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## APPENDIX

### 1. Approved Recipe

Recipe Name : Antioxidant Herbal Drink

Title Of C&D : Utilization Of Beton For High Antioxidant Herbal Drink Using Drying Method

Yield : 1 Tea Bag

Main : 3 gram Beton ( Jackfruit seed )

Ingredients

Ingredients :

- 3 gram Dried jackfruit seed , crusted
- 2 gram Dried Jackfruit Flesh
- 0,5 gram Dried Butterfly Pea Flower
- 0,5 gram Dried Mint Leaf



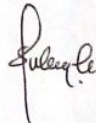
Method

1. Peel the skin of the jackfruit seed
2. Slice the jackfruit seed into small size
3. Dry the jackfruit seed for 24 hour
4. Crush the seed into small size
5. Dry the jackfruit flesh , butterfly pea flower and mint leaf
6. Set the portion in grams (3 grams of Beton , 2 grams of Dried jackfruit flesh , and 0,5 gram of butterfly pea flower and dried mint leaf
7. Pack into the tea bag
8. serve the herbal drink with hot water in 100 -150 ml , add some honey (optional)

RECIPE BACKGROUND (50 – 100 WORDS)

Beton is jackfruit seeds , and jackfruit seeds contains many nutrients such as carbohydrates, proteins, vitamins, minerals and anti-oxidants which are commonly used to maintain the immune system. Jackfruit have the benefits for preventing and fighting cancer, keeping digestion healthy. Butterfly pea flower have the benefits of butterfly pea flowers are high in antioxidants and reduce the risk of hypertension and heart disease. Mint leaf can also maintain healthy teeth and mouth and prevent food poisoning. I choose jackfruit and butterfly pea flowers and process into herbal drinks for their benefits high in anti-oxidant

Student Name : Neishia Evangeline Iskandar  
NIM : 2174130010019

1 <sup>st</sup> Advisor	2 <sup>nd</sup> Advisor	3 <sup>rd</sup> Advisor
 Name: Khanna Date: 27/3/23	 Name: Henri A. Date: 27/3/2023	 Name: Arya P. Date: 27/3/2023

## 1. Approved Sensory



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

### CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

**DATE** : 3 April 2023  
**NAME** : Neishia Evangeline Iskandar  
**NIM** : 2174130010019  
**PRODUCT** : Antioxidant herbal drink  
**ADVISOR** : Yohanna Prasetio, S.Sn, A.Md. Par


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

**NOTES** :

- There's no taste of the jackfruit at all, only mint. I'm not sure that there's any extraction of the jackfruit and jackfruit seeds, so will you actually get the benefit of the ingredients?



### 3. Consultation Form


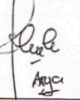






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
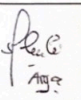



**CONSULTATION FORM**  
**CULINARY INNOVATION AND**  
**NEW PRODUCT DEVELOPMENT**

Name : Neishia Evangeline  
Student Number : 2174130010019  
Advisor : Yohanna Pratiwi

No	Date	Topic Consultation	Name/ Signature
1	16 march 2023	Dried jackfruit seed <del>tea</del> drink healthy	 Yohanna
2	march 2023	Dried jackfruit seed healthy drink	 Anja
3	march 2023	Dried jackfruit seed healthy drink	 Heni A.
4	21/03/23	Approve produk trial I	 Heni A.
5	21/03/23	Approve produk trial I	 Yohanna
6	21/03/23	Approve produk trial I	 Anja

No	Date	Topic Consultation	Name/ Signature
7	27/03/23	Preparation of sensory test	 Yohanna
8	27/03/23	Preparation of sensory test	 Heni A.
9	27/03/23	Preparation of sensory test	 Anja
10	07/07/23	approval laporan dan tata tulis proposal	 Yohanna
11	07/07/23	approval laporan dan tata tulis <del>proposal</del> <sup>proposal</sup>	 Anja
12	07/07/23	approval laporan & dan tata tulis proposal	 Heni A.

### 3 Systematic Process Documentation

1) Wash the beton



2) Peel beton skin



3) Slice beton



#### 4) Dehydrate beton



#### 5) Blend the beton





6) Dehydrate honey jackfruit flesh



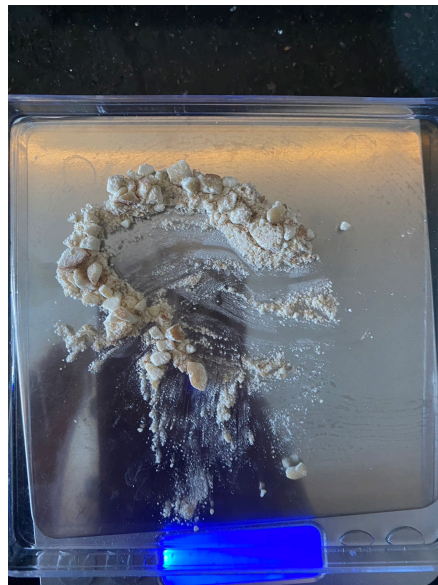
7) Dehydrate mint leaves



8) Dehydrate butterfly pea flower



9) Weigh dried beton 3 grams



10) Weigh honey jackfruit flesh 2 gram



11) Weigh dried mint leave 0,5 gram



12) Weigh dried butterfly pea flower 0,5 gram



13) Pack the ingredients into the tea bag



14) Serve with water



15 ) Antioxidant Herbal Drink

