

CHAPTER 2

PRODUCT OVERVIEW

2.1 Description of The Ingredients

2.1.1 Taco:

2.1.1.1 Jackfruit seed flour

Flour made from dried jackfruit seeds, the main ingredients of jackfruit seed taco.



Picture 1. Jackfruit Seed Flour

2.1.1.2 All purpose flour

Flour from wheat to combine with the jackfruit seed flour as an ingredient that make gluten so the mixture will stick to each other.



Picture 2. All Purpose Flour

2.1.1.3 Baking powder

Chemical leavening agent to increase the volume of taco while cooking and lighten the texture.



Picture 3. Baking Powder

2.1.1.4 Salt

Ingredients to give salty taste.



Picture 4. Salt

2.1.1.5 Coconut oil

Oil from coconut as the substitute of cooking oil to make the product healthier.



Picture 5. Coconut Oil

2.1.1.6 Water

Liquid ingredients to combine all the ingredients.

2.1.2 Filling

2.1.2.1 Salad mix, tomato cherry:

The combination of the vegetable that usually used for salads. Tomato cherry usually added to salad mixture to add the sour taste.



Picture 6. Salad Mix

2.1.2.2 Onion, garlic

An onion that have a little bit sweet taste. Garlic is an onion species that mostly used in many kind of food.



Picture 7. Onion and Garlic

2.1.2.3 Jackfruit and jackfruit rags

A tropical fruit that have specific and unique aroma also sweet taste.



Picture 8. Jackfruit

2.1.2.4 Chili powder, paprika powder, lemon juice

Ingredients to add spicy taste, for the lemon juice is ingredients that adding sour taste to the dishes.



Picture 9. Chili Powder, Paprika Powder, Lemon Juice

2.1.2.5 Tomato Ketchup

Sauce that made from tomato. Usually have sweet and sour taste.



Picture 10. Tomato Ketchup

2.1.2.6 Vegetable stock

Ingredients that have combination taste and aroma from vegetable.



Picture 11. Vegetable Stock

2.2 The Utensil Used During The Processing

2.2.1 Oven: To drying the jackfruit seed



Picture 12. Oven

2.2.2 Blender: To make the dried jackfruit seed became flour



Picture 13. Blender

2.2.3 Pan: To cook the taco and fillings



Picture 14. Pan

2.2.4 Spatula: To stir the fillings while cooking



Picture 15. Spatula

2.2.5 Bowl: To mix the taco mixture



Picture 16. Bowl

2.2.6 Stove: To cook the filling and the taco



Picture 17. Stove

2.2.7 Rolling Pin: To flatten the taco dough



Picture 18. Rolling Pin

2.2.8 Ring Cutter: To cut and shape the flattened taco dough



Picture 19. Ring Cutter

2.3 Approved and Revised Recipe

2.3.1 Scanned approved Recipe

Recipe Name : Jackfruit Seed Flour Taco
Yield : 4-5 portion
Main Ingredients : 75gr Jackfruit Seed Flour

Ingredients :
Jackfruit Seed Tortilla:

- 75 gr Jackfruit seed flour
- 50 gr Flour
- 1/2tsp Baking Powder
- 1/2tsp Salt
- 1Tbsp Coconut Oil
- 50ml Water

BBQ Jackfruit Rags Filling:

- 300gr Salad Mix
- 100gr Tomato Cherry (Dice)
- 50gr Onion (Dice)
- 10gr Garlic (Finely Chop)
- 100gr Jackfruit Rags
- ½ Tsp Chili Powder
- 1 Sdm Paprika Powder
- 2 Sdm Tabasco
- 1Tbsp Coconut Oil
- 100gr Jackfruit
- 3-5 Sdm Lemon Juice
- ½ Tsp Salt
- ¼ Tsp Sugar
- 8 Tbsp Tomato Ketchup
- Vegetable Stock

Method :

Tortilla:

1. Boil jackfruit seed, slice the jackfruit seed, and drying using dehydrator. After it completely dry, chop using blender until becomes jackfruit seed flour.
2. Mix jackfruit seed flour, baking powder, flour, coconut oil, and salt using fork
3. Add water and knead it until mixed well
4. Rest around 15-20 minute
5. Cook on the top of frying pan

Filling:

1. Wash the vegetable mix, and mix with the tomato cherry. Put in the chiller

Picture 20. Approved Recipe

2. Saute the onion, garlic, jackfruit and jackfruit rags with oil. Put chili powder, paprika powder, tabasco and tomato ketchup. Seasoning with salt and pepper, and usin lemon juice to get the sour taste.
3. Assamble the taco by put the vegetable and Jackfruit rags filling.

