

ABSTRACT

This innovation aims to develop a gluten-free croffle recipe using red bean flour as a substitute for conventional wheat flour. The focus of this research is to create delicious croffles that are similar in texture to croissants, but are gluten free. Red bean flour was chosen as the basic ingredient because of its high nutritional content and its advantages in producing a soft texture. The research was conducted over a three-month period, the test preparation stage, and recipe development was carried out in stages over this time span. This research was conducted in a food laboratory equipped with cooking equipment and food ingredients needed. In addition, tests were also carried out in household kitchens to ensure that these recipes could be replicated properly in everyday environments. This research was conducted because there is a great need for delicious and healthy gluten free food. Some people have an intolerance or allergy to gluten, while others may choose to avoid gluten for health or lifestyle reasons. This study used an experimental method by trying various proportions and red bean flour processing methods. Variables such as temperature, time, roasting and comparison with other ingredients are explored to achieve the best results. Sensory testing was also carried out by involving panelists to assess the taste, texture, and appearance of the resulting croffles. The research results are expected to contribute to the development of innovative and quality gluten-free foods. In addition, innovation can also provide healthier and more inclusive food alternatives for those with special dietary needs related to gluten.

Keywords: Red Bean Flour, Croffle Waffle, Gluten Free