

CHAPTER II

INGREDIENTS AND UTENSIL OVERVIEW

2.1 Description of The Material to be Used



Picture 1. Ingredients

1. Rice flour
One of the main ingredients used for making dough from pempek.
2. Water
The material used to make pempek dough, acts as a liquid mixture, in vegan eggs it is used as a liquid mixture and for cuko it is used as a liquid additive.
3. Salt
The ingredients used for seasoning pempek dough and cuko sauce.
4. Sugar
The ingredients used for seasoning.
5. Garlic
The ingredients used to add a savory taste and as an aromatic in pempek dough and also in cuko sauce.
6. Celery
The ingredients that are mixed into the pempek dough to add aromatics.

7. Silk tofu

The ingredients that are mixed into the pempek dough so that the dough is firmer and used as a substitute for eggs.

8. Shallot

The ingredients used to add a savory taste and as an aromatic in pempek dough and also in cuko sauce.

9. White pepper

The ingredients that are mixed into the pempek dough as seasoning and also add a little spicy taste.

10. Mushroom powder

The ingredients that are mixed into the pempek dough as seasoning.

11. Tapioca starch

The ingredient added to the pempek dough that serves to add a chewy texture to the pempek.

12. Lotus roots

The main ingredient for pempek products and also as a substitute for animal protein.

13. Cassava all-purpose flour

The ingredients that are mixed into the pempek dough so that the dough is firmer and stable.

14. Mung bean

The main ingredients to make vegan egg.

15. Turmeric powder

The ingredients used to add yellow color to vegan eggs.

16. Canola oil

The ingredients used as liquid mixture.

17. Nutritional yeast

The ingredient is used to add an egg-like taste to vegan egg.

18. Kala Namak (black salt)

The ingredient is used to add an egg-like taste to vegan egg.

19. Brown sugar

This ingredient is used as a natural sweetener and a low-calorie sweetener in cuko sauce.

20. Tamarind puree

This ingredient is used as an addition to the sour taste in cuko sauce.

21. Kombu

The main ingredients are used as broth for cuko sauce.

22. Bird eye chili

The ingredients are used as an addition to the spicy taste in cuko sauce.

2.2 The Utensils Used During the Processing



Picture 2. Utensils

1. Digital scales
Equipment used to weigh the ingredients in the specified amount.
2. Stainless steel bowl
Equipment as a container to mix the dough with some other ingredients.
3. Wok pan
Equipment use to boil the lotus root and cook dough.
4. Wooden spatula
Equipment that used to stir and to knead the dough during the dough making process.
5. Silicone Spatula
Equipment that used to mix the dough with other ingredients.
6. Cutting board
Equipment that used for cutting materials.
7. Knife
Tools that we use to cut the materials.
8. Food chopper
Tools that we use to mash the lotus root.
9. Sauce pan
Tools that we use to cook cuko sauce.

10. Stove
Equipment that we use to cook lotus root pempek and cuko sauce.
11. Hand blender
Tools that we use to mixed all ingredients vegan egg.
12. Air fryer
Equipment that we use to fry lotus root pempek without using much fat.
13. Measuring cup
Tools that we use to measure the material in liquid form.
14. Tong
Tools that we use for cook lotus root pempek.
15. Ladle
Tools that we use for cook cuko sauce.
16. Measuring spoon
Tools that we use to measure the material in small amount.
17. Silicone mat
Equipment that we use for kneading process.
18. Cooling rack
Tools used to filter dough that has been boiled with water.
19. Stainless steel tray
Tools that where to store the fried lotus root pempek.
20. Stock pot
Tools that to boil the lotus root pempek.

