

CHAPTER 2

INGREDIENTS AND UTENSILS OVERVIEW

2.1 Description Of The Ingredients To Be Used



Picture 1 Material for the Makgeoli

1. Rice is the main ingredients for the makgeolli

White rice : addition to carbohydrates, other nutrients contained in white rice include vitamins B1, B2, B3, B6, protein, iron, phosphorus, selenium, manganese, and magnesium.

Red rice: 45–50 grams of carbohydrates,3–3.5 grams of fiber,5 grams of protein.

1.6–2 grams of fat,160 milligrams of potassium,80 milligrams of magnesium.

2 milligrams of sodium,1.1 milligrams of iron.

Brown rice: In a serving weight of 40 g, the brown rice snack bar contains 2.78 g protein, 1.45 g fat, 34.04 g carbohydrates, 0.76 g fiber, and 68.50% glycemic index. Brown rice snack bar contains 2.53 g protein, 1.51 g fat, 33.68 g carbohydrates, 0.64 g fiber, and 53.81% glycemic index. Black rice snack bar contains 2.63 g protein, 1.30 g fat, 33.73 g carbohydrates, 0.56 g fiber, and 42.20% glycemic index.

Black rice: 85% carbohydrates, 1.9% fat, 1.04% protein, 10.5% water, fiber 0.8%, Abu by 0.4%, which amount of 0.6 mg of Vitamin C, 31.6 mg of Vitamin E, 0.386 mg / ml of Calcium (Ca), 1.95 mg / ml of Magnesium

(Mg), 0.886 mg / ml of Potassium (K), 0,391mg / ml of iron (Fe), and 0.021 mg / ml of Zinc (Zn). The highest mineral content is Magnesium (Mg).

2. Tape yeast for fermentaion the rice

Tape yeast is a starter used to make tape, in it contains microorganisms belonging to lactic acid bacteria such as lactobacillus casei and form makgeoli is frementation for rice.

2.2 Description Of The Utensil



Picture 2 Tools for the make Makgeoli

1. Bowl

The bowl used for washing the grain. (brown grain,black grain,white grain,red grain)

2. Scale

For scaling the weight of grain and scaling tape yeast.

3. Pan

Pan used for cooking the grain into rice.

4. Spoon

Used for cooked and moved the rice to another place.

5. Tupperware

Using tupperware for fermentation of the rice .

6. Stove

For cooked the grain into rice.

2.3 Approved And Reviced Recipe

Recipe Name : makgeolli
Yield : 1-10 porsi
Main Ingredients : 100 gr beras (putih,merah,coklat,hitam)
Ingredients :

- 60 gram ragi tape
- 150 ml air

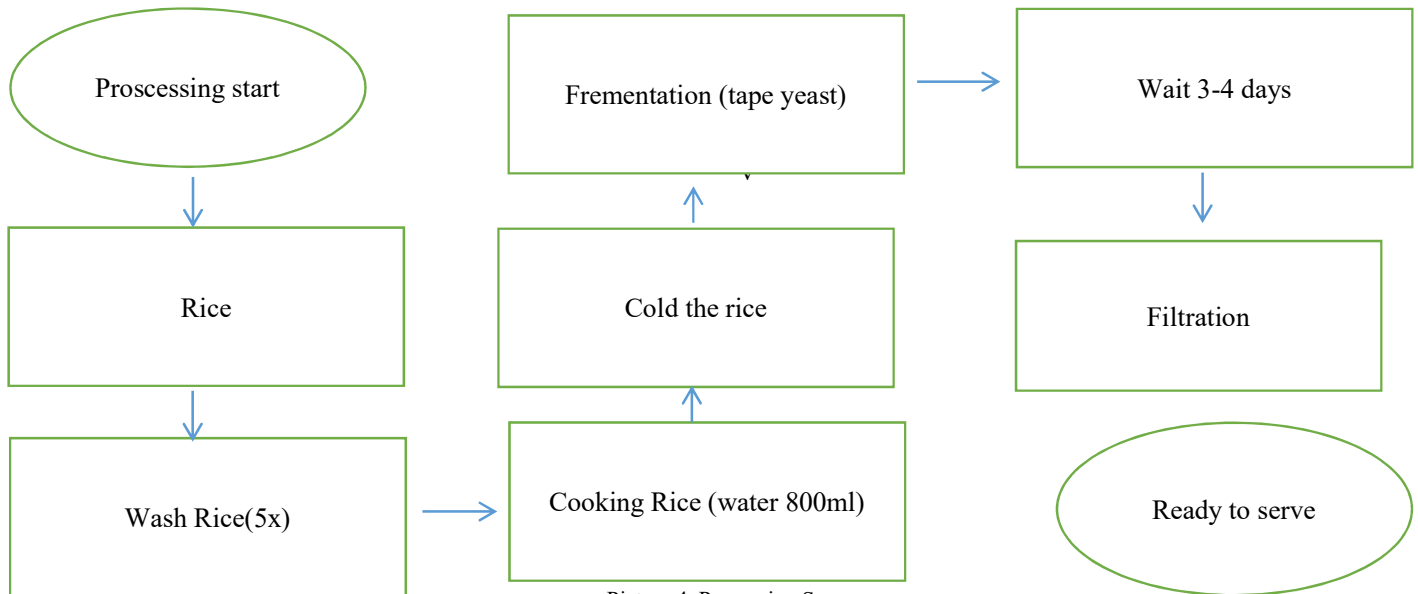
Method :

1. Timbang ke empat macam beras
2. Cuci sampai bersih
3. Rebus beras sampai jadi nasi
4. Letakan di tempat dan tunggu sampai nasi kering
5. Setelah kering masukan air
6. Masukan ragi tape
7. Tutup wadah
8. Tunggu 3 hari
9. Siap disajikan

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Picture 3 Recipe

2.4 Product Processing Sequence Using Flowchart



Picture 4 Processing Sequence

2.5 Product Processing Method With Picture

1. Weighing 4 kinds of rice weighing 100 grams each.



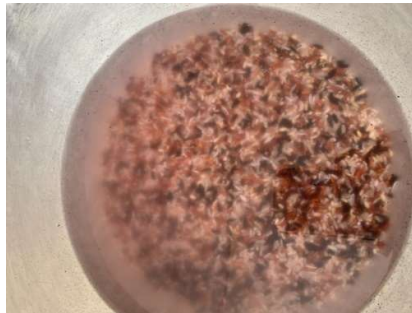
Picture 5 Weighing four kinds of rice

2. Washing Rice as much as 5x.



Picture 6 Washing Rice

3. Cooking rice with 800 ml water until cooked.



Picture 7 Cook Rice

4. Put the cooked rice into Tupperware for fermentation.



Picture 8 Put in tupperware

5. Sprinkle the yeast evenly on each surface as much as 7 spoons.



Picture 9 Sprinkle Yeast

6. After it's finished cover and put it in a damp place leave it for 7 days.



Picture 10 Ready to frementation

7. After the fermentation is complete,the water comes out,move the water to another place



Picture 11 Ready to serve