

## CHAPTER II

### PRODUCT DESCRIPTION

#### 2.1 Ingredients Description

##### 2.1.1 Pangli Fruit



Figure 1. Dried Pangli Fruit

As a tree that has a high economic value, pangli has long been used as a spice in rawon, shrimp paste, soy sauce, pangli oil and is also included as a fish preservative. The part that is used as a cooking spice is the seeds that are fermented first. Pangli seeds that contain fat when fermented will produce unsaturated cyclic fats, namely hydrocarpatic acid, khaulmograt and goulat.

The main ingredient used Pangli fruit that has been separated from the seeds and then dried. The dried Pangli fruit meat is then soaked first to make the texture soft. It takes 180 grams of dried pangli.

### 2.1.2 Shallots



Figure 2. Shallots

Shallots (*Allium ascalonicum*) are the oldest plants from the lineage of plants cultivated by humans. Shallots used people especially Asian for spices. In this recipe use 48 grams of shallots for spices.

### 2.1.3 Garlic



Figure 3. Garlic

The plant with the Latin name "*Allium sativum*" is a very popular kitchen spice in Asia. It gives a distinctive aroma to food, while lowering cholesterol levels in foods that contain fat. In this recipe use 40 grams of Garlic for spices.

### 2.1.4 Coconut milk



Figure 4. Coconut milk

Coconut milk is a white oil-in-water emulsion, which is obtained by squeezing fresh coconut meat that has been grated or crushed with or without the addition of water. In this recipe use 48 grams of coconut milk.

### 2.1.5 Coriander



Figure 5. Corriander Powder

From coriander plants, both leaves and seeds are known to have a distinctive scent, it also give spicy taste. In this recipe use 2 grams of coriander powder.

### 2.1.6 Oil



Figure 6. Cooking Oil

Cooking oil is one of the most important basic needs for the people of Indonesia, compared to nine basic commodities other than rice and other basic needs. People generally process food using cooking oil. In this recipe use 1 table spoon cooking oil for sautee the spices.

### 2.1.7 Salt and Sugar



Figure 7. Salt and Sugar

Salt and sugar are basic seasoning for food. uses salt to improve the taste, appearance, and functional properties of the resulting product. Use sugar and salt for give taste of Pangi abon

### 2.1.8 Sweet soy Sauce



Figure 8. Sweet Soy Sauce

Soy sauce is one of the fermented products that is used as a flavoring product, especially in Asian countries. Soy sauce is made using soybeans mixed with flour, salt, water, and microbes such as *Aspergillus oryzae* or *Aspergillus zozae*. In this receipe added the sweet soy sauce for taste.

## 2.1 Utensils

### 2.2.1 Knife



Figure 9. Knife

Knife used for peeling and cutting the Garlic, shallot and pangi fruit.

### 2.2.2 Cutting Board



Figure 10. Cutting Board

Cutting board using as place for cutting the ingredients.

### 2.2.3 Large bowl



Figure 11. Large Bowl

This bowl use for soaked the Pangi fruit and wash the Pangi fruit. The materials is from plastic.

#### 2.2.4 Strainer



Figure 12. Strainer

Used to strain the pangi fruit from the water. The materials is from plastic

#### 2.2.5 Chopper



Figure 13. Chopper

Chopper is manchine to make chopping ingredients easier. This chopper can help to chop the Pangi fruit and Spices.

### **2.2.6 Pan**



Figure 14. Pan

Pan used to cooking the Pangi fruit. The pan material form non-sticky because we will cook the Pangi fruit until the texture dry

### **2.2.7 Spatula**



Figure 15. Spatula

Spatula use to stir the Pangi fruit while cooking

### **2.2.8 Spoon**



Figure 16. Spoon

Spoon used to take the spices and seasonings.

### 2.2.9 Stove



Figure 17. Stove

The stove is device that burn the fuel. Used to cook the Pangi fruit

### 2.2.10 Scales



Figure 18. Scales

Used to scale the ingredients and other materials.



## 2.3 Approved and Revised Recipe

### 2.3.1 Approved Receptipe

Recipe Name : Black Songko sticky rice with Abon Kluwek fruit

Yield : 5 Portion

Main Ingredients : Dried Kluwak Fruit &

Ingredients :

Abon :

- 180 gram Dried Kluwek Fruit
- 3 pcs Shallots
- 2 pcs garlic
- 50 ml coconut milk
- 1 tsp coriander
- 1 tsp sweet soy sauce
- Oil for sautee
- Salt and sugar to taste

Black sticky Rice :

- 300 Glutinous rice
- 150 ml coconut milk
- 1 tbsp salt
- 2 Pandan Leaves
- ½ tsp coriander
- 7 shallots
- 7 Garlics
- 2 pcs fermented dried kluwek nuts ( or 2 tablespoon kluwek nut ground )

