

CHAPTER 2

INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE INGREDIENTS TO BE USED



Figure 1 The ingredients for the Vegan beef katsu & Black rice paper

1. All mushroom is used to make a resemble beef.
2. Salt for seasoning the beef.
3. Mushroom powder (totole) for seasoning the beef.
4. White pepper for give the spicy aroma for the katsu.
5. Cornstarch to binder the mushroom.
6. Drained tofu skin to give the texture in vegan katsu mix.
7. Shirataki for give the chewy texture in vegan katsu.
8. Seasoned flour for breading the katsu.
9. Oil for frying or using air fryer.
10. Black rice for main ingredient in making rice paper.
11. Water for mixture in rice paper.
12. Tapioca starch for texture and binding black rice paper.

2.2 THE TOOLS USED DURING THE PROCESSING



Figure 2 The tools used during the processing of making vegan katsu

1. Blender: for blend the mushroom
2. Pot: for steam and boil the rice paper & fry if not using air fryer
3. Gastronome: mix the mushroom, shirataki, bean curd, and seasoning
4. Spoon: for take the seasoning
5. Knife: for cut the ingredients
6. Tongs: to take the katsu from fryer
7. Filter clothes: to squeeze the mushroom
8. Digital scale: to measure the weight of ingredients

2.3 APPROVED AND REVISED RECIPE

Recipe Name : Vegan mix Shirataki Beef Katsu coated w/ Black Rice Paper

Yield : 8-10 portion

Main Ingredients : Shirataki & Black Rice paper (replacement of breadcrumbs)

Ingredients :

- 200gr kaki jamur kering
- 400gr oyster mushroom
- salt
- 2 tsp mushroom powder (totole)
- 1 tsp white pepper
- 3 ½ tsp corn starch
- 150gr dried tofu
- 150gr shirataki
- 175gr seasoned flour
- 150 gr black rice
- 300 ml water
- 100 gr tapioca starch
- 50 ml water
- salt

Method :

1. Squeeze the soaked mushroom leg water and then blend it together with the oyster mushrooms
2. after that squeeze the water again.
3. Add all the spices, mix well and shape according to taste.
4. Add mashed dried tofu.
5. Shape like the katsu size
6. steam for +/- 17 minutes.
7. For the black rice paper, Soak the rice in water overnight, then rinse 3 times
8. Blend rice with 300 ml of water then strain, set aside
9. Mix tapioca flour with 50 ml of water
10. Add 5 tablespoons of dough. mix well and the dough is ready to print
11. Prepare a round pan, and steam the round pan until hot
12. Pour the dough in pan and steam until the dough cooked
13. after that dry the wet rice paper into a dry rice paper

14. blend the dry rice pepper like bread crumbs
15. take the steamed vegan beef and layer with wet flour
16. and layer the flour with blended rice pepper
17. air fry the katsu until golden brown or baked for 8-10 minutes 180 celcius

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RECIPE BACKGROUND

In this era, I found so many fried foods that was delicious but unhealthy. I love being healthy and I want my food delicious as that unhealthy food. So in this RnD I want to make delicious food that healthy and plantbased. And I also present this food for people who cannot eat vegetable, so they can eat vegetable in different way from healthy and delicious vegan beef katsu, and this food is very good for healthy snack diet or even diet food.

APPROVAL TABLE

CHECKLIST	POINTS	APPROVAL
WASTE MANAGEMENT	✓	✓
PROCESSING METHOD	✓	✓
UNIQUE INGREDIENTS		
PRODUCT OUTLOOK	✓	✓
HEALTH & NUTRITION	✓	✓
NEW MODIFICATION		
TOTAL		

14/10
 Fulvia
 APS

NOTES :

