

CHAPTER 2

INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE MATERIAL TO BE USED



Figure 1 The Material for the chocolate bar

1. Milk chocolate for the outer chocolate shell
2. Dark chocolate, butter, heavy cream for chocolate ganache



Figure 2 Material for Fermented Banana

1. Banana for the main ingredient of the fermentation

2. Yeast to ferment the banana
3. Banana leaf to warp the banana for fermentation



Figure 3 The Material for eggshell powder

1. Eggshell for main ingredient of the eggshell powder
2. Water used to boil the eggshell

2.2 THE TOOLS USED DURING THE PROCESSING



Figure 4 The Tools Used During the Processing

3. Blender
Blender used to blend the eggshell into a powder-like texture
4. Sauce Pan
Sauce Pan used to bain marie and melt the chocolate
5. Pot

Pot used to boil water

6. Molding Cup

Molding cup used to mold the chocolate mixture

2.3 THE PROCESSING PRODUCT USING PICTURE

Chocolate Shell and Ganache

1. Milk Chocolate, Dark Chocolate



Figure 5 Chocolate Shell and Ganache

2. *Bain marie* the chocolates until melted



Figure 6 melt the chocolate

3. Final Mixture of chocolate shell and chocolate ganache



Figure 7 Final Mixture of chocolate shell and chocolate ganache

Egg Shell Powder

1. Eggshell



Figure 8 egg shells

2. Boil the Egg shells, for 20 minutes



Figure 9 Boil the Egg shells, for 20 minutes

3. Bakes the egg shells in 100°C, for 30 minutes



Figure 10 Bakes the egg shells

4. Blend the eggshells until you reach fine powder texture



Figure 11 Blend the eggshells

Fermented Banana

1. Steam the banana for 5 minutes.



Figure 12 Steam the banana

2. Cover the banana with yeast



Figure 13 Covered the banana

3. Wrap the banana in banana leaves



Figure 14 Wrap the banana

4. Finished the result of fermented banana.



Figure 15 Finished the result of fermented banana.

5. Cut the fermented banana



Figure 16 Cut the fermented banana

6. Mixed egg shells and fermented banana



Figure 17 Mixed egg shells and fermented banana

2.4 COMPLETE RECIPE ATTACHED

Recipe Name : Nutrition Bar with Fermented Banana and Eggshell Powder

Yield : 3 Portion

Main Ingredients : Chocolate, Eggshells Powder, Pisang

Ingredients :

- | | |
|--------------------------|--------------------------|
| 1. 500 gr Kepok Banana | 5. 100 gr Milk Chocolate |
| 2. 22 gr Instant Yeast | 6. 15 gr Butter |
| 3. 5 gr Eggshell Powder | 7. 100 ml Heavy Cream |
| 4. 200 gr Dark Chocolate | 8. 15 gr Coconut Oil |

Method:

Fermented Banana:

1. Steam the bananas until half cooked.
2. Lift and Drain the banana.
3. Let cool the banana.
4. Sprinkle Yeast on each side of the banana.
5. Wrap and seal tight the banana with the banana leaf and put it on the air tight container.
6. Leave it for 3 days.

Eggshell Powder:

1. Clean any excess egg.
2. The next step is to boil the eggshells in water to remove germs and bacteria.
3. Drain the water and wait for an hour for the shells to dry. overnight for drier.

4. Bake the eggshells in the oven at 200 degrees Celsius for about 30 minutes so that they are completely dry.
5. After the shell is completely dry, crush it into a fine powder using a blender.

Nutrition Bar:

1. Melt the milk chocolate and add the coconut oil to the melted milk chocolate.
2. Remove melted milk chocolate.
3. Melt dark chocolate, cream and butter.
4. Remove melted dark chocolate.
5. Thinly slice the kapok banana tape then mix it with the egg shell powder, mix until smooth.
6. Pour the melted milk chocolate into the mold, then wait for it to cool.
7. Pour the melted ganache (dark chocolate) over the milk chocolate then add the pieces of banana tape and cover again with chocolate ganache, then wait for it to cool.
8. Pour melted milk chocolate to cover the last layer of the nutrition bar, then wait for it to cool.
9. Remove from the mold, then wrap it with packaging.