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Date & time of submission:

RECIPE BACKGROUND:

Taco is one of famous food from Mexico. This dish is usually filled by some protein and vegetable and salsa wich make this food is healthy. But sometimes people can't consume it because they're vegetarian. Jaskfruit is one of tropic fruit that rich of protein and fiber and it can be use as the filling of the taco. For decrease the food waste, the jackfruit seed will be processed until become a flour and uses as the main flour for the taco. Beside that, using jackfruit as the main ingredients will help the using of local ingrediens.

APROVAL TABLE

CHECKLIST	POINTS	APPROVAL
WASTE MANNAGEMENT	20	✓
PROCESSING METHOD	20	✓
UNIQUE INGREDIENTS	20	✓
PRODUCT OUTLOOK	20	
HEALTH & NUTRITION	15	✓
NEW MODIFICATION	5	✓
TOTAL		80

*approval min. 50 points

NOTES

Approve
17/6/22 JA

Picture 21. Approved Recipe

2.3.2 Recipe

Recipe Name : Jackfruit Seed Flour Taco

Yield : 4-5 Portion

Main Ingredients : 75gr Jackfruit Seed flour

Ingredients :

Jackfruit Seed Tortilla:

75gr Jackfruit seed
flour

50gr Flour

1/2tsp Baking
Powder

1/2tsp Salt

1Tbsp Coconut Oil

50ml Water

BBQ Jackfruit Rags Filling:

300gr Salad Mix

100gr Tomato

Cherry

50gr Onion (Dice)

10gr Garlic (Finely
chop)

