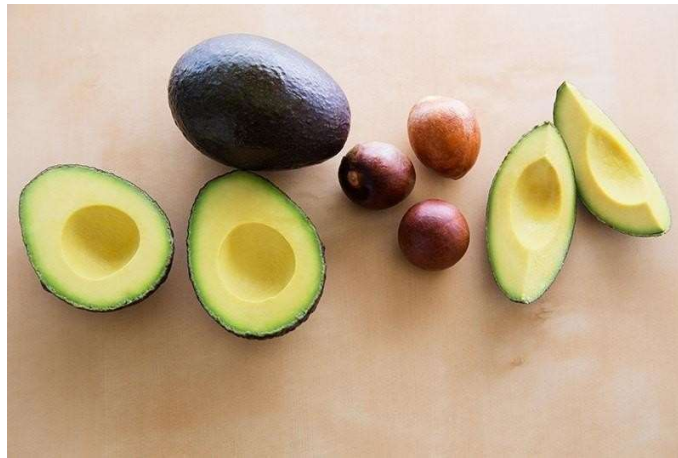


## CHAPTER 2

### PRODUCT OVERVIEW

#### 2.1 Processing coffee cake

##### 1. Avocado Seeds



*Figure 1 Avocado seeds*

The avocado seeds are enclosed in a tough shell and accounts for 13–18% of the fruit's volume. Additionally, it is thought that seeds are a rich resource of antioxidants, including compounds that plants make to defend themselves. While some compounds in avocado seeds could have antioxidant capacity, others could not have positive effects on health. Starch makes up the majority of the carbohydrates in avocado seeds, which have a gross mass that is almost 75% starch.

2. Knife



*Figure 2 Knife*

Knife, tool or implement used for cutting, with the blade attached to the handle or hinged to clasp into it. The majority of the cutting tools that are categorized as cutlery are knives.

3. Cutting Board



*Figure 3 Cutting Board*

A sturdy board used for cutting materials is known as a cutting board (or chopping board). When making meals, the preparing food board is frequently utilized.

4. Butter



*Figure 4 Butter*

Butter is a cow's milk prepared by extracting buttermilk from the whole milk. Butter blocks are made by compressing and chilling the fat. It can either be heated for cooking or baking, or it can be consumed straight up as a sauce. Additionally, butter is utilized in cooking, for instance in traditional sponge cakes and pastries or to flavor sauces.

5. Brown Sugar



*Figure 5 Brown Sugar*

The inclusion of molasses, that provides brown sugar its distinctive color, taste, and humidity, is the primary distinction between brown sugar and white sugar. Based on their water content, which may be altered by different procedures and by modifying the quantity of molasses they include, brown sugars may be obtained in a variety of forms (for example, coarse or soft). Individuals are probably more likely to be familiar with the soft light and dark varieties of brown sugar that are frequently used in baking.

6. Egg



*Figure 6 Egg*

a meal made from fowl that may be used as both a main dish and a component in baked goods. An egg's hard calcium carbonate shell protects a liquid white, a solitary yolk (or occasionally a double yolk), and an air cell. The white, also known as albumen, is a fluid that, when heated or pounded, turns solid white. As the egg becomes older and starts to lose water, the air cell gets bigger and the quality of the egg declines. As one of the most frequently used components in a range of recipes, eggs can be prepared in a number of different ways, including boiling, poached, frying, heating it up, and baking.

## 7. Coffee Powder



*Figure 7 Coffee Powder*

Coffee beans are first roasted before being ground into a fine powder to create coffee powder. The beans first were given a hot roasting to bring out their inherent oils and tastes. To enable them to dissolve in water, dried beans are therefore crushed into a fine powder.

8. Bowl



*Figure 8 bowl*

A bowl is a cylindrical container with a big open top. Some bowl types are used for mixing ingredients or cooking.

## 9. Spatula



*Figure 9 Spatula*

A hand-held instrument called a spatula is used for scooping, turning, and spreading. The handle of a spatula is long enough just to prevent the holder from touching it.