Method :

a. Preparation :

- Soak the dried meat of kluwek fruit until the texture soft around 15-20 minutes
- Wash the meat fruit until the water is clean

Kluwek Abon :

- Boil the soaked kluwek fruit around 1 hours
- Strain and dry the fruit from water
- Mess the kluwek fruit with blender
- Mash the shallots,garlics and coriander and sautee on pan
- Add the coconut milk and kluwak fruit
- Add sweet soy sauce,salt and sugar
- Cook until the color change and dries

Black Sticky Rice :

- Soak the glutinous rice around 1-2 hour and cook until half-cooked
- Mash the Shallots,garlic, and coriander and sautee on pan. Add the kluwek nuts
- Add the spice and coconut milk to half cooked sticky rice then steam
- Wrap the black sticky rice topped the kluwek abon with banana leaves/

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**Recipe Background**

is a tall tree native to the mangrove swamps of Southeast Asia ( Indonesia ), Kluwek are also known as Panglum nuts, the seeds of the Panglum tree (Panglum edule). Kluwek is the Indonesian name for this food. They are native to Southeast Asia and are featured in traditional foods in Indonesia and Malaysia, but is relatively rare outside of the region. Raw Kluwek is toxic because contains poisonous cyanide or prussic acid compounds, which can be eliminated when the Kluwek is boiled or fermented. Kluwek also contains some protein, fat, fiber, and carbohydrates, along with several types of fatty acids. Kluwek nuts can use as seasoning for Rawon, Konro and many more. In South Sulawesi Kluwek fruit also consume as dish.

**APROVAL PRODUCT**

CHECK LIST	POINTS	APROVAL
WASTE MANAGEMENT	20	
PROCESING METHOD	20	✓
UNIQUE INGREDIENTS	20	✓
PRODUCT OUTLOOK	20	✓
HEALTH & NUTRITION	15	
NEW MODIFICATION	5	✓
<b>TOTAL</b>		

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### 2.3.2 Revised Recepte

Recipe Name : Abon Pangsi fruit

Yield : 2 Portion

Main Ingredients : Dried Kluwak Fruit &

Ingredients :

Abon :

- 180 gram Dried Kluwak Fruit
- 5 pcs Shallots
- 2 pcs garlic
- 50 ml coconut milk
- 1 tsp coriander
- 1 tsp sweet soy sauce
- Oil for sautee
- Salt and sugar to taste

Method :

a. Preparation :

- Soak the dried meat of kluwak fruit until the texture soft around 15-20 minutes
- Wash the meat fruit until the water is clean

Pangsi Abon :

- Boil the soaked Pangsi fruit around 1 hours
- Strain and dry the fruit from water
- Mess the Pangsi fruit with blender
- Mash the shallots,garlics and coriander and sautee on pan
- Add the coconut milk and Pangsi fruit

- Add salt and sugar
- Cook until the color change and dries

### **2.3.3 Reason for revision**

After make the whole receipe only give 2 portion (100 gram).

## 2.4 Product Processing Sequence Using Flowchart

### 2.4.1 Making the Pangsi fruit abon

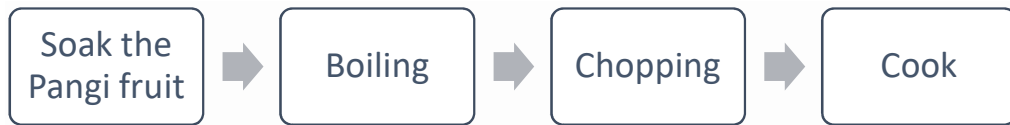


Figure 19. The Flowchart of Making Pangsi Fruit Abon

1. Soak the Pangsi fruit until the texture soft
2. Boiling the Pangsi fruit until the texture chewy
3. Chop the Pangsi fruit use chopper
4. Cook the Pangsi fruit with slow cooking method

### 2.4.2 Product Processing Method with Picture



Figure 20. Soaked Pangsi Fruit

1. Preparation Pangsi Fruit : The first step is to soak the dried fruit with water for 30 minutes until the texture changes.



Figure 21. Shallot and Garlic

2. Preparation Spices : Mash the shallots, Garlics, and add the coriander powder.



Figure 22. Boiled Pangki Fruit

3. Boiling the Pangki fruit around 1 hours for make the texture soft



Figure 23. Chopped Pangki Fruit

4. Blender the Pangi fruit



Figure 24. Spices and Chopped Pangi Fruit

5. Sautee the spices and add the coconut milk with chopped Pangi fruit,  
Add the seasonings



Figure 25. Cook the abon

6. Cook until the color change and dry



Figure 26. Pack to Pouch

7. Pack the Pangi abon to pouch