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APPENDIX

Approved Recipe

| | |
|------------------------|--|
| Recipe Name | : Arrowroot Starch Cendol |
| TITLE OF C&D | : Utilization of arrowroot starch as a basic ingredient for making cendol and fiber creme as a substitute for coconut milk for ulcer sufferers |
| Yield | : 4 – 5 portions |
| Main Ingredients | : 75 gr arrowroot flour |
| Ingredients | : |
| Tuber Flour: | Sugar Water : |
| – 1kg arrowroot tubers | – 200gr Palm sugar |
| Sandalwood: | – 1 sheet of pandan leaves |
| – 75gr arrowroot flour | – 150ml Water |
| – 450ml Water | Creamer water : |
| – Pandan paste | – 500ml warm water |
| – Water and ice cubes | – 150gr Fiber creme |

Method

Arrowroot flour:

1. Prepare arrowroot tubers that have been washed clean
2. Mash the arrowroot/sweet potato, grated
3. The arrowroot tubers that have been crushed earlier are mixed with enough water
4. Squeeze and strain to separate the arrowroot starch from the dregs.
5. Let the water mixed with the starch that was squeezed out earlier until the water turns clear
6. Discard the water that has become clear and the remaining arrowroot starch that has settled on it underneath.
7. Dry the sediment of arrowroot starch essence until dry

Sandalwood:

1. Put the water and arrowroot flour into a saucepan and stir until the arrowroot flour dissolves. Sieve the arrowroot flour so that there are no impurities

2. If it's clean, add enough pandan paste to make the cendol color prettier
3. If it is evenly mixed then place the pot on the stove and turn on the fire, use medium heat
4. Stir the mixture until it thickens, stirring constantly so that it doesn't get lumpy
5. If the cendol dough has become clear and cooked, turn off the heat
6. Prepare a container filled with water and ice cubes and print the cendol while it's hot so it's easy to use print
7. If the printed cendol is long, cut the cendol so it's easy to eat
8. Strain the cendol so that it is separated from the water

Palm sugar:

1. Boil water and palm sugar
2. Add pandan leaves to make it fragrant
3. If it's boiling then reduce the heat and boil until thickened

Crepe fiber:

1. Dissolve fiber crepe with warm water and stir until there are no lumps

After everything is ready, add palm sugar, cendol, ice cubes and fiber crepe. Ice cendol is ready for served

RECIPE BACKGROUND (50 – 100 WORDS)

Arrowroot tubers are a type of plant that has tubers, known as Irut.

In Latin and in biological language it is known as the Maranta species

Arundinacea. Arrowroot tubers themselves, as one of the types of tubers that have

lots of nutritional content contained in it, arrowroot tubers have a lot

benefits for humans. For example, to treat stomach pain or gastric starch content

Arrowroot tubers can increase the pH of the stomach so that it can reduce the amount and

severity of stomach ulcers, reduce the risk of anemia, treatment of urinary tract infections

urinary, immune, treating burns Because it has many good benefits

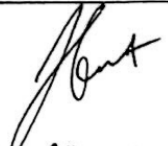


for the body, that's why I process arrowroot starch into drinkable cendol

by everyone, especially ulcer sufferers where I also don't use coconut milk

but using fiber crepe which is suitable to replace coconut milk because of coconut milk

It has a high fat content compared to fiber crème.

Student Name : Fransisca Manuella
NIM : 2174130010025

| 1 st Advisor | 2 nd Advisor | 3 rd Advisor |
|--|--|--|
|  Name: Gilbert Yanuar Date: 27 Maret 2023 |  Name: Elinar Date: |  Name: Ryan Yerenia Date: 27 Maret 2023 |

Approved Sensory



Akademi Kuliner & Patiseri
OTTIMMO
INTERNASIONAL
CULINARY ARTS, CATERING, BAKING & PASTRY ARTS

CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

DATE : 6 April 2023
NAME : Fransisca Manuella
NIM : 2174130010025
PRODUCT : Arrowroot starch cendol
ADVISOR : Gilbert Yanuar Hadiwirawan, A.Md.Par.

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

NOTES :



Consultation Form



Akademi Kuliner & Patiseri
OTTIMMO
 INTERNASIONAL
STUDY ARTS GASTRONOMY BAKING & PASTRY ARTS

CONSULTATION FORM CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT

Name : Francisca Monuella
 Student Number : 2174130010025
 Advisor : Gilbert Yanuar H

| No | Date | Topic Consultation | Name/ Signature |
|----|----------|--------------------|--------------------|
| 1. | 15/3, 23 | Idea | |
| 2. | 16/3, 23 | Judul | |
| 3. | 20/3, 23 | Literature review | |
| 4. | 23/3, 23 | Recipe writing | |
| 5. | 12/4, 23 | Report chapter 1-3 | |
| 6. | 15/5, 23 | Report chapter 5 | |

| No | Date | Topic Consultation | Name/ Signature |
|-----|----------|--|--------------------|
| 7. | 24/5, 23 | How other chapter 1-3 | |
| 8. | 14/6, 23 | Report writing 4 | |
| 9. | 11/7, 23 | Report writing cost | |
| 10. | 12/7, 23 | Report writing Conclusion & suggest | |
| | | | |
| | | | |

Systematic Process Documentation

Wash arrowroot until clean



Grate the arrowroot



Give water in crushed arrowroot



Squeeze and strain to separate the arrowroot starch



Leave it for 24-48 hours



Take the starch precipitate



Dry the sediment of starch until dry



Pour water into pandan leaves



Blend water and pandan leaves



Pour the flour into the pandan leaf extract



Sieve flour and pandan leaf extract



Stir the cendol mixture until cooked



Shape arrowroot cendol dough



Cut the cendol



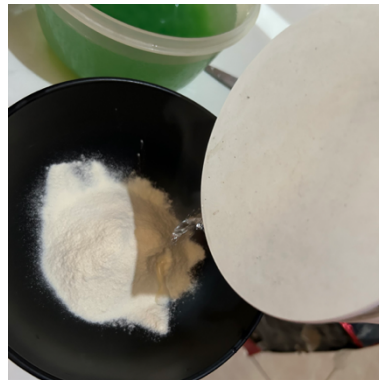
Boil water and palm sugar



Add pandan to make it fragrant



Dissolve non dairy creamer with warm water



Mix all together

