

Vegetarians and vegans will love this idea since they normally aren't allowed to eat empal. Vegetarians can't enjoy anything that has meat and vegans can't enjoy anything that has meat or milk. We use coconut milk so it's safe and enjoyable for vegans too. Empal from nuts is very popular among vegans, but I think our product can be enjoyed by more people. Not all people can eat nuts because of their allergies. This product is made for the enjoyment of people from every age especially vegetarian and vegans. This kind of empal hasn't been invented until now. People normally would throw jackfruit skin away after eating the fruit even though it's nutritious. I think it's a shame no to use it because jackfruit skin is full of high protein, calcium, and fiber. For me, this is like wasting food. I decided to make the jackfruit skin can be eaten and delicious for the taste of Indonesian in the form of empal.

CHAPTER 2 INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE MATERIAL TO BE USED

Figure 1. 250 g Inner Jackfruit Skin - An exotic fruit that has a subtle sweet and fruity flavor



Figure 2. 100 ml Coconut Milk – A milky white liquid expressed from coconut meat and used as a base in cooking



Figure 3. 100 g Shredded Coconut – The edible white meat of the coconut that is used in food and drink



Figure 4. 37 g Javanese Brown Sugar – The most common Java sugar that is made from coconut tree sap tapped, processed, and printed in bamboo or coconut shell

Figure 5. 10 g Galangal – An Asian plant of the ginger family with pungent aromatic rhizomes





Figure 6. 3 Orange Leaves – Fresh leaves that are normally thrown in simmering dish and will leave a hint of orange or lemon flavor

Figure 7. 45 ml Sweet Soy Sauce – A sweetened aromatic soy sauce, originating from Indonesia, which has dark colour, a thick syrupy consistency and a unique, sweet and somewhat molasses-like flavor



Figure 8. 700 ml Water For Boiling – A colorless, transparent, odorless, tasteless liquid

Figure 9. 33 g Garlic – A strong-smelling pungent-tasting bulb used as a flavoring in cooking



Figure 10. 65 g Red Onions – Cultivars of the onion with purplish-red skin and have a mild to sweet flavor

Figure 11. 17 g Rotary Candlenut – A waxy nut from trees grown in tropics right around the world



Figure 12. 6 g Lemongrass – A fragrance tropical grass that yields an oil that smells like lemon, widely used in Asian cooking

Figure 13. 2.5 g Coriander Powder – Grounded from coriander seeds; it has a pleasing aroma and savour



Figure 14. 6 g Turmeric – Has a warm, bitter taste and is frequently used to flavor or color food yellow

Figure 15. 16 g Tamarind – A sticky brown acidic pulp from the pod of a tree of the pea family, widely used as a flavoring in Asian cooking



Figure 16. Salt to taste – A white crystalline substance that is used in seasoning or preserving food

Figure 17. Vegetable oil for frying – A vegetable oil derived from rapeseed that is low in erucic acid



2.2 DESCRIPTION OF THE TOOLS TO BE USED

Figure 18. Sauce pan is needed for boiling water



Figure 19. Knife is used to julienne the jackfruit skin

Figure 20. Plastic cutting board is needed as a place to julienne the jackfruit skin until it has soft and meaty texture





Figure 21. Bowls are needed as a place to put the ingredients and pureed ground spices

Figure 22. Scale is needed for measuring the solid ingredients



Figure 23. Metal spoon is used for mixing the ingredients such as tamarind and water

Figure 24. Blender is used for pureeing ground spices until soft



Figure 25. Frying pan is needed to cook all the ingredients and frying the empal

Figure 26: Spatula is needed for stirring the ingredients when cooking



2.3 HYGIENE & SANITATION

We really care for the hygiene and sanitation of this product. All the equipments and tools used in cooking must be clean with no stain at all. Gloves are a must to be used when mixing the ingredients. We only use one cutting board because there is no meat in this product. The jackfruit skin must be washed for the safety of the consumers. Without cleaning it, there may be some bacteria or things we don't want to consume in it. We can't see the bacteria directly, but our body can feel it when consumed. We always do a lot of important hygiene procedures to prevent any disease. We want our consumers to love and enjoy our product. Most of all, personal hygiene is always number one. Washing hands must be done before starting the preparation and when it is needed. This is done because we want to serve the best quality for our consumers.