

## CHAPTER 2

### PRODUCT OVERVIEW

#### 2.1 DESCRIPTION OF THE INGREDIENTS

##### 2.1.1 Dragon Fruit Skin Kombucha Vegan Panna Cotta Ingredients



Figure 1. Panna Cotta Ingredients

1. 500 ml of coconut milk  
It gives lightly creamy and silky texture
2. 150 ml of dragon fruit skin kombucha  
Substitute for water and gives flavor to the panna cotta, also because its main ingredient that is healthier
3. 15 gr of cornstarch  
To make the panna cotta more solid
4. 15 gr of palm sugar  
Substitute for sugar, because it has a low glycemic index than other sweeteners, such as white sugar
5. 7 gr of jelly powder  
Substitute for gelatin, as vegan alternative
6.  $\frac{1}{4}$  tsp of vanilla powder  
To gives more flavor

7. A dash of Salt

To enhance flavors and balance panna cotta that is rich and sweet

2.1.2 Dragon Fruit Skin Sauce Ingredients



Figure 2. Dragon Fruit Skin Sauce Ingredients

1. 200 gr of dragon fruit skin  
As the main ingredients for the sauce
2. 40 gr of palm sugar  
Substitute for sugar, because it has a low glycemic index than other sweeteners, such as white sugar
3. 150 ml of water  
To make the sauce more liquid texture, because the dragon fruit skin little bit too thicker

### 2.1.3 Kombucha Ingredients



Figure 3. Kombucha Ingredients

1. 1 pcs of scoby  
Bacteria and yeast in Scoby which are important components for fermentation, the result of fermentation of bacteria will cause the characteristic taste of this tea to be sour
2. 300 ml of kombucha starter tea  
It introduces the yeast and bacteria into a fresh batch of sweet tea to begin the fermentation
3. 5 pcs of black tea  
It contains more fuel for the scoby to grow, so the cultures generally grow more quickly and more robustly
4. 3 L of water  
As media and liquid for the fermentation
5. 200 gr of sugar  
To feed the yeast and bacteria, aiding in its growth
6. 60 gr of dragon fruit skin  
For the second fermentation, to give color and flavor

## 2.2 THE UTENSILS USED DURING THE PROCESSING

### 2.2.1 Dragon Fruit Skin Kombucha Vegan Panna Cotta Utensils



Figure 4. Panna Cotta Utensils

1. Saucepan  
Used as a media to boil the panna cotta
2. Stove  
Used as a heat source media to boil the panna cotta
3. Scale  
Used to measure the ingredients
4. bowl  
Used as a media to mix the cornstarch with kombucha
5. Spoon  
Used to stir the cornstarch with kombucha
6. Whisk  
Used to stir all the ingredients in sauce pan
7. Sieve  
Used to strain the dragon fruit skin kombucha vegan panna cotta

### 2.2.2 Dragon Fruit Skin Kombucha Utensils



Figure 5. Dragon Fruit Skin Kombucha Utensils

1. Glass jar  
Used as a media to fill the kombucha
2. Saucepan  
Used to boil the water
3. Scale  
Used to measures the sugar
4. Spoon  
Used to stir the tea and sugar in the water
5. Fabric  
Used as a material to cover the glass jar
6. Rubber  
Use to tie the fabric
7. Glass bottle  
Used as media to keep the dragon fruit skin kombucha

### 2.2.3 Dragon Fruit Skin Sauce Utensils

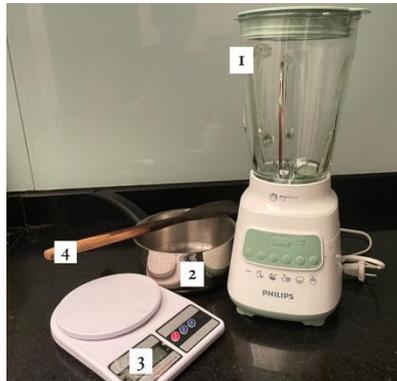


Figure 6. Dragon Fruit Skin Sauce Utensils

1. Blender  
Used to smooth the dragon fruit skin
2. Saucepan  
Used to cook the sauce
3. Scale  
Used to measure the dragon fruit skin, palm sugar and water
4. Spatula  
Used to mixed the sauce

