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APPENDIX

1. Approval Recipe




- Recipe Name : HIGH FIBER ANALOGUE
- TITLE OF C&D : UTILIZATION OF BREADFRUIT, SOYA PASTE, AND OYSTER MUSHROOM AS THE INGREDIENTS FOR MEAT ANALOGUE APPLICATION TO DENDENG.
- Yield : 1-2 portion
- Main Ingredients : 80 gr Breadfruit, 60 gr mushrooms, 60 gr soybeans paste.
- Ingredients :
- | | |
|--------------------------|----------------------------|
| - 80 gr breadfruit | - 150 ml water |
| - 60 gr mushrooms | - 1/3 tsp turmeric paste |
| - 60 gr soybeans paste | - 1/3 tsp coriander powder |
| - 1/2 tsp ginger paste | - 15 pcs chili, oil |
| - 1/2 tsp garlic paste | - 3 pcs shallot |
| - 1 tbsp mushroom powder | - 15 gr maizena |
| - 1/2 tsp pepper | |
| - | |
- Method :
1. Steam the breadfruit, mushrooms, and soybeans.
 2. Then shredded mushrooms and make paste from the soybeans.
 3. Mix breadfruit, shredded mushrooms, soya paste, add mushroom powder, pepper, maizena.
 4. Shape into cube, then steam 20 minutes.
 5. Dendeng: sautee ginger paste, garlic paste, turmeric paste, coriander paste until smell nice.
 6. Deglaze with water, let them reduce.
 7. Fry the analogue until browned.
 8. Blend chili and shallot and oil bit rough, then sautee.
 9. Serve the analogue with sambal.

RECIPE BACKGROUND (50 – 100 WORDS)

I decided to make analog meat with the basic ingredients of breadfruit, mushrooms, and soybeans because the benefits of these three basic ingredients are very much. One of which is preventing and reducing cholesterol where in general people with cholesterol cannot eat processed meat because it can trigger an increase in cholesterol. Also the manufacturing process is easier, the shelf life is longer, and the processing costs are cheaper. The utilization of breadfruit which is rarely used is also one of the factors in my making this analog meat. As well as encouragement from Ms. Heni Adhianata, S.T.P.,M.sc as my advisor.

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NIM : 2174130010054

1 st Advisor	2 nd Advisor	3 rd Advisor
 Name: Heni Adhianata, S.T.P.,M.Sc Date: March 27, 2023	 Name: Ryan Yeremia Iskandar, SS Date: March 27, 2023	 Name: Yohanna Prasetio, S.Sn,A.Md.Par Date: March 27, 2023

2. Approved Sensory



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OTTIMMO
 INTERNASIONAL
CUISINE ARTS GASTRONOMY BAKING & PASTRY ARTS

**CULINARY INNOVATION AND NEW
 PRODUCT DEVELOPMENT
 SENSORY TEST**

DATE : 18 April 2023
NAME : Widya Anggraini
NIM : 2174130010054
PRODUCT : High fiber meat analogue (dendeng balado)
ADVISOR : Heni Adhianata, S.T.P., M.Sc

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

NOTES :

- Untuk taste masih kurang rasa dendeng
- A bit too oily





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OTTIMO
 INTERNATIONAL
 CONSULTATION FORM
 CULINARY INNOVATION AND
 NEW PRODUCT DEVELOPMENT

No	Date	Topic Consultation	Name/ Signature
1	20/3/23	Processing of Meat Analogic	<i>[Signature]</i> Irena A.
2	20/3/23	Processing of Meat Analogic	<i>[Signature]</i>
3	15/3/23	Consultation chapter 2	<i>[Signature]</i>
4	6/8/23	Consultation end.	<i>[Signature]</i>
5	9/8/23	Consultation product	<i>[Signature]</i>
6	29/2/23	Nutrition consultation	<i>[Signature]</i>

Name : *[Signature]*
 Student Number : 2124130010054
 Advisor : Mei Heni Aghunda

No	Date	Topic Consultation	Name/ Signature
7	31/8/23	Nutrition consultation	<i>[Signature]</i>
8	4/5/23	Food cost consultation	<i>[Signature]</i>
9	5/9/23	Product selling price consultation	<i>[Signature]</i>
10	4/9/23	checking proposal end.	<i>[Signature]</i>

3. Consultation form

4. Systematic Process Documentation

1) Boil breadfruit.



2) Soak Soybean for at least 4 hours



3) Mixing breadfruit, oyster mushroom, and soybean paste.



4) Reduce dendeng balado with spices.



5) Dendeng balado.

