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APPENDIX

1. Approval Recipe

Recipe Name : HONEY SWEET POTATOES AND PEANUT.
TITLE OF C&D : SUGAR FREE SWEET POTATOES (IPOMOEA BATATAS L.)
AND PEANUT (ARACHIS HYPOGAEA) FLAKES WITH
HEALTH BENEFIT USING BAKED METHOD
Yield : 120gr
Main Ingredients : Sweet Potatoes and Peanuts

Ingredients for Sweet Potatoes Flour :

200 gr Sweet Potatoes

Ingredients For Sereal Sweet Potatoes and peanuts :

80 gr Sweet Potatoes Flour

20 gr Peanuts

30 gr Margarine

0,5 gr Salt

0,5 gr vanilla powder

20 ml egg white

Method :

SWEET POTATOES FLOUR :

1. Wash the sweet potato thoroughly, then peel the sweet potato skin.
2. Soak the peeled sweet potato with water.
3. Slice the sweet potato to a thickness of ± 3 mm, then soak it in water.
4. Blanch the sweet potato that has been sliced for 30 seconds.
5. Dry the sweet potatoes with kitchen paper towel.
6. Arrange the sweet potato slices in a food dehydrator with a temperature of 64° for 24 hours.
7. After 24 hours, Process the sweet potatoes in a blender until it gets fine texture.
8. Sift the flour with a 60 mesh sieve.




SWEET POTATOES AND PEANUT SEREAL :

1. Soak the peanuts in hot water until the peanut shells can be removed.
2. Then, grind the skinless peanuts using a pestle.
3. Mix all ingredients then stir until the dough is combined.
4. Weigh the dough 1gr and round it.
5. Press the center of the dough that has been rounded until it is U-shaped, flatten to a thickness of ± 1 mm.
6. Bake the dough that has been formed at 120° for 20 minutes.

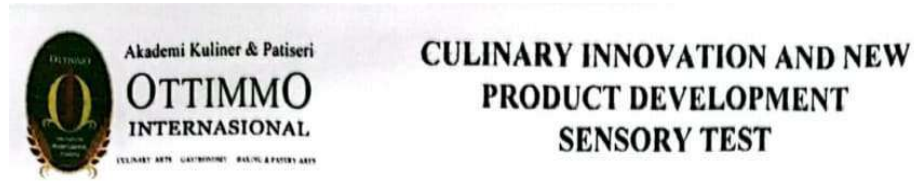
RECIPE BACKGROUND

I chose the main ingredients of sweet potatoes and peanuts as main ingredients for health especially for diabetics because they both have benefits for control blood sugar. The sweet taste of sweet potatoes can be a natural sweetener that is safe for diabetics and the savory taste of peanuts gives additional enjoyment to this cereal. Honey sweet potatoes and peanuts are easily found in indonesia and has a relatively cheap price.

Student Name : Stella Ardelia Fredrick
NIM : 2174130010010

1 st Advisor	2 nd Advisor	3 rd Advisor
 Name : Gilbert Yanuar Hadiwirawan, A.Md.Par. Date : 27 Maret 2023	 Name : Novi Indah Permata Sari, S.T.,M.Sc Date : 27 Maret 2023	 Name : Michael Valent, A.Md.Par. Date : 27 Maret 2023

2. Approved Sensory



DATE : 17 April 2023
NAME : Stella Ardelia Fredrick
NIM : 2174130010010
PRODUCT : Sereal ubi cilembu dan kacang
ADVISOR : Gilbert Yanuar Hadiwirawan, A.Md.Par.


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

NOTES :

- Untuk tekstur lebih ke kukis, untuk cereal biasanya lebih krispy, bukan ngepyur
- Rasanya sudah sangat enak tetapi texture nya harus sedikit lebih keras lagi, tidak seperti texture soft cookies .



3. Consultation Form



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CONSULTATION FORM
CULINARY INNOVATION AND
NEW PRODUCT DEVELOPMENT

No	Date	Topic Consultation	Name/ Signature
1.	15/4 2023	Topic: <i>Spert</i>	<i>Nugra</i>
2.	29/4 2023	Product Review	<i>W</i>
3.	29/5 2023	Revisi	<i>W</i>
4.	13/4 2023	Revisi	<i>W</i>
5.	26/4 2023	Konsul Product	<i>W</i>
6.	16/5 2023	Presentation	<i>W</i>

Name	: <i>Stella Ardelia Fredrick</i>
Student Number	: 2121132010010
Advisor	: <i>Silbert Yanuar</i>

No	Date	Topic Consultation	Name/ Signature
7.	18/5 2023		<i>W</i>
8.	20/5 2023	Konsul Bab 4 & 5	<i>W</i>
9.	27/8 2023		<i>W</i>
10.	29/8 2023	Revisi	<i>W</i>

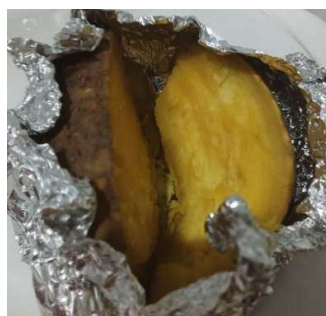
4. Systematic Process Documentation

Cilembu sweet potato flour

- 1) Cut a little on the both ends of the cilembu sweet potato then prick all sides of the sweet potato with fork, wrap the sweet potato with alluminium foil before baking and bake at 250° celcius for 45 minutes.



- 2) After the sweet potato is cooked, cut it into two parts and scrape the flesh sweet potato flesh then mash it with a fork.



- 3) Arrange cilembu sweet potato on food dehydrator tray that already covered with baking papper, set food dehydrator with temperature 60° celcius for 3 days.



- 4) After 3 days, take dried cilembu sweet potato and blender it until smooth than sieve it.



Cilembu sweet potato and peanuts cereal

- 1) Soak the peanuts in hot water until the peanuts shells can be removed.



- 2) Toast the peanuts in a pan until they are brown in color then grind the peanuts with blender.



- 3) Combine all ingredients in small mixing bowl and when the cereal dough is ready, cover it with baking paper and roll the dough to a thickness of approximately 1 mm.



- 4) Print the dough that has been thinned with a ring cutter. Baked in 120 C for 10 minutes. Remove from the oven, wait until it cools down.

