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APPENDIX

1. Approved Recipe

Recipe Name : YOGURT WITH CARICA FLAVOUR

TITLE OF C&D : PRODUCT DEVELOPMENT OF CARICA FRUIT AS A
FLAVOUR AND TOPPING FOR YOGURT USING THE
FERMENTATION METHOD

Yield : 5-6 portion

Main Ingredients : 150 gr Candied Carica

Ingredients :

(To Make Candied Carica)

- 750 gr carica fruit peels & sliced
- 500 ml water
- 100 gr sugar

Method :

1. Peel the carica fruit using gloves because there is a lot of sap that causes itching, wash the peeled carica fruit
2. Cut it into two parts and then separate the fruit pulp and seeds in 2 different containers
3. Then cut the carica fruit flesh into 4 parts
4. Give a little water to the container that contains carica seeds
5. Squeeze the carica seeds until the juice comes out, then collect the juice.
6. Boil 500 ml of water until it boils, add the sugar and carica extract, cook until the sugar dissolves
7. Add the chopped fruit, stir for about 5-10 minutes, then remove from heat

Ingredients :

(To Make Yogurt with Carica Flavour)

- 150 gr candied carica (juiced)
- 600 ml fresh milk
- 3 gr yogurt starter (lactobacillus)

Method :




1. Sterilize all the tools to be used with boiling water at 120 degrees Celsius then cover with aluminium foil
2. Pour milk into a saucepan, place the saucepan on the burner with medium heat
3. Whisk the mixture constantly to prevent it from sticking to the pan gradually heat the milk to 75 degrees Celsius to kill the pathogenic bacteria in the milk.
4. While waiting for the milk to be heated, pour the candied carica into the blender then puree it.
5. When the milk has reached the desired temperature, remove the saucepan from the stove and let the milk cool down to 42 degrees Celsius.
6. Once the milk has cooled, spoon 2 tbsp (30ml) of the heated milk into a small bowl and add 3 gr of yogurt starter. Whisk together until the mixture is smooth.
7. Add the mixture and candied carica fruit juice to the remainder of the warm milk and stir constantly for about 2 minutes.
8. Pour the contents of the saucepan into a container then close tightly.
9. Put it in the yogurt maker and leave it for 8-12 hours.
10. After 8-12 hours, remove the yogurt container from the yogurt maker and place it in the chiller for 1 day.
11. After 1 day, remove the container and transfer the finished yogurt into a packaging with a quantity of 120 ml/packaging

RECIPE BACKGROUND


Carica is a very unique fruit, this fruit can thrive in South America, but in Indonesia this fruit only thrives in the Dieng Plateau. This causes the fruit is less known by the wider community. However, the carica fruit has become an icon for the surrounding area, such as Wonosobo, so that the people there produce a lot of this carica fruit as a souvenir typical of Wonosobo.

Unfortunately, the abundant production of fruit sometimes makes this fruit a lot of wasted, because the use of this fruit is relatively monotonous and has not been developed much. For example, products from carica fruit are carica candied fruit, carica jam, carica chips, carica dodol, and also carica syrup. Therefore, in this research, I chose to make "Yogurt with Carica Fruit Flavor" as a product development from the existing carica candied fruit. In addition to developing existing products, I also want to introduce carica fruit as a characteristic of the Wonosobo area to the wider community through a product that is easily accepted by many people.

Student Name : Ruth Scelalih Immagodei
NIM : 2174130010030

1 st Advisor	2 nd Advisor	3 rd Advisor
 Name: Novi Indah Permata Sari, S.T., M.Sc Date: 24 Maret 2023	 Name: Anthony Sucipto, A.Md.Par. Date:	 Name: Ryan Yeremia Iskandar, SS Date:

2. Approved Sensory Test

 **Akademi Kuliner & Pastry**
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INTERNASIONAL
TRAINING, R&D, CONSULTING, BUSINESS & PROMOTION


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

DATE : 10 April 2023
NAME : Ruth Selasih Immagodei
NIM : 2174130010030
PRODUCT : Carica yogurt
ADVISOR : Novi Indah Permata Sari, S.T., M.Sc


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

NOTES :

- Smell like regular yoghurt, texture too thin, taste sweet enough.
- Enak, tp kurang manis



3. Consultation Form



Akademi Kuliner & Patiseri
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INTERNASIONAL

CONSULTATION FORM
CULINARY INNOVATION AND
NEW PRODUCT DEVELOPMENT

Name : Ruth Selasih Imagedel
Student Number : 2174150010030
Advisor : Novi Indah Permata San, S.T., M.Sc

No	Date	Topic Consultation	Name/ Signature
1.	2/03/23	Brain Storming Idea	
2.	2/03/23	Consultation Idea	
3.	10/03/23	Idea Development	
4.	13/03/23	Change Ideas, re-Brain Storming	
5.	15/03/23	Consultation about yogurt making	
6.	17/03/23	Consultation about adding carica fruit as a flavour of yogurt	

No	Date	Topic Consultation	Name/ Signature
7.	22/03/23	1 st trial result	
8.	22/03/23	1 st trial result (adding Sweet Flavour on yogurt)	
9.	29/03/23	2 nd & 3 rd trial result	
10.	30/03/23	Packaging	
11.	04/05/23	CNP Proposal	

4. Systematic Process Documentation

a. Carica Fruit



b. Peeling carica fruit



- c. The process of cutting and separating the seeds



- d. The process of making candied carica



- e. Utensils sterilization



f. Milk pasteurization



g. Mixing process (candied carica juice & yogurt starter)



h. Fermentation process



i. Product Result

