

## CHAPTER 2

### INGREDIENTS AND UTENSILS OVERVIEW

#### 2.1 DESCRIPTION OF THE MATERIAL TO BE USED



*Figure 1 The Material for fermented pumpkin*

1. Probiotic Yogurt powder
2. Pumpkin ( with the skins, and seeds )
3. Plain Water

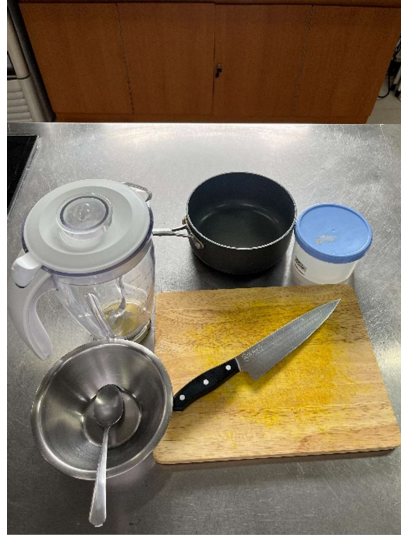


*Figure 2 The Material for chili base*

1. Oil
2. Shrimp Paste
3. Shallots
4. Garlic
5. Chili
6. Cayenne pepper
7. Tomato

8. Lime
9. Palm Sugar

## 2.2 THE TOOLS USED DURING THE PROCESSING



*Figure 3 The Tools Used During The Processing*

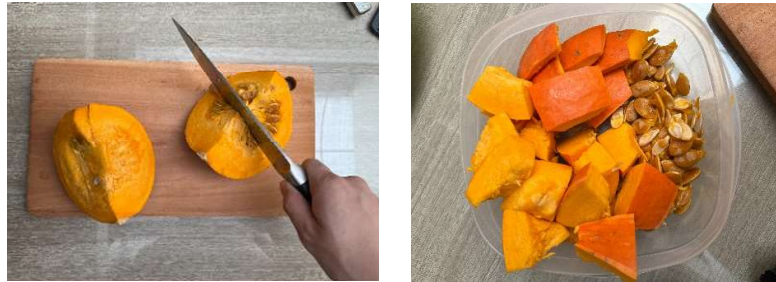
1. Blender  
Blender used to mixing liquids and foods/fruits/vegetables together..
2. Sauce Pan  
Sauce Pan used to boil tofu and make caramel.
3. Cutting Board  
Cutting Board used to place material for cutting/ preparing food.
4. Knife  
Knife used to cutting, chopping, dicing, slicing, mincing, and separating.
5. Bowl  
Bowl used to put the ingredients.
6. Stove  
Stove used to cook.

7. Spatula  
Spatula used to stir and mix ingredients.
8. Strainer  
Strainer used to drain the oil..
9. Spoon  
Spoon used to take ingredient

## 2.3 THE PROCESSING PRODUCT USING PICTURE

### 2.3.1 Fermented Pumpkin

1. pumpkin, and pumpkin skins



*Figure 4 Cuts the pumpkin, and pumpkin skins*

2. Boil the pumpkin, pumpkin skins, and pumpkin seeds for 35 minutes



*Figure 5 Boiling the pumpkin, pumpkin skins, and pumpkin seeds picture*

3. Ferment

Pumpkin, pumpkin skins, and pumpkin seeds, using kultur yoghurt for 3 ( three ) days.



*Figure 6 Mixing water and kultur yoghurt then put into the bowl*

### 2.3.2 Chili Base

1. Fry red chilies, red cayenne pepper, garlic & tomatoes until 1/2 cooked, remove and drain.



*Figure 7 Fry red chilies, red cayenne pepper, garlic & tomatoes*

2. Puree with the shrimp paste, or in a coarse grinder. And slice the shallots



*Figure 8 Puree the chili, tomato, cayenne pepper, and garlic, and slice the shallots*

3. Sautéed the sliced shallots, add the pureed ingredients,



*Figure 9 Sauté the shallots and add the mashed ingredients*

4. Add brown sugar, powdered broth, salt, sugar and lime juice.



*Figure 10 Add palm Sugar, powdered broth salt, Sugar, and Lime juice*

5. put fermented pumpkin into the chili base, cook until little bit brown



*Figure 11 mix fermented pumpkin and chili base*

6. Mixed fermented pumpkin and chili base, Sambal ready to serve



*Figure 12 Mixed fermented pumpkin and chili base*

## 2.3 RECIPE

### PUMPKIN CHILI FERMENTED

RnD Project Recipe

Ingredients :

1. 100gr pumpkin
2. 10gr kultur yogurt
3. 450gr chili
4. 65gr cayenne pepper
5. 70gr garlic
6. 3pcs strawberry / tomato
7. 5gr shrimp paste
8. 1pcs lime
9. 50gr palm sugar/ date
10. 10gr sugar
11. 15gr salt
12. 200ml vegetable oil
13. 70gr shallot



