

## CHAPTER 2

### INGREDIENTS AND UTENSILS OVERVIEW

#### 2.1 Description Of The Material To Be Used



Picture 1 The Material For The Nugget Stuffing

1. Mushroom used to give texture of the nugget and contain vit D and antioxidant.also mushroom give a good taste of the nugget
2. Broccoli used to be veggie inside the nugget and contain vid K, broccoli had a lot of
3. Egg used to chewy and soft texture for the nugget.
4. Carrot used to be veggie inside the nugget and contain vit C



Picture 2 The Flour Material

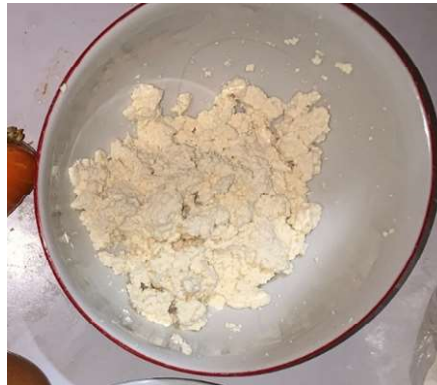
1. Maizenaku for Nugget batter and the soft and not sticky texture.
2. Tapioca Flour for Nugget batter more chewy and slippery textue.
3. All Purpose Flour for Nugget batter.

4. Bread Crumbs for Nugget crunchy outside texture and crunch.



*Picture 3 The Material Of Seasoning*

1. Salt for batter seasoning.
2. Sugar for batter seasoning.
3. White Pepper for batter seasoning.
4. Totole for batter seasoning.
5. Garlic powder for seasoning



*Picture 4 The Main Ingredients*

1. Ampas Tahu as the main ingredients of the nugget and had a lot of protein, Kind of Nutrient/ 100 gram and make the texture good too. Ampas tahu is a waste substance obtained during the tofu production process. The boiled soybean will be hushed for a while, then will be milled. And then, the tofu extract from the milled soybean will be deposited into tofu. Author choose ampas tahu as the main ingredients because this is the left over product but still can be a good healthy food.

## 2.2 Description Of Utensils



*Picture 5 The Tools Used During The Processing*

1. Pan :  
For blanching the veggie and sauted the mushroom.
2. Fork and Spoon :  
For mixing the Batter.
3. Cutting Board :  
Cutting Board used to placemat when cutting the mushroom, carrot & broccoli.
4. Bowl :  
Bowl used to put the ingredients.
5. Scales :  
For scaling product and ingredients.
6. Knife :  
Knife used to peel the carrot's skin, cutting mushroom & veggie.



*Picture 6 Air Fryer*

7. Air Fryer :

Air Fryer used to fry the Nugget.

8. Stove :

Stove used to cook.

## 2.3 Approved And Received Recipe

Recipe Name: Nugget Ampas Tahu Vegetarian

Yield: 1-5 porsi

Main Ingredients: 200 Ampas Tahu

Ingredients:

200 gr ampas kedelai

½ buah wortel kecil (potong kecil)

½ bonggol brokoli (potong kecil)

1 butir telur

Minyak kelapa (untuk menumis jamur)

Bread crumbs

25gr tepung terigu

25gr tepung maizena

50gr tepung kanji

4gr garam

6gr totole

8gr gula

1 pinch lada putih

3gr garlic powder

Method:

1. Campur bahan tepung dengan ampas tahu , seasoning dengan bahan2 yang tercantum.
2. Rebus wortel dan brokoli hingga matang,tumis jamur hingga kecoklatan, setelah itu campur dengan ampas tahu yang sudah dicampur tepung.
3. Masukkan telur di adonan dan beri sedikit minyak kelapa.
4. Masukkan adonan ke kulkas sekitar 30 menit agar memadat dan bisa di balur dengan bread crumbs.
5. Bentuk adonan seperti adonan nugget,setelah itu balir dengan bread crumbs dan ditimbang seberat 35gr . setelah itu masukan air fryer dengan suhu 170 derajat celcius selama 20 menit.

