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## APPENDIX

### 1. Approved Recipe




- Recipe Name : NUTRION SPORT JELLY  
TITLE OF C&D : USE OF DATES AND BANANA AS SPORT JELLY  
Yield : 10-12 portion  
Main Ingredients : 75 Gram Dates Juice & 75 gram Banana Juice  
Ingredients :
- 75 gram banana juice
  - 75 gram dates juice
  - Water 75 gram
  - Gelatin 10gram
  - Nutrijell 7.5 gram
  - Honey 30 gram
- Method :
1. Steam 225 gram of king banana
  2. Make banana juice with a ratio of 225 grams of banana steam and 200 grams of water
  3. Strain the banana juice and take the juice
  4. Boil 200 grams of dates with 600 ml of water until the dates become soft
  5. make dates juice if it is so strain and take the juice
  6. take 75 gram dates juice . 75 gram banana juice, 75 gram water, 30 gram honey in the stock pan
  7. take 10 gram gelatin and give the water little bit, mix the gelatin and wait until set. the melt
  8. prepare 7.5 gram nutrijell
  9. boil ingredient in the stock pan
  10. when it's boiling, add nutrijel and gelatin, stir using a whisk
  11. put in the mould
  12. Wait for it to cool then put it in the chiller
  13. Wait until set

RECIPE BACKGROUND (50 – 100 WORDS)

I made this recipe aiming to meet the needs of energy intake when exercising. The jelly that I made can help meet energy needs when exercising. The main ingredients that I use are also very good for supporting sports activities, namely dates and bananas.

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NIM : 2174130010040

1 <sup>st</sup> Advisor	2 <sup>nd</sup> Advisor	3 <sup>rd</sup> Advisor
 Name: Heni Adhianata Date: 27/03/2023	 Name: Date:	 Name: Anthony Date: 27/3

## 2. Approved Sensory



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

### CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

**DATE** : 10 April 2023  
**NAME** : Nathanael Steven Nico Gunadi  
**NIM** : 2174130010040  
**PRODUCT** : Nutritional sport food  
**ADVISOR** : Heni Adhianata, S.T.P., M.Sc

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

**NOTES** :

- Lembut sekali teksturnya



Name : Nathanael Steven Nico Gunadi  
 Student Number : 2174130010040  
 Advisor : .....

No	Date	Topic Consultation	Name/Signature
1.	6/3/2023	Open Ingredients R&D	<i>Alvin</i>
2.	21/3/2023	Ingredient pre-treatment, processing method	<i>Alvin</i>
3.	28/3/2023	Konsul Proposal Bab 1, Bab 2	<i>Alvin</i>
4.	6/2023/4	Checking Bab 1, Bab 2, Bab 3	<i>Alvin</i>
5.	10/2023/4	Konsul The taste	<i>Alvin</i>
6.	17/2023/4	Konsul the texture	<i>Alvin</i>

3. Consultation Form

No	Date	Topic Consultation	Name/Signature
7	5/2023/5	Pembetulan Bab 1, Bab 2, Bab 3	<i>Alvin</i>
8	8/2023/6	Konsul Perubahan Nama Produk	<i>Alvin</i>
9	10/2023/7	Checking Proposal until End	<i>Alvin</i>
10	11/2023/7	Finalisasi	<i>Alvin</i>

#### 4. Systematic Process Documentation

##### 1) Boiling the dates



##### 2) Steam the bananas





3) Make banana paste



4) Reduce the sates until syrup consistensi



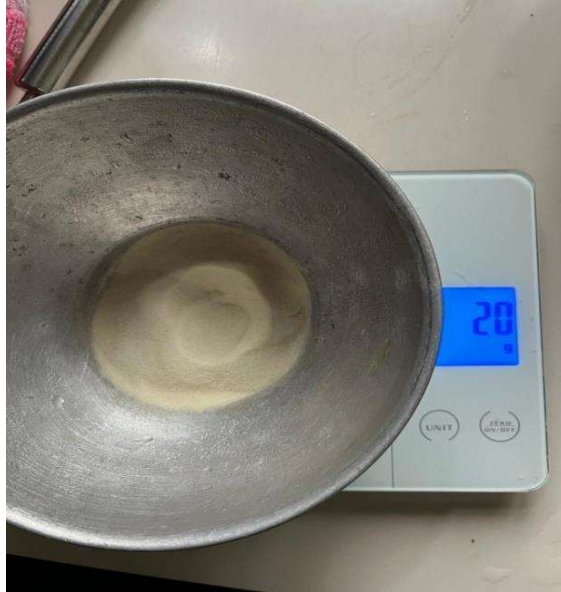
5) Strain banana paste



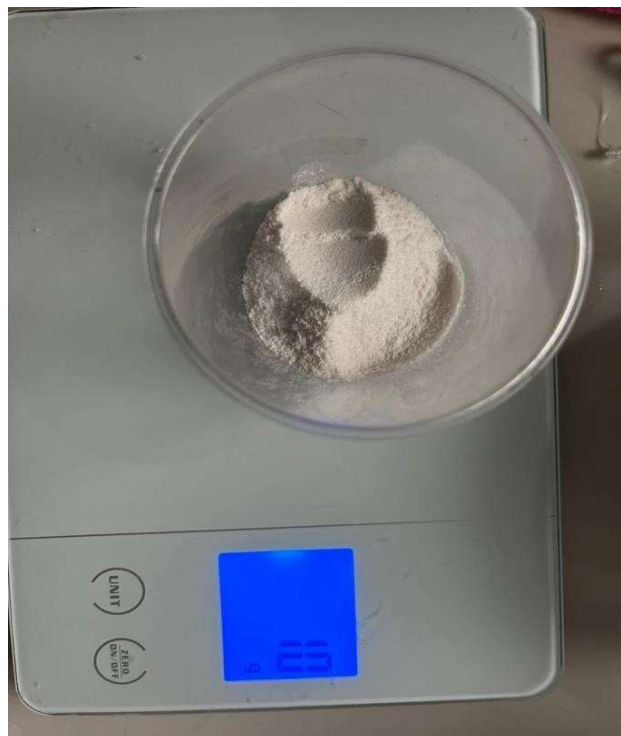
6) Reduce until consistency like a syrup



7) Weigh the gelatin



8) Weigh the jelly powder



9) Mix together



10) After boiling, pour it into the mold and wait for it to set, then put it in the refrigerator



11) The packed