## Method

1. Cuts the pumpkin, and pumpkin skins
2. Boil the pumpkin, pumpkin skins and pumpkin seeds for 35 minutes.
3. ferment pumpkin, pumpkin skins, and pumpkin seeds, using kultur yogurt for 3 days.
4. Fry red chilies, red cayenne pepper, garlic & tomatoes until 1/2 cooked, remove and drain.
5. Puree with the shrimp paste, or in a coarse grinder. Slice the shallots, set aside.
6. Sautéed the sliced shallots, add the mashed ingredients, add brown sugar, powdered broth salt, sugar and lime juice.
7. Add fermented pumpkin, pumpkin seeds, and pumpkin fiber.
8. taste correction, sauté until cooked oily & reduced water content

- Serving method:

Served in a jar with a mixed chili base and fermented Pumpkin.

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Date of submission : 10 June 2022

Student's Signature :

## 2.4 FLOWCHART METHOD

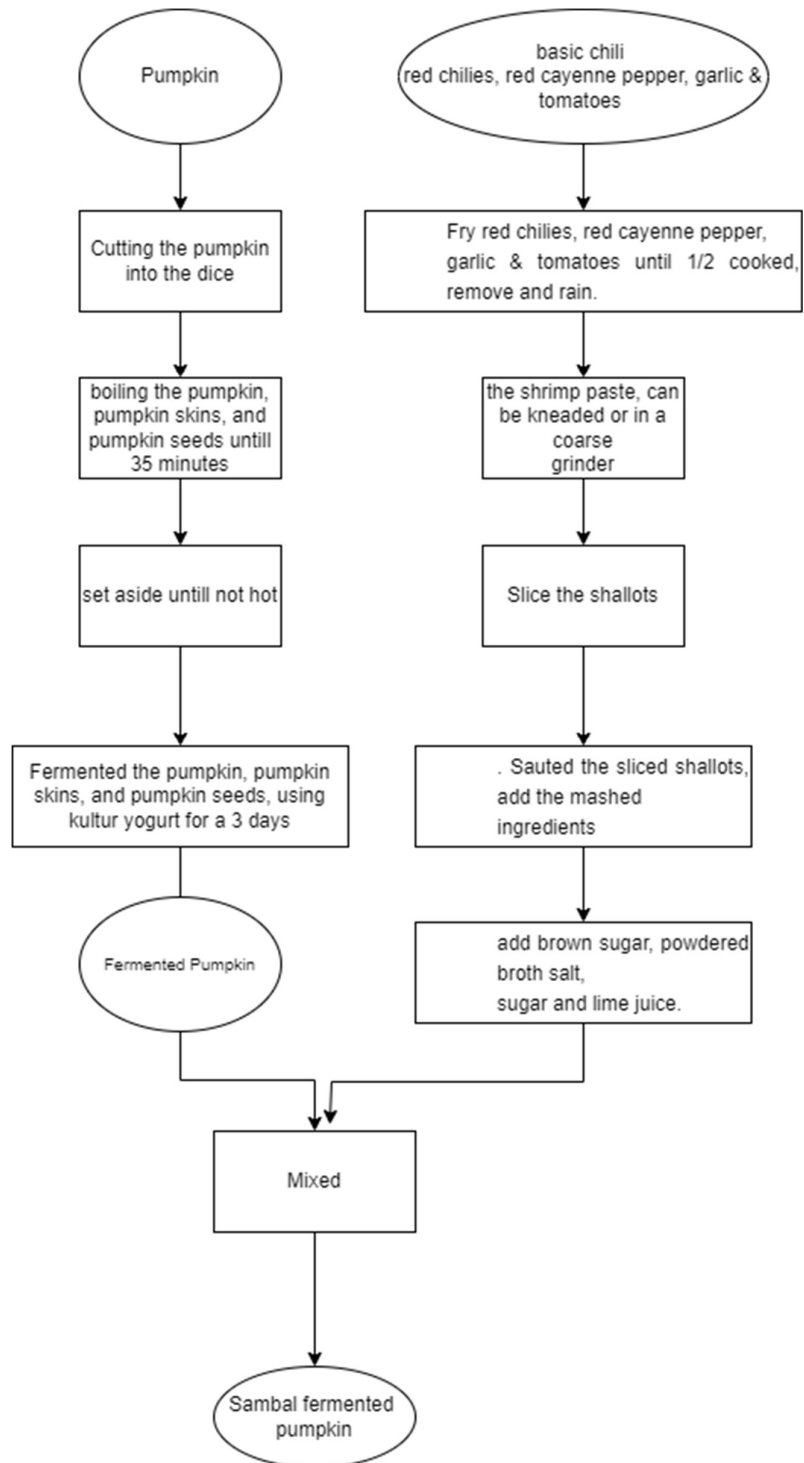


Figure 13 Product Processing FlowChart