Revised recipe: 100gr shirataki, 105gr seasoned flour

2.4 PRODUCT PROCESSING SEQUENCE

2.4.1 BLACK RICE PAPER SEQUENCE

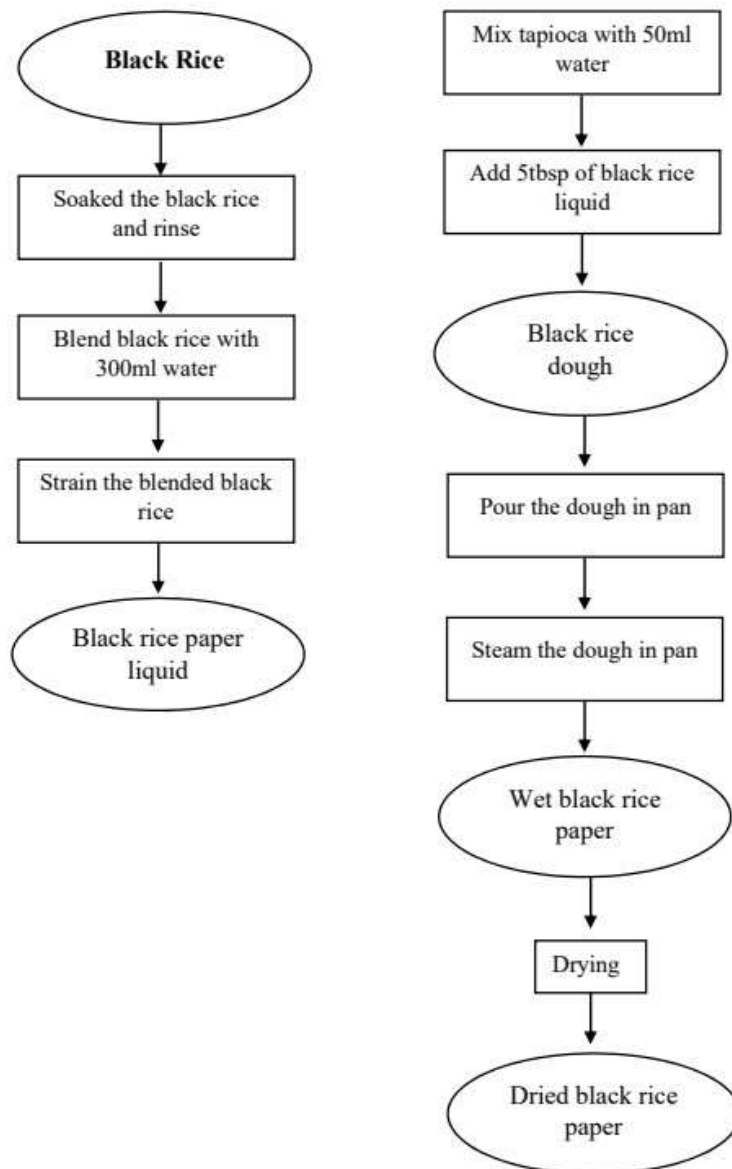


Figure 3 Rice paper making

2.4.2 VEGAN BEEF KATSU SEQUENCE FLOW CHART

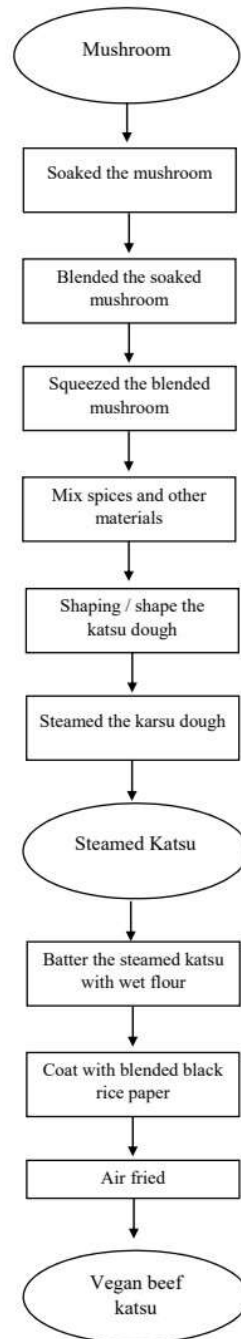


Figure 4 The process of making vegan katsu

2.5 PRODUCT PROCESSING METHOD

- 1) Squeeze the soaked mushroom leg water and then blend it together with the oyster mushrooms, (soaked the mushroom for 20 minutes).



Figure 5 Blended mushroom

- 2) after that squeeze the water again.



Figure 6 Squeezed blended mushroom

- 3) Add all the spices, cuted shirataki and beancurd mix well and shape according to taste.



Figure 7 Mix katsu dough

4) Shape like the katsu size



Figure 8 Katsu shaping

5) Steam for +/- 17 minutes.



Figure 9 Steamed vegan katsu

- 6) For the black rice paper, Soak the rice in water overnight, then rinse 3 times



Figure 10 Soaked black rice

- 7) Blend rice with 300 ml of water then strain, set aside



Figure 11 Blended black rice

- 8) Mix tapioca flour with 50 ml of water



Figure 12 Mixed tapioca with water

- 9) Add 5 tablespoons of dough. mix well and the dough is ready to print



Figure 13 Mix with black rice water until become dough

- 10) Prepare a round pan, and steam the round pan until hot



Figure 14 Make the rice paper in round pan

- 11) Pour the dough in pan and steam until the dough cooked



Figure 15 Steam the dough

12) After that dry the wet rice paper into a dry rice paper



Figure 16 Dry the rice paper

13) Blend the dry rice pepper like bread crumbs



Figure 17 Blend the dry rice paper

14) Take the steamed vegan beef and layer with wet flour



Figure 18 Coat the katsu with wet flour

15) And layer the flour with blended rice pepper



Figure 19 Coat the katsu with blended rice paper

16) Air fry the katsu until golden brown or baked for 8-10 minutes 180 celcius.



Figure 20 Air fried katsu done.