## 2.3 APROVED AND REVISED RECIPE

### 2.3.1 Approved Dragon Fruit Skin Kombucha Vegan Panna Cotta Recipe

Recipe name: Dragon fruit skin kombucha vegan creme brulee

Yield: 3 portion

Main ingredients: dragon fruit skin kombucha (homemade)

Ingredients :

- 2 cups coconut milk
- 1/3 cup dragon fruit skin kombucha
- 2 tbsp cornstarch
- 2-3 tbsp palm sugar
- 1/4 tsp jelly powder
- 1 vanilla bean
- Pinch of sea salt
- 1-2 sdm palm sugar (top)

Method:

- Heat the coconut milk in a saucepan. When the mixture starts to boil, add the vanilla beans, Bring to a boil.
- Combine cornstarch, dragon fruit skin kombucha and mix well.
- Pour the mixture, and coconut sugar into a saucepan and cook over medium-low heat, when the mixture starts to boil, add the agar-agar and salt. Keep stirring until it is completely dissolved.
- Strain the mixture through a mesh sieve. Pour the batter into the ramekins. Let cool and put in the fridge for at least 4 hours.
- Add palm sugar on the top and torch it

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Date& timed submission

Figure 7. Approved Recipe Page 1

Recipe background

The reason I chose to use dragon fruit skin kombucha is because kombucha is a probiotic drink that is good for health and uses dragon fruit skin as a waste ingredient . by combining kombucha dragon fruit skin in the making of creme brulee. The creme brulee is also made using vegetable ingredients.

CHECK LIST	POINTS	APPROVAL
WASTE MANAGEMENT	20	✓
PROCESSING METHOD	20	✓
UNIQUE INGREDIENTS	20	x
PRODUCT OUTLOOK	20	x
HEALTH & NUTRITION	15	✓
NEW MODIFICATION	5	✓
TOTAL		60

\*approval min. 50 points

Notes:

Approved  
17/05/22

Figure 8. Approved Recipe Page 2

## 2.3.2 Revised Recipe

### 2.3.2.1 Dragon Fruit Skin Kombucha Vegan Panna Cotta Recipe

#### Ingredients:

1. 500 ml coconut milk
2. 150 ml dragon fruit skin kombucha
3. 15 gram cornstarch
4. 15 gram palm sugar
5. 7 gram jelly powder
6. ¼ tsp. vanilla powder
7. A dash of salt

#### Method:

1. Pour the coconut milk and dragon fruit skin kombucha into the saucepan. Cook it on medium-low heat and bring it to boil
2. Add the vanilla powder and mix it
3. Mix cornstarch and dragon fruit skin kombucha and pour into the saucepan
4. Pour the mixture and add palm sugar into the saucepan
5. When the mixture starts to boil, add the jelly powder and salt. Keep stirring until it is completely dissolve
6. Strain the mixture through the sieve. Pour the batter into the jelly cup. Let it cool and put it in the fridge for at least 4 hours.

### 2.3.2.2 Dragon Fruit Skin Sauce Recipe Ingredients:

1. 200 gr dragon fruit skin
2. 40 gr palm sugar
3. 150 ml water

#### Method:

1. Wash the dragon fruit skin and cut into dice and smooth it with a blender, pour 30-50 ml water so it can smooth well
2. Pour the dragon fruit skin into the saucepan
3. Pour the left over water and add the palm sugar
4. Cook until it reaches the sauce texture

### 2.3.2.3 Dragon Fruit Skin Kombucha Recipe

#### Ingredients:

1. 1 pcs of scoby
2. 5 pcs black tea
3. 200 gr sugar
4. 2.5 liters water
5. 300 ml Kombucha starter tea
6. 60 gr dragon fruit skin