100gr Jackfruit Rags

1/2tsp Chili Powder

1sdm Paprika

Powder

1tbsp Coconut Oil

100gr Jackfruit

3-5sdm Lemon Juice

1/2tsp Salt

8tbsp Tomato

Ketchup

Vegetable Stock

2.3.3 Method:

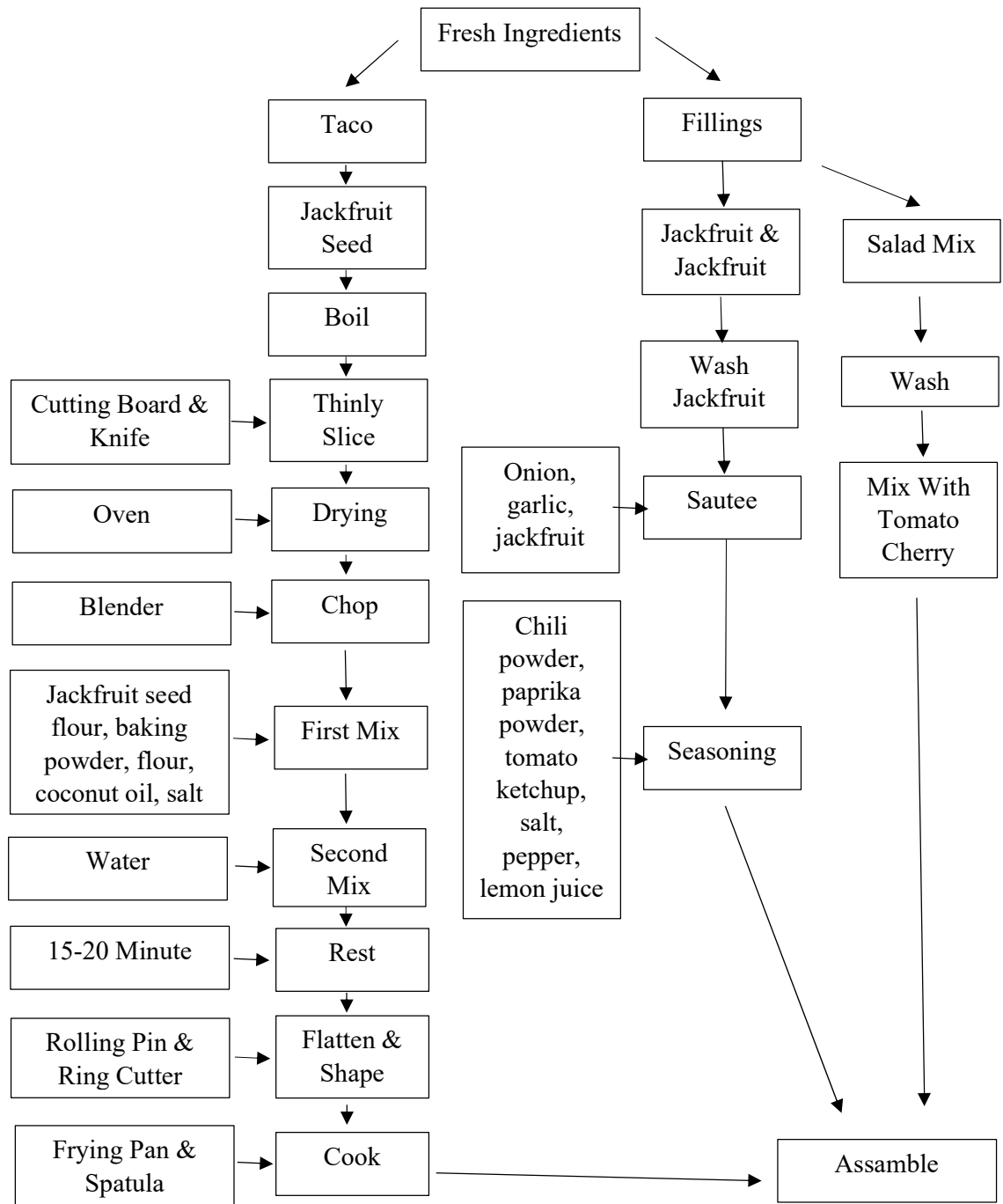
2.3.2.1 Taco

1. Boil jackfruit seed, slice the jackfruit seed, and drying using dehydrator or oven. After completely dry, chop using blender until becomes flour.
2. Mix jackfruit seed flour, baking powder, flour, coconut oil, and salt using fork.
3. Add water and knead it until mixed well
4. Rest around 15-20 minute
5. Flatten using rolling pin and cut using ring cutter
6. Cook on the top of frying pan.

2.3.2.2 Filling:

1. Wash the vegetable mix, and mix with tomato cherry. Put in the chiller
2. Sautee the onion, garlic, jackfruit and jackfruit rags with oil. Put chili powder, paprika powder, tabasco, and tomato ketchup. Seasoning with salt and pepper, and using lemon juice to get the sour taste.
3. Assamble the taco by put the vegetable and jackfruit rags9 filling.

2.4 Product Processing Sequence Using Flowchart



2.5 Product Processing Method With Pictures

2.5.1 Separate the jackfruit seed from the fruit and wash until clean



Picture 22. Separated Jackfruit Picture 23. Washing the Jackfruit

2.5.2 Boil the jackfruit seed until soft (around 15-20 minutes), and thinly slice it



Picture 24. Boiling the Jackfruit Seeds



Picture 25. Thinly Slice the Boiled Jackfruit Seeds

2.5.3 Dried the siced jackfruit seed using oven/ dehidrator/ sun drying.



Picture 26. Drying Process of the Jackfruit Seeds

2.5.4 Chop using blender until become powder



Picture 27. Blender the Dried Jackfruit

2.5.5 Mix all of the taco ingredients



Picture 28. Mix All of the Taco Ingredients.

2.5.6 Rest the dough around 15-20 minute



Picture 29. Resting

2.5.7 Flatten the dough using rolling pin, and cut using ring cutter



Picture 30. Flatten and Cut the Dough

2.5.8 Cook on the top of frying pan



Picture 31. Cook the Dough

2.5.9 Wash the vegetable mix



Picture 32. Vegetable Mix

2.5.10 Sautee the filling ingredients and seasoning until the taste you wanted



Picture 33. Filling's Cooking Process

2.5.11 Assemble by put the vegetable mixture and the fillings on the top of the taco.



Picture 34. Assambling