

**CHAPTER 2**  
**INGREDIENTS AND UTENSILS OVERVIEW**

**2.1 DESCRIPTION OF THE INGREDIENTS TO BE USED**

1. Kolang kaling: Main ingredient of Tempe Kolang Kaling Chewy Bars



Picture 1. Kolang Kaling

2. Ragi Tempe: Yeast to ferment the Kolang Kaling



Picture 2. Ragi Tempe

3. Rice Flour: To coat the Kolang Kaling to decrease the moisture and to help the fermentation



Picture 3. Rice Flour

4. Stevia Sugar: To add sweetness to the chewy bars



Picture 4. Stevia Sugar

5. Honey: To add sweetness to the chewy bars



Picture 5. Honey

6. Jelly Sachet: To harden the chewy bars



Picture 6. Jelly Sachet

7. Almonds: To add crunchiness to the chewy bars



Picture 7. Almonds

8. Dark Chocolate: To coat the chewy bars



Picture 8. Dark Chocolate

## 2.2 THE UTENSILS USED DURING THE PROCESSING

### 1. Knife



Picture 9. Knife

### 2. Cutting Board



Picture 10. Cutting Board

### 3. Dehydrator



Picture 11. Dehydrator

4. Oven



Picture 12. Oven

5. Kitchen Scale



Picture 13. Kitchen Scale

6. Baking Pan



Picture 14. Baking Pan

7. Baking Paper



Picture 15. Baking Paper

8. Blender



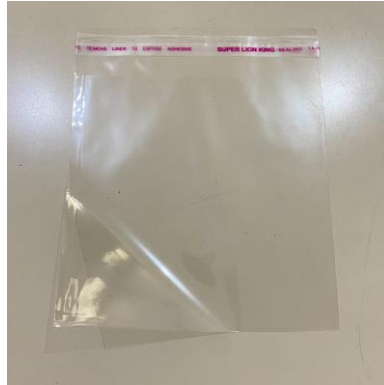
Picture 16. Blender

9. Bowl



Picture 17. Bowl

## 10. Plastic Bag



Picture 18. Plastic Bag

## 2.3 APPROVED AND REVISED RECIPE

### APPROVED RECIPE

Recipe Name : Tempe Kolang Kaling Nougats

Yield : 3 – 4 portions

Main Ingredients : 500g Kolang Kaling

Ingredients for Tempe :

- 500 g Kolang Kaling
- 1 tsp Ragi Tempe
- 1 tbsp Rice Flour

Ingredients for Nougat:

- 125 g Sugar
- 125 g Honey
- 1 Egg White
- 350 g Dark Chocolate

Method :

1. Boil the Kolang Kaling in water until soft
2. Drain the water and bruise the Kolang Kaling
3. Pat dry or fan the chopped Kolang Kaling (make sure they are completely dry)
4. Mix the Ragi Tempe and Rice Flour
5. Sprinkle the Flour mix on the Kolang Kaling and mix well
6. Prepare some plastic bags and place the Kolang Kaling inside
7. Stab a few holes on the plastic bag
8. Leave the Kolang Kaling to ferment for 2-3 days in a dark room (or you can cover them with a towel)
9. After 2-3 days, slice the fermented Kolang Kaling thinly
10. Place them on a baking pan lined with parchment paper in one layer (not stacking) and put them inside a preheated oven at 180°C for 50 minutes
11. Whisk Egg White until thick
12. Mix Honey and Sugar on a pan over low heat until Sugar is melted
13. Remove from heat and mixed in the whisked Egg White
14. Cook over low heat and mix well and remove from heat
15. Add in the roasted/baked fermented Kolang Kaling (crushed) and mix
16. Prepare a pan lined with parchment paper and pour the mixture inside
17. Refrigerate for a few hours
18. Melt the Dark Chocolate
19. Cut the nougat into rectangular pieces
20. Dip them in Dark Chocolate and let the chocolate harden
21. Your nougat is done to serve