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Advisor Name: Chef Gilbert

Date & time of submission : (filled by Academic)

Picture 7 Recipe

RECIPE BACKGROUND (50 – 100 WORDS)

saya memilih menu ini karena memiliki bahan utama ampas tahu yang memiliki fungsi Kandungan gizi yang masih cukup bagus. Tinggi protein, karbohidrat, anti oksidan , serat dan lain lain. makanan ini sangat Cocok jadi gerakan makanan tanpa limbah jadi dengan demikian tujuan saya adalah menjadikan bahan tersebut menjadi healthy food

APPROVAL TABLE (filled by advisor)

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CHECK LIST	POINTS	APPROVAL
WASTE MANAGEMENT	20	✓
PROCESSING METHOD	20	✓
UNIQUE INGREDIENTS	20	
PRODUCT OUTLOOK	20	
HEALTH & NUTRITION	15	✓
NEW MODIFICATION	5	✓
<b>TOTAL</b>		60

20/10  
*[Signature]*

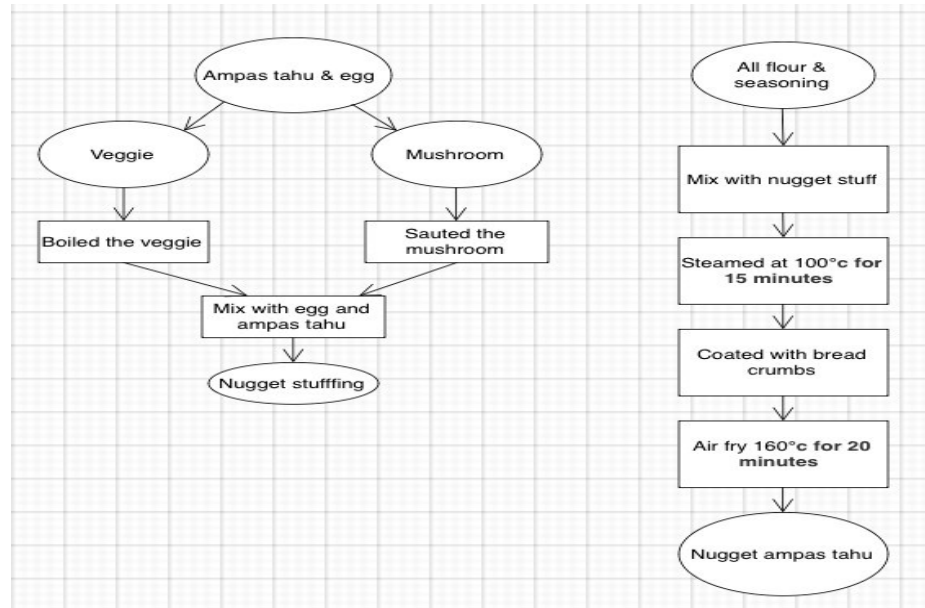
\*approval min. 50 points

NOTES (filled by advisor)

approve

Picture 8 Approved recipe

## 2.4 Product Processing Sequence Using Flowchart



Picture 9 Flowchart Product Processing

## 2.5 Product Processing Method With Pictures

### 2.5.1 Nugget stuffing/filling:

1. Prepare the ingredients ampas tahu for mixing with all ingredients.



Picture 10 Main Ingredients.

2. Chop carrot and broccoli like this , for broccoli use the weed & for the carrot don't chop to soft.



*Picture 11 Chopped carrot & broccoli.*

3. After that boil the carrot and broccoli until cooked.



*Picture 12 Boiled carrot & broccoli.*

4. Chopped the mushrooms like this, don't to soft because it is not good for the texture.



*Picture 13 Chopped mushrooms.*



5. Sauted mushrooms with coconut oil until browning and caramelized.



*Picture 14 Sauted mushrooms.*

6. After all cooked well, put in 1 whole egg to ampas tahu.



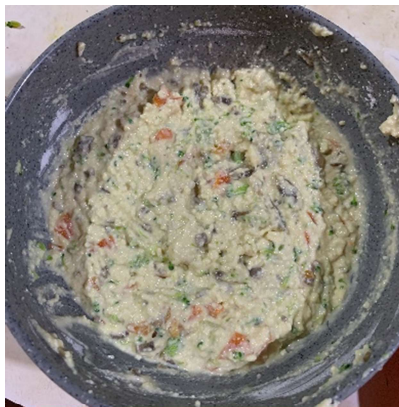
*Picture 15 Ampas tahu & egg.*

- Put in mushrooms , carrot and broccoli and mix together up .



*Picture 16 Mix together.*

- Put seasoning (salt,pepper,sugar,totole) and mix well.



*Picture 17 Ffilling look.*

### 2.5.2 Batter :

1. Put in all the flour recipe to the batter (all purpose flour,tapioca flour,maizena).



*Picture 18 Put the flour on batter*

2. Mix well and put the batter at the fridge at least 30 minutes to make the batter condense.



*Picture 19 After mix well put on the fridge*

3. Prepare the bread crumbs for nugget when putting batter on the fridge.



*Picture 20 Bread crumbs*

4. After 30 minutes, get the batter and shape like nugget and using spoon.



*Picture 21 Shape the batter like nugget*

5. Scaled the batter for 35gr don't to big.



*Picture 22 Scaled the batter for 35gr*

6. Get in to air fryer and fry at 160°C for 20 minutes



*Picture 23 Air fryer and fry*