## 10. Baking Tray



*Figure 10 Baking tray*

A sheet pan is a flat, metal pan used in an oven to bake pastries. It is also known as a baking tray, sheet pan, or baking pan.

## 11. Oven



*Figure 11 Oven*

A device that subjects items to a heated atmosphere is an oven. The oven has a hollow chamber inside of it and offers a technique to gradually heat the chamber. Since the beginning of time, ovens have been used in a variety of ways



## 2.2 The Recipe

1. Wash and clean the avocado seeds, remove all the membranes on the avocado seeds



*Figure 12 Avocado*

2. Slice the avocado seeds thinly, and arrange them in a baking dish, then bake at 110-115° C for 2 hours / until dry



*Figure 13 Sliced avocado seeds*



*Figure 14 Chopped avocado seeds*

3. Cool the avocado seeds then blend the avocado seeds until they become flour



*Figure 15 Blended avocado seeds*

4. Preheat the oven to 175° C



*Figure 16 Preheated Oven*

5. Melt the butter, then add the brown sugar and stir until the dough is sticking together



*Figure 17 Dough*

6. Add eggs and stir until fluffy and soft



*Figure 18 Eggs*

7. Add coffee, avocado seed flour, and baking powder and mix it



*Figure 19 Dough*

8. Stir until the mixture is mixed and then pour into a baking sheet that has been lined with baking paper



*Figure 20 Dough*

9. Bake at 175° C for + - 25 minutes



*Figure 21 Baked dough*

## **2.2 Description of Ingredients**

1. 1 Whole egg
2. ½ tsp baking powder
3. 35 gr unsalted butter
4. 70 gr coconut sugar
5. 2 sachet nescafe
6. 40 gr avocado seeds flour

## 2.3 Approved Recipe

Recipe Name : Coffee Cake with avocado seeds powder

Yield : 6-7 slices

Main Ingredients : 40 gr avocado seeds flour

Ingredients :

- 1 Whole egg
- ½ tsp baking powder
- 35 gr unsalted butter
- 70 gr coconut sugar
- 2 sachet nescafe
- 40 gr avocado seeds flour

Method

1. Cuci dan bersihkan biji alpukat, buang semua selaput di biji alpukat
2. Iris tipis biji alpukat, dan susun di dalam loyang, lalu di panggang di suhu 110-115 c selama 2 jam/ sampai kering
3. Dinginkan biji alpukat lalu blend biji alpukat hingga menjadi tepung
4. Preheat oven 175 c
5. Cairkan mentega, lalu masukan gula merah dan aduk hingga adonan mengkilap
6. Masukan telur dan aduk perlahan hingga rata
7. Masukan kopi, avocado seeds flour, dan baking powder ke dalam adonan
8. Aduk hingga merata adonanya lalu tuangkan ke loyang yang sudah dilapisi baking paper
9. Panggang di suhu 175 c selama + - 25 menit

Student Name : Wincent felix hartono

Advisor Name : Michael Valent

Date & time of submission : (filled by advisor)

*Figure 22 Approved Recipe*

### 2.3.1 Approval

RECIPE BACKGROUND (50 - 100 WORDS)

Dengan membuat coffee cake menggunakan tepung biji alpukat membuat cake tersebut lebih sehat, karena gluten free dan memakai coconut sugar yang jauh lebih sehat dari gula pasir, dan juga biji alpukat menjadi bahan yang bisa menjaga kadar

Gula di dalam tubuh kita, dan juga mengurangi kolestrol jahat, biji alpukat juga mengandung anti oksidan yang tinggi .

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)

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Michael Verheij

Figure 23 Approval



## 2.4 Description of Utensils

1. Bowl for mixing ingredients
2. Cutting board for cut the avocado
3. Blender for blend the avocado
4. Mixer for mixing ingredients
5. Baking pan for mold the cake
6. Baking paper
7. Oven for bake the cake

## 2.5 Product Process Flowchart



*Figure 24 Flowchart*