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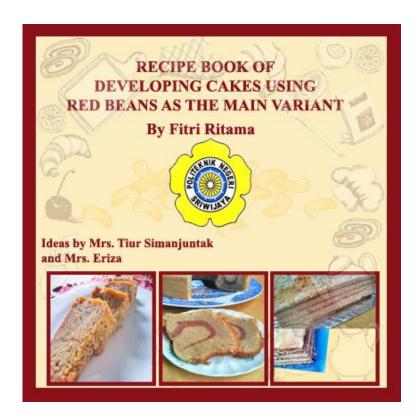
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PHOTOS WITH EXPERTS AT DE' PATISSERI



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



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



Red Beans

Red beans (Phaseoulous Vulgaris) is one type of beans (Leguminoceae) 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
- 2.As the source of antioxidants
- 3.Preventing diabetes
- 4.Digesting of health
- 5.Preventing obesity
- 6.Preventing hypertension
- 7.Improving mental function.
- 8. Preventing muscle cramps
- 9. Preventing anemia
- 10. As anti aging
- 11.Preventing high cholesterol
- 12.Preventing heart health.
- 13.Improving immunity
- 14.Making healthy pregnancy 15. Preventing colon cancer
- 15.11evening colon cane









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

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

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.

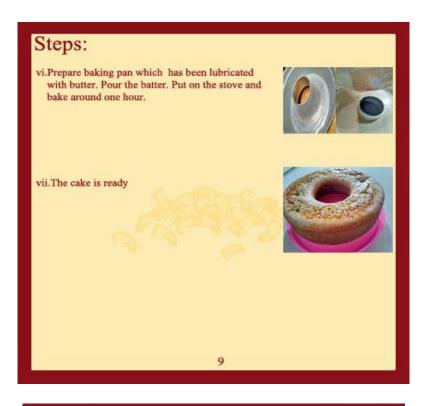
vi.Then pour the cooked coconut milk and the cooked red bean at the same time. Stir it well.















Steps:

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.

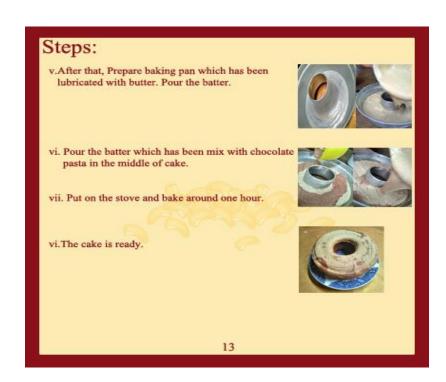


iii. Third, pour the cooked red beans into the batter and stir well.



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









Steps:

i.First, mix the egg, sugar, and vanilla 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 f ive 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.



PHOTOS OF RECIPE BOOK

