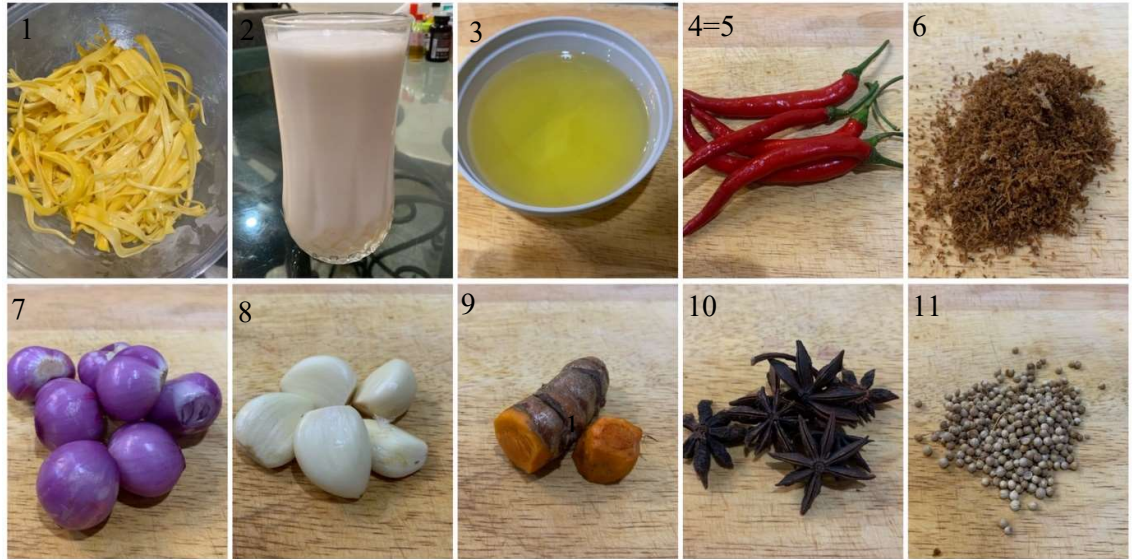


CHAPTER 2

INGREDIENTS AND UTENSILS OVERVIEW

2.1. Description of The Material To Be Used



Picture 1. Jackfruit Rags Rendang Ingredients



Picture 2. Jackfruit Rags Rendang Ingredients

1. Jackfruit Rags
It's the fibre part of the jackfruit that is encasing the fruit pulps. It is the main ingredients to make the rendang.
2. Coconut Milk
Vegan milk that is made by shredding the meat of the coconut fruit and combining it with water
3. Vegetables Oil
Used to sautee all of the spices used in the sauce
4. Red Chili
One of the chili that is used in making the sauce
5. Birds Eye Chili
One of the chili that is used in making the sauce and to add spiciness
6. Roasted Coconut Flakes
To add the signature color of Rendang and give it an umami flavor
7. Shallots
Used as a base to make the rendang sauce
8. Garlic
Used as a base to make the rendang sauce
9. Turmeric
Aromatic that is used to make the rendang sauce
10. Staranise
Aromatics that is used to make the rendang sauce
11. Coriander
Aromatics that is used to make the rendang sauce
12. Ginger
Aromatics that is used to make the rendang sauce
13. Galangal
Aromatics that is used to make the rendang sauce
14. Lime Leaves
Aromatics that is used to make the rendang sauce

15. Bay Leaves

Aromatics that is used to make the rendang sauce

16. Lemongrass

Aromatics that is used to make the rendang sauce

17. Konjac Flour

Used to bind together the jackfruit rags and make it look like rendang meat

18. Palm Sugar

Used to balance out the savory and salty flavor

19. Cinnamon stick

Used as aromatics in making the rendang sauce

20. Candlenut

Used to thicken the rendang sauce

21. Water

Used to braised the rack fruit rendang and as a binder with konjac flour

2.2. The Tools Used During The Processing



Picture 3. Tools and Utensils

1. Knife

Used to cut the jackfruit rags into shape and any vegetable to ease the blending process

2. Large Sauce Pan
Used to cook the spices and base to make the rendang sauce
3. Stove
Used as the source of fire to cook the rendang sauce
4. Spatula
Used to stir and combine the rendang sauce
5. Food Processor
Used to blend the spices to make the base of rendang sauce
6. Oven
Used to dry out the jackfruit rags by baking it
7. Baking Tray
Used as a tray to hold the jackfruit rags mock meat while baking
8. Cutting Board
Used as a tray when cutting the jackfruit rags mock meat
9. Parchment paper
Used as an anti stick for the jackfruit rags mock meat while baking
10. Spoon and Fork
Used to taste and adjust flavor in the rendang

2.3. Approved And Revised Recipe

2.3.1. Approved Recipe

Attached in Appendix

2.3.2. Revised Recipe

Jackfruit Rags Rendang

Yield : 10 portion

Main Ingredients : 1 kg of Jackfruit Rags

Ingredients :