2.3 Approved and Revised Recipe

2.3.1. Approved Recipe

Recipe Name : Vegan Pempek with Lotus Roots

Yield : 10 portion

Main Ingredients : 500gr Lotus Roots

Ingredients :

Vegan Pempek:

- 450gr Rice Flour
- 1.200ml Water
- 1 ½Tbsp Salt
- 2Tbsp Sugar
- 7pcs Garlies
- 4stalk Celery (chiffoned)
- 150gr Silk Tofu (mashed)
- 7pcs shallots
- ½ Tsp White Pepper
- 2 ½ Tbsp Mushroom Powder
- 825gr Tapioca Starch
- 500gr Lotus Roots
- 120gr Cassava All Purpose Flour

Egg Vegan (Filling):

- 50gr Mung Bean
- 1Tsp Turmeric Powder
- 2Tbsp Canola Oil
- 1Tbsp Nutrition Yeast
- ¼ Tsp Kala Namak (Black Salt)
- 20ml Water

Cuko Sauce:

- 600ml Water
- 500gr Brown Sugar (chopped)
- 100pcs Garlies (paste)
- 15pcs Bird's eye chilli (paste)
- 3Tbsp Tamarind puree
- 1Tsp Salt
- 3pcs konbu

Method :

Vegan Pempek :

1. Peel the lotus roots skin and slices it, soak in salt water for 10 minutes
2. Boil the lotus roots with water, salt, and one tablespoon of vinegar for 12 minutes, after that soak in cold water for 7 minutes, copper the lotus roots until it smooth
3. Copper the garlic, shallot, and water. Cook the puree with rice flour, celery, and the seasoning until become a dough in high heat. Set a side until cold

Picture 3. Approval Recipe Page 1

4. After cold, put the tofu and lotus roots stir it evenly, put the cassava all purpose flour and tapioca starch knead it until mixed well
5. Shape it into tube shape for the lenjer, for the kapal selam make a hollow and put the vegan egg in the inside and close it
6. Boil the pempek for 10 – 12 minutes and set a side until dry, fry it for 10 minutes in 180°C in air fryer

Vegan Eggs (Filling):

1. Soak the mung bean for 24 hours, peel the skin
2. Blended the mung bean with water, canola oil, nutrition yeast, turmeric powder, and kala namak until mixed well
3. Put the vegan egg as a filling in the vegan pempek dough

Cuko Sauce :

1. Boil the konbu and water for 20-30 minutes to get the stock, take out the konbu
2. Put the tamarind puree, brown sugar, garlic, bird's eye chilli and salt into the stock
3. Simmer it for 10 minutes

Student Name : Vicky Yudianto

Advisor Name : Chef Andreas Aditama Dachi

Date & time of submission:

RECIPE BACKGROUND:

Lotus root is a plant that contains a lot of dietary fiber, starch, sugar, protein, amino acids, minerals, vitamins and phenolics. This makes lotus root a very healthy, nutritious and delicious vegetable when consumed. But at this time it is still rare to cultivate this lotus root. So I processed this lotus root into vegan-based pempek because lotus root is rich in copper and iron so it can help regulate blood pressure. Also, it does not contain cholesterol and low in calorie. I also add vegan eggs that I made myself using mung beans.

Picture 4. Approval Recipe Page 2

APPROVAL TABLE

CHECKLIST	POINTS	APPROVAL
WASTE MANNAGEMENT	20	X
PROCESSING METHOD	20	✓
UNIQUE INGREDIENTS	20	✓
PRODUCT OUTLOOK	20	X
HEALTH & NUTRITION	15	✓
NEW MODIFICATION	5	✓
TOTAL		60

*approval min. 50 points

NOTES

Acc



Heni Athianata, M.Sc

Picture 5. Approval Recipe Page 3

2.3.2. Revised Recipe

Recipe Name : Vegan Pempek with Lotus Roots

Yield : 8 portion

Main Ingredients : 500gr Lotus Roots

Ingredients :

Vegan Pempek:

- 450gr Rice Flour
- 1.200ml Water
- 1 ½Tbsp Salt
- 2Tbsp Sugar
- 7pcs Garlics
- 4stalk Celery (chiffoned)
- 150gr Silk Tofu (mashed)
- 7pcs shallots
- ½ Tsp White Pepper
- 2 ½ Tbsp Mushroom Powder
- 825gr Tapioca Starch
- 500gr Lotus Roots
- 120gr Cassava All Purpose Flour

Egg Vegan (Filling):