#### Method:

1. Pour 500 ml water into the saucepan, and bring it to boil and turn off the stove
2. Pour sugar and black tea into the saucepan and stir it until the sugar dissolve
3. Wait around 5 minutes and take the black tea out

4. Pour the tea and the other 2 liters of water into the glass jar
5. Wait until it reaches room temperature or is not warm anymore
6. Put the scoby and the kombucha tea starter into the glass jar and cover it with fabric and tie it with the rubber
7. The fermentate will take around 7-14 days
8. To make dragon fruit skin kombucha, cut the dragon fruit skin and put it in the glass bottle and pour 800 ml kombucha
9. Keep it at room temperature for 2 days, after that keep it in the fridge

## 2.4 PRODUCT PROCESSING SEQUENCE USING FLOWCHART

### 2.4.1 Flow Chart Processing Dragon Fruit Skin Vegan Panna Cotta

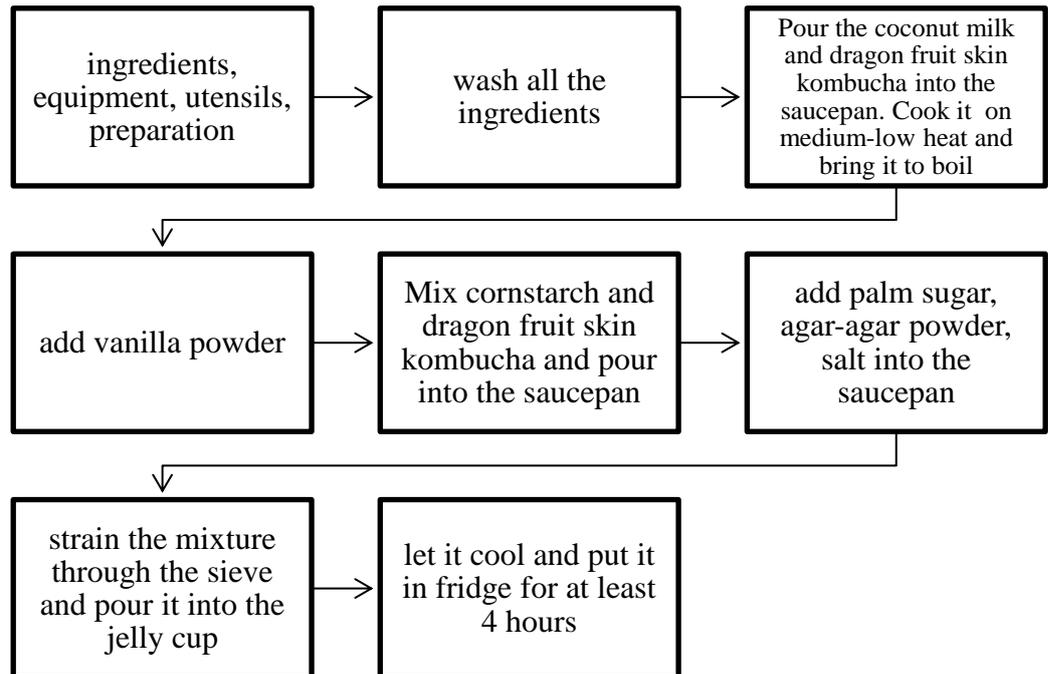


Figure 9. Dragon Fruit Skin Vegan Panna Cotta

#### 2.4.2 Flow Chart Processing Dragon Fruit Skin Sauce

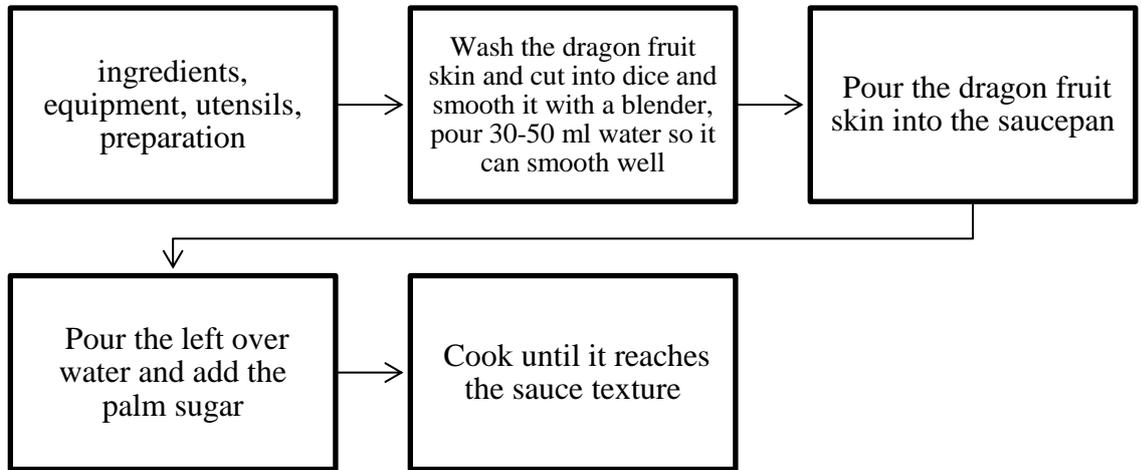


Figure 10. Dragon Fruit Skin Sauce

### 2.4.3 Flow Chart Processing Dragon Fruit Skin Kombucha

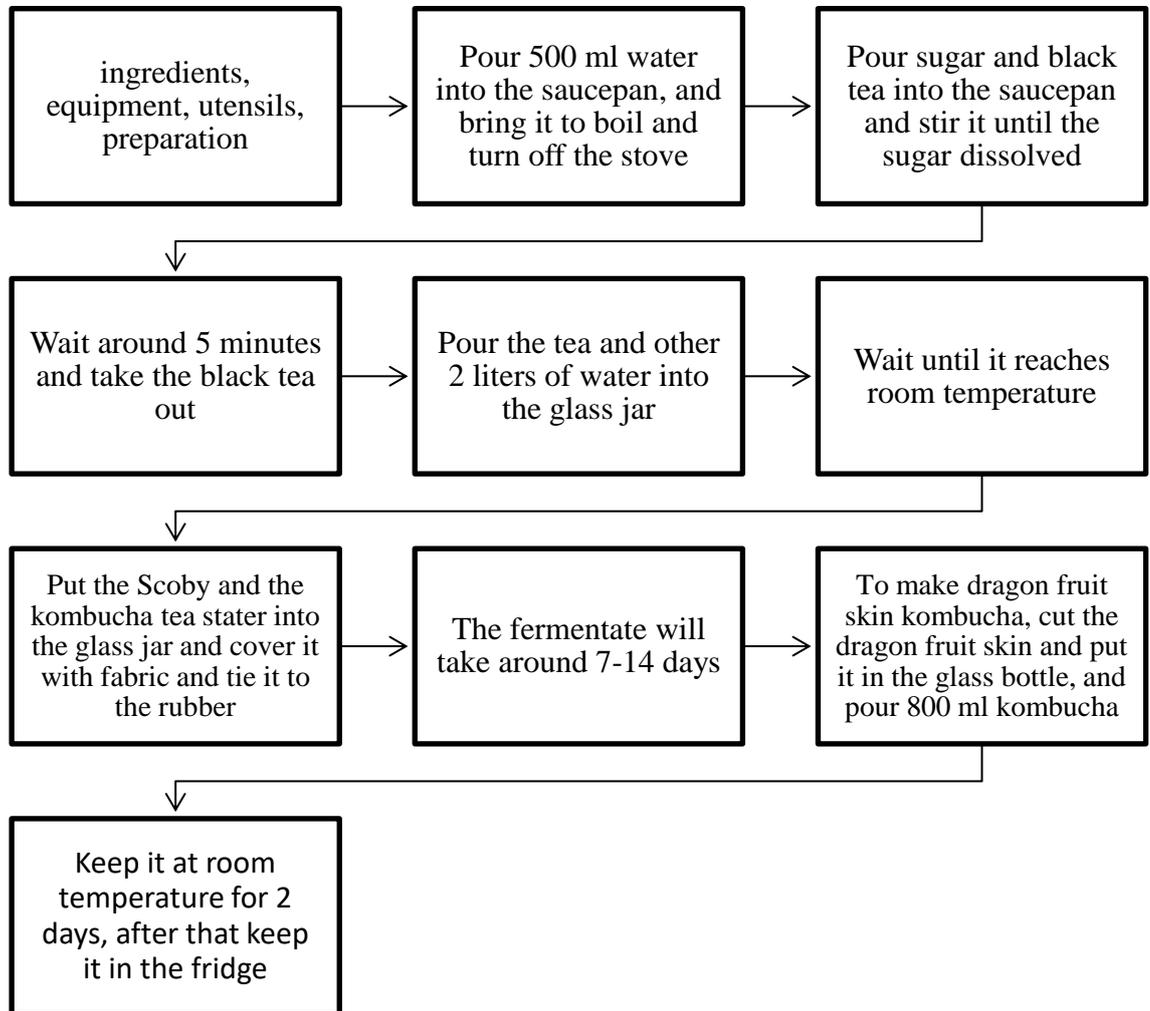


