

## CHAPTER 2

### INGREDIENTS AND UTENSILS OVERVIEW

#### 2.1 DESCRIPTION OF THE MATERIAL TO BE USED



Picture 1. The material to be used

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1. Milkfish (steamed, shredded)  
Milkfish is the main ingredients for bak kien filling.
2. Tofu (grounded, steamed)  
Tofu helps to give texture for the filling.
3. Five spices powder  
Five spices powder is the seasoning for bak kien filling.
4. Scallion  
Scallion is one of the ingredients to make bak kien filling.
5. Garlic  
Garlic is one of the ingredients to make bak kien filling.
6. Light soy sauce

- Light soy sauce is the seasoning for bak kien filling.
7. Oyster sauce  
Oyster sauce is the seasoning for bak kien filling.
  8. Tapioca flour  
Tapioca flour used to make the filling firm.
  9. Egg white  
Egg white used to make the filling firm.
  10. Carrot  
Carrot is one of the ingredients to make bak kien filing.
  11. Sesame oil  
Sesame oil used to give fragrant for the filling.
  12. Eggs  
Eggs is one of the ingredients to make bak kien wrap.
  13. Cooking oil  
Cooking oil is used to make omelet.
  14. Seaweed  
Seaweed is one of the ingredients to wrap bak kien.
  15. Sugar  
Sugar is the seasoning for the feeling.

## 2.2 THE TOOLS USED DURING THE PROCESSING



Picture 2. The tools used during the processing

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1. Plastic bowl  
Plastic bowl is used to mix and kneed all the ingredients for the filling.
2. Steamer  
Steamer is used to steam milkfish and tofu.
3. Pan  
Pan is used to make omelet to wrap the filling.
4. Digital scale  
Digital scale is used to measure the amount of the ingredients.
5. Stainless steel bowl  
Ceramic bowl is used to put the ingredients.
6. Knife  
Knife is used to peel, slice / cut scallion, carrot.

7. Wooden spatula

Wooden spatula is used to flip omelet.

8. Measurement spoon set

Measurement spoon set is used to measure all the seasoning and sauce.

9. Stove

Stove is used to steam milkfish, tofu, milkfish bak kien.

10. Brush

Brush is used to brush egg wash to the wrap.

11. Cutting board

Cutting board is used as a placemat to make bak kien and to prepare the ingredients.

12. Hand glove

Hand glove is used to kneed the filling.