- 50gr Peeled Mung Bean
- 1Tsp Turmeric Powder
- 2Tbsp Canola Oil
- 1Tbsp Nutritional Yeast
- ¼ Tsp Kala Namak (Black Salt)
- 20ml Water

Cuko Sauce:

- 600ml Water
- 500gr Brown Sugar
(chopped)
- 10 pcs Garlics (paste)
- 5pcs Bird's eye chili
(paste)
- 3Tbsp Tamarind puree
- 1Tsp Salt
- 3pcs kombu

Method :

Vegan Pempek :

1. Peel the lotus roots skin and slices it, soak in salt water for 10 minutes
2. Boil the lotus roots with water, salt, and one tablespoon of vinegar for 12 minutes, after that soak in cold water for 7 minutes, chopper the lotus roots until it smooth
3. Chopper the garlic, shallot, and water. Cook the puree with rice flour, celery, and the seasoning until become a dough in high heat. Set aside until cold
4. After cold, put the tofu and lotus roots stir it evenly, put the cassava all-purpose flour and tapioca starch knead it until mixed well
5. Shape it into tube shape for the lenjer, for the kapal selam make a hollow and put the vegan egg in the inside and close it
6. Boil the pempek for 10 – 12 minutes and set aside until dry, fry it for 10 minutes in 180°C in air fryer

Vegan Eggs (Filling):

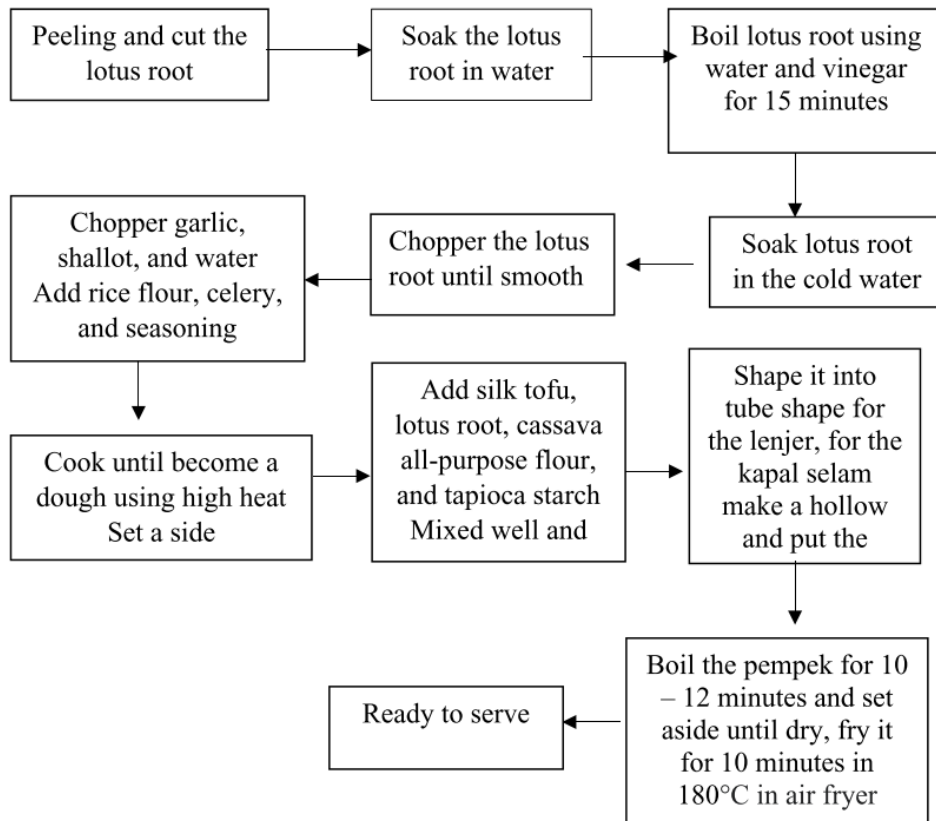
1. Soak the mung bean for 12 hours
2. Blended the mung bean with water, canola oil, nutrition yeast, turmeric powder, and kala namak until mixed well
3. Put the vegan egg as a filling in the vegan pempek dough

Cuko Sauce:

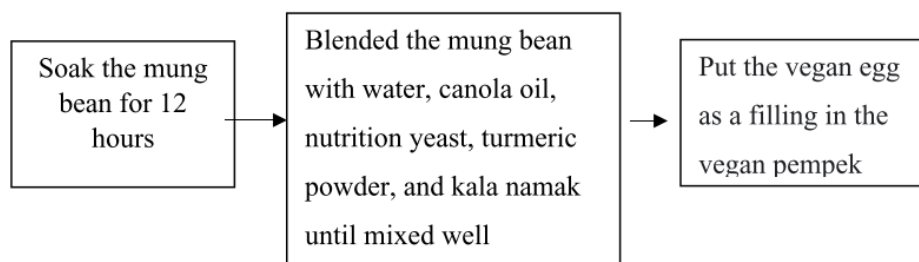
1. Boil the kombu and water for 15-20 minutes to get the stock, take out the kombu
2. Put the tamarind puree, brown sugar, garlic, bird's eye chili and salt into the stock
3. Simmer it for 10 minutes

2.4 The Processing Product Using Flowchart

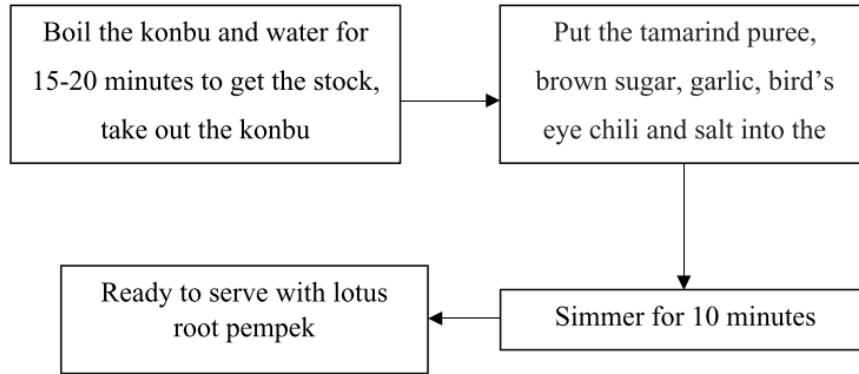
2.4.1 Lotus Root Pempek



2.4.2 Vegan Eggs



2.4.3 Cuko Sauce



2.5 Product Processing Method with Pictures

2.5.1. Lotus Root Pemppek

1. Peel the lotus roots skin and slices it, soak in salt water for 10 minutes.



Picture 6. Explain Number 1

2. Boil the lotus roots with water, salt, and one tablespoon of vinegar for 12 minutes, after that soak in cold water for 7 minutes, chopper the lotus roots until it smooth.



Picture 7. Explain Number 2

3. Chopper the garlic, shallot, and water. Cook the puree with rice flour, celery, and the seasoning until become a dough in high heat. Set aside until cold.



Picture 8. Explain Number 3

4. After cold, put the tofu and lotus roots stir it evenly, put the cassava all-purpose flour and tapioca starch knead it until mixed well.



Picture 9. Explain Number 4

5. Shape it into tube shape for the lenjer, for the kapal selam make a hollow and put the vegan egg in the inside and close it .



Picture 10. Explain Number 5

6. Boil the pempek for 10 – 12 minutes and set aside until dry, fry it for 10 minutes in 180°C in air fryer.



Picture 11. Explain Number 6

2.5.2. Vegan Eggs (Filling)

1. Soak the mung bean for 12 hours.



Picture 12. Explain Number 1

2. Blended the mung bean with water, canola oil, nutrition yeast, turmeric powder, and kala namak until mixed well.



Picture 13. Explain Number 2

3. Put the vegan egg as a filling in the vegan pempek dough.



Picture 14. Explain Number 3

2.5.3. Cuko Sauce

1. Boil the kombu and water for 15-20 minutes to get the stock, take out the kombu.



Picture 15. Explain Number 1

2. Put the tamarind puree, brown sugar, garlic, bird's eye chili and salt into the stock
3. Simmer it for 10 minutes



Picture 16. Explain Number 2 and 3