Figure 11. Dragon Fruit Skin Kombucha

## 2.5 PRODUCT PROCESSING METHOD WITH PICTURES

### 2.5.1 Dragon Fruit Skin Kombucha Vegan Panna Cotta Processing Method

1. Pour the coconut milk and dragon fruit skin kombucha into the saucepan. Cook it on medium-low heat and bring it to boil



Figure 12. Boil the Coconut Milk and Kombucha

2. Add vanilla powder



Figure 13. Add Vanilla Powder

3. Mix cornstarch and dragon fruit skin kombucha and pour into the saucepan



Figure 14. Add Cornstarch Dragon Fruit Skin Kombucha

4. Add palm sugar



Figure 15. Add Palm Sugar

5. Add jelly powder and salt



Figure 16. Add Agar-agar Powder and Salt

6. Strain the mixture through the sieve



Figure 17. Strain the mixture through the sieve

7. Pour it into the jelly cup and keep it in fridge at least 4 hours



Figure 18. Panna Cotta in the Jelly Cup

### 2.5.2 Dragon Fruit Skin Sauce Processing Method

1. Wash the dragon fruit skin and cut into dice and smooth



Figure 19. Diced Cut Dragon Fruit Skin

2. Smooth it with a blender, pour 30-50 ml water so it can smooth well



Figure 20. Blender the Dragon Fruit Skin

3. Pour the left over water and add the palm sugar



Figure 21. Pour the left over water and add the Palm Sugar

4. Cook until it reaches the sauce texture and let it cool



Figure 22. Let the Dragon Fruit Skin Sauce Cool

### 2.5.3 Dragon Fruit Kombucha Processing Method

1. Pour 500 ml water into the saucepan, and bring it to boil and turn off the stove



Figure 23. Boil the Water

2. Pour sugar and black tea into the saucepan and stir it until the sugar dissolve, Wait around 5 minutes and take the black tea out



Figure 24. Pour Sugar and Black Tea into the Saucepan

3. Pour the tea and other 2 liters of water into the glass jar, Wait until it reaches room temperature



Figure 25. Tea

4. Put the scoby and the kombucha tea starter into the glass jar and cover it with fabric and tie it to the rubber. The fermentate will take around 7-14 days



Figure 26. New Batch Kombucha

5. To make dragon fruit skin kombucha, cut the dragon fruit skin and put it in the glass bottle



Figure 27. Dragon Fruit Skin in Glass Bottle

6. fill up the kombucha for 800 ml, Keep it at room temperature for 2 days, after that keep it in the fridge



Figure 28. Dragon Fruit Skin Kombucha