2.5 FLOWCHART

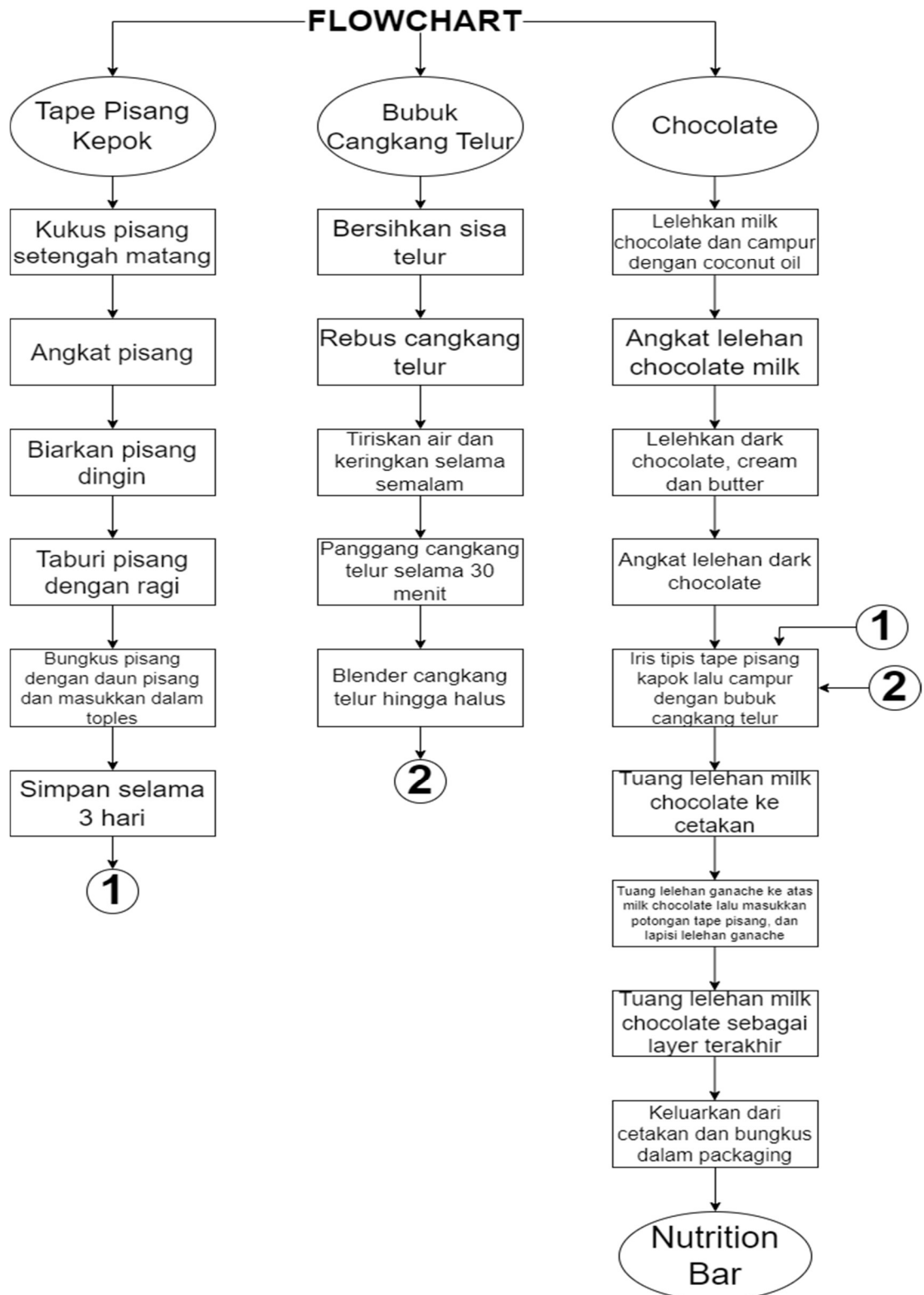


Figure 18 Flowchart