

**A  
P  
P  
E  
N  
D  
I  
C  
E  
S**

**PHOTOS WITH EXPERTS AT DE' PATISSERI**



**THE DESIGN OF RECIPE BOOK OF DEVELOPING CAKES  
USING RED BEANS AS THE MAIN VARIANT**

# RECIPE BOOK OF DEVELOPING CAKES USING RED BEANS AS THE MAIN VARIANT

By Fitri Ritama



Ideas by Mrs. Tiur Simanjuntak  
and Mrs. Eriza



## Preface

First of all, the writer would like to thank Allah s.w.t for his blessing and mercy given to us so that the writer could finish the final report on time. The writer is very grateful which can accomplish the requirement of making the final report entitled "Developing Cakes using Red Beans as the Main Variant". The writer also gives and prays to mighty prophet Muhammad s.a.w to his family companions, and his people until the end of the time. This final report is created to fulfill one of the requirement for Diploma III educational accomplishment at English Department State Polytechnic of Sriwijaya.

The writer realizes that this final report is still far from perfect, it is because of the limitation of source, knowledge, references. For that reason, the writer would have any suggestions and comments in order to make this report better on the future and have education point for people. The writer hopes this final report can be useful and give the information about developing product.

Palembang, July 2017

The tools and the ingredients of cooking red beans

**RECIPE**

**The Tools**  
 Bowl and Plate  
 Stove  
 Pan  
 Spoon  
 Blender  
 Kitchen Scale

**The Ingredients**  
 Water  
 Raw red beans

4

## Red Beans

Red beans (*Phaseolus Vulgaris*) is one type of beans (*Leguminosae*) that has starch as well as high fiber. Red beans provide approximately 135 kcal per 100 grams of edible part. Red beans are rich in folic acid, calcium, complex carbohydrates, fiber, and high protein.

Red bean plant has compound leaves and it grows at a height of about 3.5 m to 4.5 m. Meanwhile its fruit has the shaped pods and elongated. In one pod, there are usually 2 to 3 seeds of the beans. The shape of red bean has higher measure than the seed of green bean or long bean. The color of red bean skin is dark red. If the seeds peeled, they will look white.

**Benefits of Red Beans**

1.As the source of protein	8. Preventing muscle cramps
2.As the source of antioxidants	9. Preventing anemia
3.Preventing diabetes	10. As anti aging
4.Digesting of health	11.Preventing high cholesterol
5.Preventing obesity	12.Preventing heart health .
6.Preventing hypertension	13.Improving immunity
7.Improving mental function.	14.Making healthy pregnancy
	15. Preventing colon cancer

3

## Steps:

1. Clean the red bean with water and soak the red bean in the water around one hour. Throw away the previous water and pour the water in to the pan.



2. Then, boil the red bean around one hour.



3. Let the red bean cool



4. Mash the boiled red bean into blender



5. Put the cooked red bean into bowl or plate.  
After that divide the cooked red beans for each cake.



The tools and the ingredients of  
Bolu Kojo with Red Beans

## RECIPE

### The Tools

Baking Pan  
Stove  
Pan  
Mixer Machine  
Bowl and Plate  
Spatula  
Spoon  
Kitchen Scale

### The Ingredients

400 grams cooked red bean  
300 grams medium flour  
500 ml of coconut milk  
A glass of water  
8 eggs  
250 grams of butter  
500 grams of sugar



**Steps:**

i. First, pour a glass of water into coconut milk.



ii. Second, cook them around 10 minutes and let it cool.



iii. Third, mix the sugar, butter, and eggs.  
iv. After that pour the flour and stir well.



v. Then pour the cooked coconut milk and the cooked red bean at the same time. Stir it well.



vi. Then pour the cooked coconut milk and the cooked red bean at the same time. Stir it well.

## Steps:

vi. Prepare baking pan which has been lubricated with butter. Pour the batter. Put on the stove and bake around one hour.



vii. The cake is ready



9

The tools and the ingredients of  
Bolu Mentega with Red Beans

## RECIPE

### The Tools

Baking Pan  
Stove  
Pan  
Mixer Machine  
Bowl and Plate  
Spatula  
Spoon  
Kitchen Scale

### The Ingredients

250 grams cooked red bean  
200 grams medium flour  
8 eggs  
500 grams of butter  
500 grams of sugar  
2 sachets of vanilla  
1/2 tbs emulsifier  
1 tbs chocolate pasta

10



## Steps:

i. First, mix the butter, sugar, emulsifier, and vanilla.  
Stir the mixture well.



ii. Second, put the egg one by one into the batter and  
blend again.



iii. Third, pour the cooked red beans into  
the batter and stir well.



iv. Then, pour the flour little by little into the batter  
and stir well.





## Steps:

v. After that, Prepare baking pan which has been lubricated with butter. Pour the batter.



vi. Pour the batter which has been mix with chocolate pasta in the middle of cake.



vii. Put on the stove and bake around one hour.

vi. The cake is ready.



13

The tools and the ingredients of  
Bolu Lapis with Red Beans

## RECIPE

### The Tools

Oven  
Baking Pan  
Stove  
Mixer Machine  
Bowl and Plate  
Spatula  
Spoon  
Kitchen Scale

### The Ingredients

100 grams of cooked red beans  
200 grams medium protein flour  
8 eggs  
250 grams of sugar  
1 sachet of vanilla  
 $\frac{1}{2}$  tbs of emulsifier

For the red bean jam:

250 grams of cooked red beans  
250 grams of sugar

14



*Bolu Lapis  
with Red Beans*

## Steps:

i. First, mix the egg, sugar, and vanilla and stir well.



ii. Third, pour the cooked red beans into batter and stir well.



iii. Then, pour the flour into the batter and stir well



iv. After that, Prepare baking pan which has been lubricated with butter. Pour the batter and divide the batter into five baking pan. Put on the stove and bake around 5 minutes.



## Steps:

v. Prepare the red beans jam. Mix the sugar and cooked red bean, and into frying pan. Put on the stove. Stir it well around 5 minutes and put into bowl.



vi. After the batter have been already baked. Spread the red bean jam on each layer.



vii. Put each layer on the top each other.



17

## Cooking Tips:

To mash the red beans, blend the red beans little by little into the blender.

Make sure the egg you use has room temperature, if it comes from the refrigerator, leave it until the temperature fits the room temperature.

To make sure the cake has been cooked, the way is to stick a clean stick onto the center of the cake. If the stick that you pull is not sticky, then the sponge cake has been cooked and ready to lift from the oven.

Wheat flour used should be sifted and dried; Wet wheat flour can cause the batter to clot so it can not expand properly when baked.

The temperature for baking cake is 180 degrees Celsius and should be just so that the cakes can inflate perfectly. For that, choose an oven that has a temperature control or at least a temperature pointer so you can control it easily.

18

## Writer's Profile



Name : Fitri Ritama  
Date of Birth :  
Palembang,  
September 23rd, 1996  
Address :  
JL. DI .Panjaitan Lrg.Lama  
No. 746, PLAJU

Contact Person :



@fitriritama23



@fit2309



ritama676@gmail.com

## PHOTOS OF RECIPE BOOK