## **REVISED RECIPE**

Recipe Name : Tempe Kolang Kaling Chewy Bard

Yield : 9 Servings

Main Ingredients : 500g Kolang Kaling

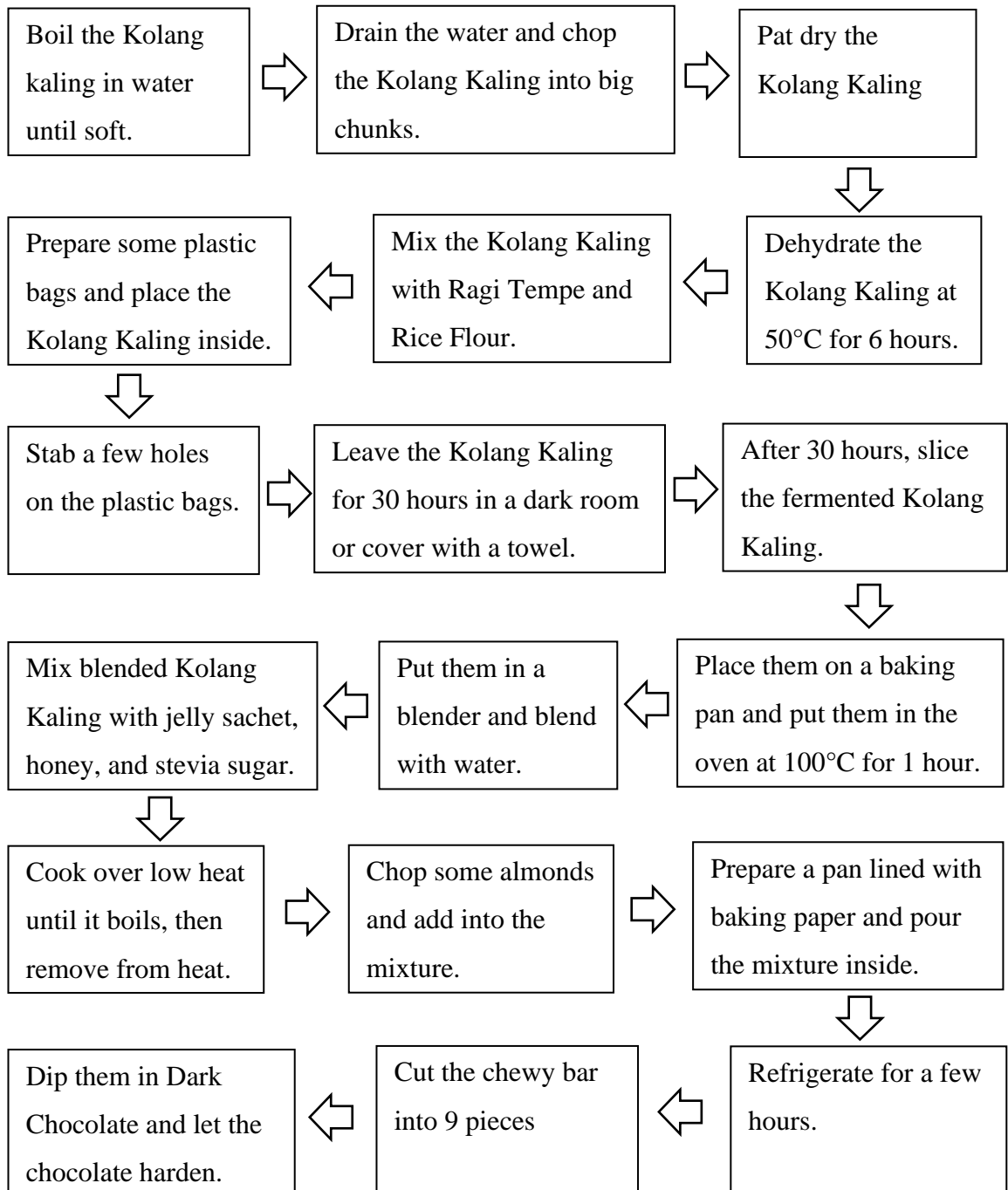
Ingredients for Tempe:

- 500 g Kolang Kaling
- 5 g Ragi Tempe
- 15 g Rice Flour

Ingredients for Nougat:

- 50 g Stevia Sugar
- 50 g Honey
- 1 Jelly Sachet
- 200 g Dark Chocolate
- 1 g Vanilla Essence

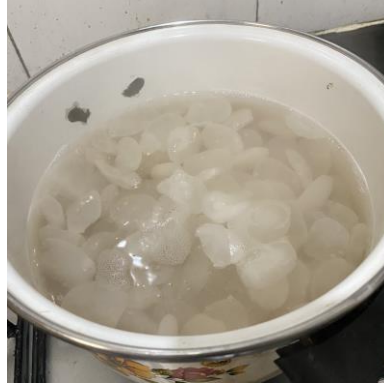
## 2.4 PRODUCT PROCESSING SEQUENCE USING FLOWCHART



Picture 19. Flow Chart

## 2.5 PRODUCT PROCESSING METHOD WITH PICTURES

1. Boil the Kolang Kaling in water until soft.



Picture 20. Boil the Kolang Kaling in water

2. Drain the water from boiling.



Picture 21. Drain the water

3. Chop the Kolang Kaling and pat dry.



Picture 22. Chop the Kolang Kaling

4. Dehydrate the chopped Kolang Kaling for 5-6 hours.



Picture 23. Dehydrate the Kolang Kaling

5. Mix the Kolang Kaling with Ragi Tempe and Rice Flour.



Picture 24. Mix the Kolang Kaling with Ragi Tempe and Rice Flour

6. Prepare some plastic bags and place the Kolang Kaling inside.



Picture 25. Place the Kolang Kaling inside plastic bags

7. Stab a few holes on the plastic bag.



Picture 26. Stab a few holes on the plastic bags

8. Leave the Kolang Kaling to ferment for 30 hours in a dark room (or you can cover them with a towel).



Picture 27. Leave the Kolang Kaling in a dark room

9. After 30 hours, slice the fermented Kolang Kaling thinly.



Picture 28. Fermented Kolang Kaling



Picture 29. Sliced fermented Kolang Kaling

10. Place them on a baking pan lined with parchment paper in one layer (not stacking) and put them inside a preheated oven at 100°C for 1 hour.



Picture 30. Bake the Kolang Kaling

11. Put them in a blender and blend with water.



Picture 31. Blend the Kolang Kaling with water

12. Mix blended Kolang Kaling with jelly sachet, honey, and stevia sugar.



Picture 32. Kolang Kaling, Jelly Sachet, Stevia Sugar, and Honey



Picture 33. Mix the Kolang Kaling with jelly sachet, honey, and stevia sugar

13. Cook on low heat, add vanilla essence, and keep stirring until it starts bubbling a little. Turn off heat immediately.



Picture 34. Cook until it starts boiling



14. Chop some almonds and add into the mixture.



Picture 35. Add chopped almonds

15. Prepare a pan lined with baking paper and pour the mixture inside.



Picture 36. Pour mixture inside pan

16. Refrigerate for a few hours.



Picture 37. Refrigerate for a few hours



17. Melt the Dark Chocolate.



Picture 38. Melt the dark chocolate

18. Cut the chewy bar into 9 pieces.



Picture 39. Cut the chewy bars into 9 pieces

19. Dip them in Dark Chocolate and let the chocolate harden.



Picture 40. Dip chewy bars into dark chocolate

20. Your chewy bars are done to serve.



Picture 41. Chewy bars are done to serve