A. Jackfruit Rags Mock Meat

- 1 kg Jackfruit Rags
- 50 gr Konjac Flour

- 100 ml water

B. Rendang Sauce

- 100 gr garlic
- 300 gr chili
- 250 gr shallots
- 30 gr ginger
- 30 gr turmeric
- 30 gr coriander
- 75 gr Roasted Coconut Flakes
- 10 gr salt
- 50 gr Candlenut
- 15 gr palm sugar
- 50 ml vegetable oil
- 300 ml coconut milk

C. Aromatics

- 4 stalks of lemongrass, crushed
- 3 Bay leaves
- 3 Lime leaves
- 30 gr galangal
- 20 gr staranise

Method

A. Jackfruit Rags Mock Meat

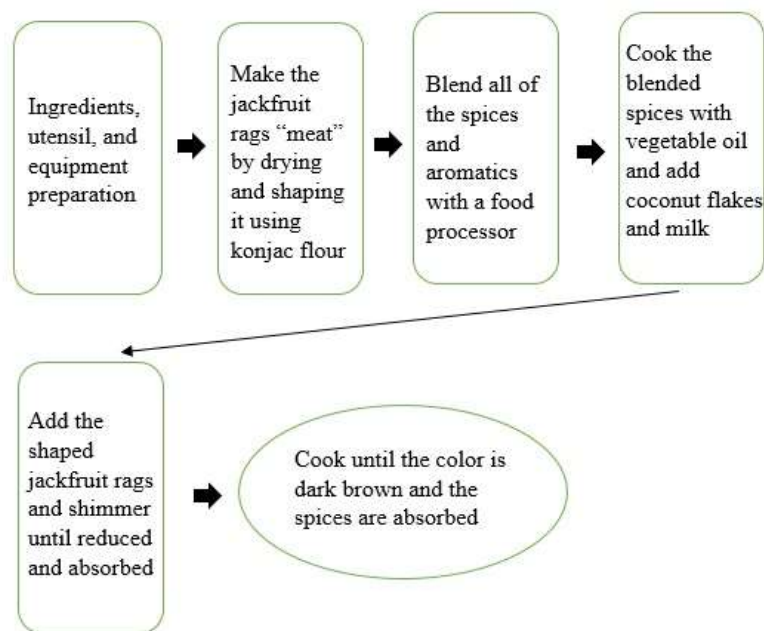
1. Wash Jackfruit rags and dry pat them dry with a paper towel/
2. Shape them into a long rectangle in a line baking tray with parchment paper and bake in the oven in 120°C for 30 minutes.
3. Boil water and mix it well with the konjac powder, working quickly pour it over the shaped jackfruit rags. Bake it in the oven for 1 hour in 120°C

4. After baking and the jackfruit rags is dried, let it cool down and cut it into smaller pieces around 3cmX5cm

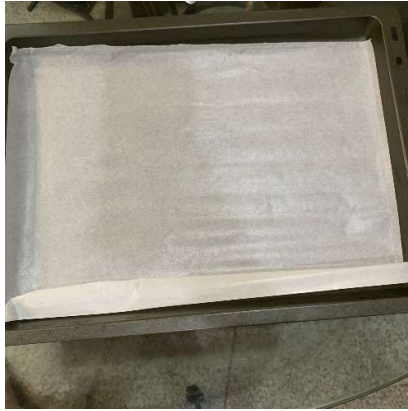
B. Rendang Sauce

1. Blend all of the ingredient listed in B except for roasted coconut flakes and coconut milk. Add water or vegetable oil to ease blending process.
2. Heat up vegetable oil and sautee the blended spices with the bayleaves, lime leaves, lemongrass, staranise, and galangal. Cook until fragrant.
3. Add coconut milk and water and season with salt, cook until most of the water evaporated and for a thick sauce
4. Add coconut flakes near the end and mix well
5. Add the jackfruit rags mock meat into the sauce and let it cook for 30 minutes, adding water if necessary
6. Serve the vegan jackfruit rags rendang.

2.4. The Processing Product Using Flowchart



2.5. The Processing Products Using Pictures



Picture 4 Preparing Utensils

1. Prepare all of the ingredients and line a baking tray with parchment paper.



Picture 5 Lining Up Jackfruit Rags

2. Line up the jackfruit rags in the baking tray and bake it for 30 minutes in 120°C



Picture 6 Binding Jackfruit Rags

- Mix the konjac flour with boiling water and quickly pour it over the baked jackfruit rags.



Picture 7 Baking Jackfruit Rags

- Bake the binded jackfruit for 1 hour at 120°C



Picture 8 Blending Spices

- Blend all of the spices listed until smooth



Picture 9 Sauteeing Spice Blend

6. In a heat up vegetable oil, sautee the blended spices and add lemongrass, bayleaves, lime leavaes, staranise, and galangal, cook until fragrant.



Picture 10 Adding Coconut Milk

7. Add coconut milk and water cook until the oil separate



Picture 11 Adding Roasted Coconut Flakes

8. After most of the water evaporated, add roasted coconut flakes and cook until thick



Picture 12 Adding Jackfruit Rags

9. Add the shaped jackfruit rags to the sauce and cook for another 5 minutes.



Picture 13 Serving

10. Serve the vegan jackfruit rendang.