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## APPENDIX

### 1. Approved Recipe

Recipe Name : Gulai Kulit Jeruk Bali  
TITLE OF C&D : Reuse Of Jeruk Bali's Peel for Gulai  
Yield : 1 portion  
Main Ingredients : 70-80 gr of Jeruk Bali's Peel (without the outer skin)  
Ingredients :

1. Gulai Jeruk Bali's Peel :
  - 7 cloves of peeled garlic
  - 10 cloves of peeled shallots
  - 10 pieces of candlenuts
  - 4 cm of turmeric
  - 1/2 tablespoon of coriander
  - 1/2 tablespoon of cumin
  - 2 Bird's eye chili
  - 3 red chili
  - Enough water to blend the spices
  - 1-2 stems of lemongrass
  - 3 cm of galangal
  - 1 tablespoon of coconut milk
2. Peel's blanch (to reduce bitterness)
  - Water
  - Salt

Method :




1. In a sauce pan, pour 300 ml of water, add 2 pinch of salt and boil it.
2. After it is boil, put the Jeruk Bali's Peel and blanch it for about 1 minute.
3. After 1 minute, take it out and drain the excess water.
4. Repeat those 3 steps for about 3-4 times until the bitter taste is reduced and its tender enough.
5. After its done, set it aside.

6. For gulai, add water and blend all of the gulai spices in the blender until smooth.
7. In a pan, pour 1 tablespoon of oil and wait until its hot enough.
8. After that, put the ground spices and cook for about 5 minutes until the water is reduce and the spices are cook.
9. Pour 400 ml water into the cooked spices and let it boil.
10. Season it with enough salt and reduce it for about 5-10 minutes on a high heat.
11. After 5-10 minutes, blanch the peel in the gulai's for about 30 seconds. (the purpose is to reduce the bitterness and add the gulai flavor into the peel.
12. After 30 seconds, take it out and drain the excess water from the peel.
13. Reduce the gulai until its thick enough as a sauce, and turn it off from the heat.
14. Add 1 tablespoon of coconut milk to the gulai and mix it well.
15. Last, turn on the stove again but on low heat for about 2-3 minutes, and its done.
16. Serve the gulai sauce on the peel.

RECIPE BACKGROUND (50 – 100 WORDS)

In this proposal, I am going to make “kikil” kind of texture but with the peel of Jeruk Bali. The peel of Jeruk Bali has a spongy texture when its raw, and has a chewy texture when its cooked. I choose to make this dish because I want to reduce the food waste of Jeruk Bali. Actually, some people don't throw away their peel but they use it to make sweets from them. I want to make the savory dish from Jeruk Bali's peel because I think its unique. I want to make this peel in gulai cause gulai has kinds of spices that help the peel absorb its flavor.

Student Name : Gabriela Margareta  
NIM : 2174130010011

1 <sup>st</sup> Advisor	2 <sup>nd</sup> Advisor	3 <sup>rd</sup> Advisor
 Name: Ryan Yeremia I. Date: 20 Maret 2023	 Name: Novi Indah Permata S. Date: 20 Maret 2023	 Name: Gilbert Yanuar H. Date: 20 Maret 2023

## 2. Approved Sensory Test



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

### CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

**DATE** : 31 March 2023  
**NAME** : Gabriela Margareta  
**NIM** : 2174130010011  
**PRODUCT** : Gulai kulit jeruk bali  
**ADVISOR** : Ryan Yeremia Iskandar, SS

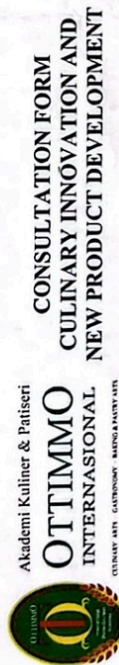
PANELIST	SIGHT	SMELL	TEXTURE	TASTE	TOTAL
Panelist 1	√	X	√	X	X
Panelist 2	√	√	√	X	√
Panelist 3	√	√	√	√	√
Panelist 4	X	√	√	√	√
Panelist 5	√	X	√	X	X
Panelist 6	√	√	X	X	X
Panelist 7	√	√	√	X	√
Panelist 8	√	X	√	X	X
Panelist 9	√	√	√	√	√
Panelist 10	√	√	X	√	√

#### NOTES :





- Taste really bland, smell not strong enuff.
- penampakan dan aroma sudah sangat bagus, tapi rasa bumbu kurang asin dan belum meresap ke dalam kulit jeruk.
- Rasa kurang seperti Gulai, bumbu tidak meresap ke Kulit jeruk Bali, kuah cenderung hambar.
- Plain
- The taste is extremely bland









3. Consultation Form



Name : Gabriel Margareta  
 Student Number : 2174130010011  
 Advisor : Ryan Yermania I.

No	Date	Topic Consultation	Name/Signature
07.	12/05 2023	Konsultasi Proposal	 ms. Novi
08.	10/01 2023	Konsultasi Proposal	
09.	24/8 2023	konsultasi akhir (bab 4&5)	
10.	25/8 2023	Konsultasi proposal	

No	Date	Topic Consultation	Name/Signature
01.	13/03 2023	Pemilihan judul	 Ms. Hesti
02.	17/03 2023	Konsep pemilihan judul	 Chef Jeri
03.	18/03 2023	Konsol soal recipe	 Chef Jeri
04.	20/3 2023	Konsul Resep.	 ms. Novi
05.	20/3 2023	approval recipe	 Chef Jeri
06.	11/05 2023	Konsultasi proposal	 Ryan Yermania I.

#### 4. Systematic Process

1. In a sauce pan, pour 300 ml of water, add 2 pinch of salt and boil it.



2. After it is boil (80° C) , put in the Pomelo Orange Peel and blanch it about 1 minute.



3. After 1 minute, take it out and drain the excess water.



4. Next, velvet the pomelo's peel. Velvet is covering pomelo's peel into the cornstarch and boil it in simmering to boiling water to make it chewy. Velvet for about 2-3 minutes and set it aside.





5. Put the pomelo's peel into the oven at 100 degrees Celcius for about 1 hour to make it more chewy.

6. Add water and blend all spices in the list of the recipe's ingredient in the blender until smooth.



7. In a pan, pour 1-2 tablespoon of oil and wait until its hot enough. After that, put the ground spices and saute for about 5 minutes until the water is reduce and the spices are fully cooked.



8. Then pour 400 ml water into the cooked spices and let it boil. Season it with enough salt and reduce it for about 5-10 minutes on a high heat.



9. After 5-10 minutes, blanch the peel in the pan with gulai for about 30 seconds. (the purpose is to absorb the gulai's flavor into the pomelo's peel.). Reduce the gulai until its thick enough and turn it off from the heat. Add 1-2 tablespoon of coconut milk and mix it well.



10. Turn off the heat, and serve the pomelo's peel gulai on the bowl.

