daily Value*
Total Fat 60g	77%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate 90g</b>	<b>33%</b>
Dietary Fiber 29g	104%
Total Sugars 53g	
Includes 0g Added Sugars	0%
<b>Protein 10g</b>	<b>20%</b>
<b>% Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</b>	
Vitamin D 0mcg	0%
Calcium 1983mg	156%
Iron 0mg	0%
Potassium 0mg	0%

Figure 26 Product Label



**APPENDIX 8**



*Figure 27 Product Packaging*