

## CHAPTER 2 INGREDIENTS AND UTENSILS OVERVIEW

### 2.1 Materials to be Used

#### a. Young Jackfruit

Jackfruit is the main ingredients in the author product. Young jackfruit has a neutral taste that will works with any kind of seasonings. And it has a fibrous texture that very similar to chicken, which makes it an excellent substitute for poultry meat. For 1 recipe of vegan nugget its need 250g of young jackfruit flesh



Figure 1. Young Jackfruit (The Green Grocer,2020)

#### b. Vegetable Stock

To make the jackfruit taste like real chicken it is requires chicken stock. But the author nuggets are vegan so the author use vegetable stock to replace the chicken stock. This homemade vegetable stock only needs Onion, Carrot, Garlic, Leeks, Celery, and Water



Figure 2. Onion (Planet Herbs,2020)



Figure 3. Carrot, Garlic, Leeks, and Celery (Produce Market Guide,2020)



Figure 4. Water (Good Housekeeping,2020)



Figure 5.Totole (Tokopedia,2020)

### c. Nutritional Yeast

Nutritional yeast is a species of yeast known as *Saccharomyces cerevisiae*. This yeast is grown specifically to be used as a food product. It is used in cooking and has a cheesy, nutty or savory flavor. Nutritional yeast is a highly nutritious vegan

food product with various potential health benefits. It can be used to add extra protein, vitamins, minerals and antioxidants to meals. Studies suggest that nutritional yeast may help protect against oxidative damage, lower cholesterol and boost immunity(Julson.2017)



Figure 6. Nutritional Yeast (Zerowaste Bali,2020)

#### d. Silken Tofu

Silken tofu also called soft, silk, or Japanese-style tofu has a softer consistency than regular tofu and will fall apart easily.



Figure 7. Silken Tofu (Happy Fresh,2020)

#### e. Tapioca Starch

Tapioca starch is gluten-free flour made from the starch of cassava root. It's similar to cassava flour but tapioca flour is made up of only the starchy part of the plant while cassava flour incorporates the whole root



Figure 8. Tapioca Starch (Mybest,2020)

#### f. Vegan Poultry Seasonings

Poultry seasoning is a commonly sold blend of spices that is generally formulated in a similar ratio. This seasoning is perfect for chicken, turkey, duck, and stuffing. Even though it is called “Poultry Seasoning”, this seasoning contains no poultry and no meat at all which works just as well for vegetarian and vegan recipes. Because it is not easy to find it in Indonesia, the author decided to make this seasoning.



Figure 9. Dried Sage, Dried Rosemary, Dried Thyme, and Dried Marjoram (Nutsinbulk,2020)



Figure 10. Ground Nutmeg, Ground White Pepper, Ground Garlic Powder (Nutsinbulk,2020)

#### g. Oil

Palm oil is one of the most efficient and widely used vegetable oil that comes from the fruit of oil palm trees. Oil in cooking will help prevent sticking and to cook more evenly.



Figure 11. Palm Oil (Shopee,2020)

#### h. Orgran Egg Replacer

Orgran Egg Replacer is a egg replacer for vegan or for those who have allergies to eggs. It is made with all natural ingredients and it's also gluten free, wheat free, dairy free, egg free, yeast free and vegan



Figure 12.Orgran Egg Replacer (SukandaDjaya,2020)

#### i. Bread Crumbs

For this recipe it's important to use bread crumbs that contain no eggs and dairy products.



Figure 13. Bread Crumbs (Primera52,2020)

## 2.2 The Tools Used During The Processing

### a. Cutting Board

Cutting Board is used to preparing all the ingredients before processing them.



Figure 14. Cutting Board (Cooks Illustrated,2020)

b. Knife

The knife is used as a tool to chop all the ingredients. The knife used is chef knife.



Figure 15. Chef Knife (Cooks Illustrated,2020)

c. Pot with lid

This pot is used to make the vegetable stock and to simmering the jackfruit in vegetable stock.



Figure 16. Pot with lid (Ikea,2020)

d. Stove

The stove is used to provide a heat for making the vegetable stock and simmering the jackfruit.



Figure 17. Stove (Electrolux,2020)

e. Digital Scale

The digital scale is used to weigh all the ingredients.



Figure 18. Digital Scale (Shopee,2020)

f. Gloves

The gloves is used to preparing the jackfruit, because when the jackfruit is cut there will be a sticky latex.



Figure 19. Gloves (Shopee,2020)



g. Bowl

The bowl is used to store the ingredients.



Figure 20. Bowl (Pubshop,2020)

h. Jar

The jar is used to store the homemade vegan seasonings.



Figure 21. Jar (Shopee,2020)

i. Strainer

The strainer is used to strain the vegetable stock.



Figure 22. Strainer (Shopee,2020)

j. Spatula

The spatula is used to making the vegetable stock and the jackfruit mixture



Figure 23. Spatula (Herbal Chef,2020)

k. Dry Mill Blender

The dry mill blender used to grind the poultry seasoning into powder.



Figure 24. Dry Mill Blender (Shopee,2020)

l. Tray

The tray used to freeze the nugget.



Figure 25. Tray (Amazon,2020)

m. Mold

This mold used for shape the nugget



Figure 26. Mold (Personal Documentation,2020)

n. Spoon

The spoon is used to measure the seasonings and other ingredients



Figure 27. Spoon (Amazon,2020)