

## CHAPTER II INGREDIENTS AND UTENSILS OVERVIEW

### 2.1 Description of The Material to be Used

The material that used in this research, such as:

#### 2.1.1 Red Grain Rice (*Oryza punctate*)



Picture 1. Red Grain Rice, Source: google images, 2020.

In this research, researcher used 120 grams of cooked red grain rice. Researcher chose red grain rice because it has been found that red grain rice is very high in antioxidant which is good for preventing human's cell from cancer and fiber which is good for maintaining human digestive system.

#### 2.1.2 Rolled Oats



Picture 2. Rolled Oats, Source: google images, 2020.

In this research, researcher used 120 grams of Rolled Oats. According to a research, it has been found that Rolled Oats has a lot of nutrients good for calming human skin.

### 2.1.3 Coconut sugar



Picture 3. Coconut Sugar, Source: google images, 2020.

In this research, researcher used 100 grams of coconut sugar. For this product is a vegan product, researcher used coconut sugar as the sweetener. Coconut sugar is a healthy sugar and also low in calories.

### 2.1.4 Coconut milk



Picture 4. Coconut Milk, Source: google images, 2020.

In this research, researcher used 100 ml of coconut milk. Researcher added coconut milk because researcher want this yoghurt tastes creamier.

### 2.1.5 Probiotics (Lactobacillus)



Picture 5. Probiotics, Source: google images, 2020.

In this research, researcher used bacteria such as *S. Thermophilus*, *L. Bulgaricus*, *L. Aciophilus*, *Bifidus* and *L. Casei*. Researcher used 5 grams of bacteria for 1 L of that vegan milk.

## 2.2 The Tools Used During Processing

Utensils which are used in this research such as:

### 2.2.1 Blender



Picture 6. Blender, Source: Google Images, 2020.

Researcher used blender for making cooked red rice grain and Rolled Oats became liquid and turned it in a form of milk.

### 2.2.2 Spatula



Picture 7. Spatula, Source: Google Images, 2020.

Researcher used spatula for stirring the milk while in a sterilizing process.

### 2.2.3 Spoon



Picture 8. Spoon, Source: Google Images, 2020.

Researcher used spoon for combining the bacteria and the sterilized milk.

### 2.2.4 Digital Scale



Picture 9. Digital Scale, Source: Google Images, 2020.

Researcher used digital scale for measuring the ingredients used for making yoghurt product.

### 2.2.5 Glass Jar



Picture 10. Glass Jar, Source: Google Images, 2020.

Glass jars are used for fermenting milk until it turned thicken or solid (became yoghurt).

#### 2.2.6 Pot



Picture 11. Pot, Source: Google Images, 2020.

Pot is used for sterilizing the utensils and milk.

#### 2.2.7 Cloth Strainer



Picture 12. Cloth Strainer, Source: Google Images, 2020.

This strainer is made from cloth material and researcher used it for strain the blended milk from its solid stuff inside.

#### 2.2.8 Stove



Picture 13. Stove, Source: Google Images, 2020.

Stove is used for heating the milk while sterilizing process.

#### 2.2.9 Food Thermometer



Picture 14. Food Thermometer, Source: Google Images, 2020.

Researcher used food thermometer for maintaining the milk's temperature while sterilizing process.

### 2.2.10 Chiller



Picture 15. Chiller, Source: Google Images, 2020.

Chiller is used for chill the yoghurt after it has finished the fermenting process.

### 2.2.11 Rice Cooker



Picture 16. Rice Cooker, Source: Google Images, 2020.