

CHAPTER II

INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE INGREDIENTS USED

This is all of the ingredients used in the recipe. Such as:

1. Kangkung

Kangkung is the main ingredient for the pudding. The reason I choose kangkung is because I want to popularize one of My hometown's local vegetables to the mass and also vegetable is still a rarely used for dessert.

Kangkung (*Ipomoea Reptans*) is a type of plants that grow between tropical to sub-tropical climate. Part of the kangkung that people usually consume is from the stem to the leaf. It also has high Vitamin A and Iron (Jacoeb and Sri, 2021). Kangkung also high in chlorophyll around 2,356 mg/g. (Dharmadewi, 2020)



Picture 1. Kangkung

(Personal documentation)

2. Agar Powder

Agar powder is used to thicken the liquid into a soft but firm pudding. Agar powder is a healthier choice than gelatine because the low saturated fat and cholesterol but high in calcium folate, and vitamins (Maui, 2018)



Picture 2. Agar Powder
(Personal documentation)

3. Stevia

Stevia used as an alternate sweetener because of its doesn't affect blood sugar which is good for diabetic people, help with digestive problem, stomach ache and also for diet (Raini and Isnawati, 2011). The purpose of stevia in this product is to reduce the amount of sugar in the product because the sauce already contains palm sugar.



Picture 3. Stevia
(Personal documentation)

4. Low Fat Fresh Milk

Fresh milk is used to make the pudding taste creamy, and also lighter. The purpose of using low fat milk to reduce the amount of total fat in the product.



Picture 4. Low Fat Fresh Milk
(Personal documentation)

5. Komak

Komak is the main ingredients for the sauce. Komak has a plain taste so it can fit into many desserts. It has a taste close to red bean but higher total protein and calories per 100 grams (Suharjanto, 2010).



Picture 5. Komak
(Personal documentation)

6. Salt

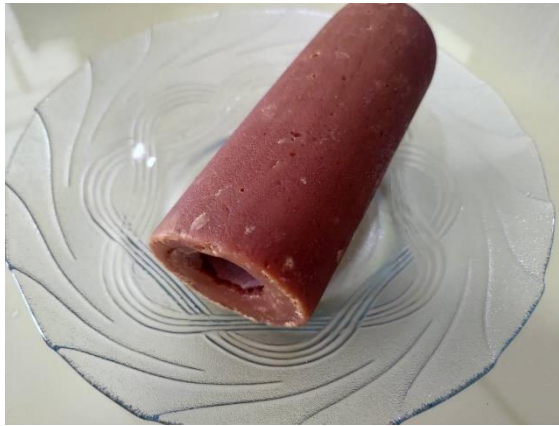
Salt is used for flavour enhancer in the Komak sauce and also cut the sweetness of the palm sugar.



Picture 6. Salt
(Personal documentation)

7. Palm Sugar

I use palm sugar because it is not too sweet, has a savoury taste and also a scentful aroma.



Picture 7. Palm Sugar
(Personal documentation)

8. Water

Water is used to boil the Komak and also to dissolve the palm sugar into the sauce.



Picture 8. Mineral Water
(Personal documentation)

2.2 EQUIPMENTS NEEDED FOR THE RECIPE

The picture and description below are all of the Equipment needed to make the pudding and sauce:

1. Blender

Blender is used to blend the kangkung so we can extract the flavor and nutrient into a liquid state. It also needed to smooth out the komak sauce.

2. Sauce Pan

Sauce pan is used for boiling the pudding and also the sauce.

3. Strainer

It is uses for separate the kangkung liquid and the solid.

4. Spoon

Spoon is used to mix the pudding and sauce.

5. Digital Scale

Digital scale is used to weight the ingredients accurately.



Pictures 9. Equipment
(Personal documentation)

6. Cutting Board

Cutting board is used to cut the kangkung into small size so it can fit into the blender.

7. Knife

Knife is used to cut the kangkung into small size.



Pictures 10. Equipment

(Personal documentation)

8. Stove

Stove is used to heat and cook the pudding and the sauce.



Pictures 11. Equipment

(Personal documentation)

9. Fridge

It is used to chill the pudding and sauce. Also, for storing the finished products.



Pictures 12. Equipment

(Personal documentation)

10. Pudding Cup

It is used as a mold and also the finished products container.



Pictures 13. Equipment
(Personal documentation)

