



Bill's

Kitchen





NAME : Billy Yonathan
 STUDENT ID : 1774130010023
 CLASS : Marzipan

TITLE : High protein Gado-Gado sauce from Sunflower seed

INGREDIENTS :

Sauce:

- 250 gr Sunflowers seed
- 50 mL coconut milk
- 25gr Shallots
- 50gr Garlic
- 3gr Salt
- 2gr brown Sugar



- 5mL Oil
- 30gr Red chili
- 5gr Tamarind
- 30mL water

Vegetable:

- 2 cup shredded cabbage
- 2 cup 1" cut long beans
- 1 bunch swamp cabbage cut up
- a few lettuce leaves
- 1 cucumber, sliced
- 1 medium size boiled potato cubed
- 1 sliced hard-boiled egg
- 2 tablespoons fried onion shrimp crackers

STEPS For Sauce :

1. Saute the sunflower seed until the colour change but not until turn to black, smash the seed until become powder.
2. Using mortar and pestle. Crush all the ingredients (shallots, garlic, chili, tamarind, sun flower seed) into a paste. Then add little pinch of salt.
3. Mix all the ingredients with coconut milk and water until the thickness like sauce
4. Boil separately the cabbage, long beans, swamp cabbage and beansprouts than put aside.

APPROVAL BY ADVISOR	APPROVAL BY LIBRARIAN	APPROVAL BY DIRECTOR ACADEMY
DATE: 12 /4 / 2019	DATE: 15 /04 / 2019	DATE:
 Henri	 SEKAR	

R&D PROJECT
APPROVED!
 (A New Product)