

## CHAPTER 2 INGREDIENTS AND UTENSILS OVERVIEW

### 2.1 DESCRIPTION OF THE MATERIAL TO BE USED



Figure 1 Breadfruit Flour Ingredients

1. Breadfruit flour help thicken the meatball dough.
2. Moringa leaf is to give color in the meatball
3. Garlic is used to give flavor
4. Tapioca starch used to give chewy for the meatball
5. Breadfruit is the main ingredients for the meatball



Figure 2 Meatball Ingredients

1. Garlic is used to give flavor
2. Onion is used to give a bit sweet in the stock
3. Mushroom powder to give a flavor
4. Oyster and ear mushroom to give umami flavor
5. Salt and pepper to complete the flavor



Figure 3 Mushroom Stock Ingredients

1. breadfruits the main ingredients for the meatball vegan
2. Water used to mix the flour and the breadfruits
3. Onion and garlic used to give flavor
4. Salt and pepper is to complete the flavor

## 2.2 THE TOOLS USED DURING THE PROCESSING



Figure 4 The Tools Used During the Process

1. chopper  
chopper used to mix and chop then ingredients.
2. Sauce Pan  
Sauce Pan used to make the stock.
3. Digital Scale  
Digital scale used to measure the amount of the ingredients.

4. Bowl  
Bowl used to put the ingredients.
5. Stove  
Stove used to cook.
6. Knife  
Knife used to peel the onion and garlic skin.
7. Spatula  
Spatula used to stir and mix ingredients.
8. Steamer  
Steamer used to steam the breadfruit.
9. Spoon  
Spoon used to take ingredients.

## 2.3 THE PROCESSING PRODUCT USING PICTURE

### a. Breadfruit flour

1. Blend 200 grams of breadfruit skin



Figure 5 Blend Breadfruit Skin

2. Add 200 ml of water



Figure 6 Add Water

3. Take the sediment and dried with drying machine at 60°



Figure 7 Dry with Drying Machine

4. set aside in a container and shift until smooth



Figure 8 Shift Until Smooth

b. Vegan meatball

1. steam 200gr breadfruit meat

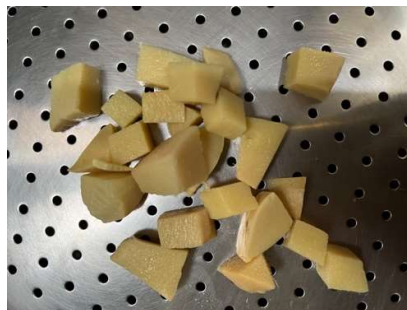


Figure 9 Steam Breadfruit

2. Mix in a food processor boiled breadfruit meat, ear mushroom, button mushroom, breadfruit skin flour and dough is evenly distributed (add seasonings)

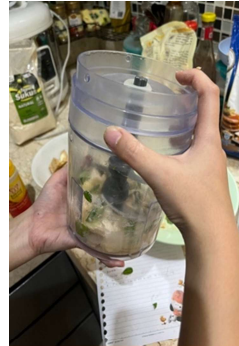


Figure 10 Mix in Food Processor

3. Make round shape and put it into the boiling water until it floats



Figure 11 Make it Round

c. Mushroom stock

1. Sauté mushroom until a bit browning



Figure 12 Sautee Mushroom until It Brown

2. Boiled water about 400 ml



Figure 13 Boil Water

3. Finally, put the meatballs into the broth. You can add additional topping such as fried shallot, cilantro, sweet soy sauce and sambal



Figure 14 Put the Meatballs into The Broth



## 2.4 COMPLETE RECIPE ATTACHED

### **Ingredients:**

Ingredients for breadfruit flour:

- Breadfruit skin 200gr
- Water 200ml

Ingredients for meatball

- Moringa leaf 150gr
- Breadfruit Flour 200gr
- Oyster & Ear Mushroom

Method:

#### **a) The making process of Breadfruit skin flour**

- blend the breadfruit skin as much as 200 grams, add 200 ml of water then set aside for 1 night. Take the sediment and dried with drying machine at 60<sup>0</sup> for 1 night and then sift until smooth

#### **The making process of Moringa leaf extract**

- add 125ml of water into 150gr of moringa leaf, then blend with blender. After that filter using a filter cloth or cheese cloth.

#### **b) Making Meatball or “Bakso” using Breadfruit skin flour, Oyster & jelly mushroom, and Moringa leaf extract.**

- Steamed 200 gr breadfruit meat and puree
- Boil 50gr ear mushrooms and 50gr button mushrooms
- Mix in a food processor boiled breadfruit meat, ear mushrooms, button mushrooms, 50gr breadfruit skin flour, 100ml Moringa extract until the dough is evenly distributed (add seasonings)
- Make round shape mixture

- Boil water until bubbly
  - Put the mixture into the boiling water until it float
- c) Make the broth with shitake mushroom and button mushroom**
- Sauté mushrooms until soft over medium heat.
  - Boil over low heat; reserving boiling water about 400 ml.
  - Strain until clear.
  - Finally, put the meatballs into the broth. You can add additional topping such as fried shallot, cilantro, sweet soy sauce and sambal

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## 2.5 FLOWCHART

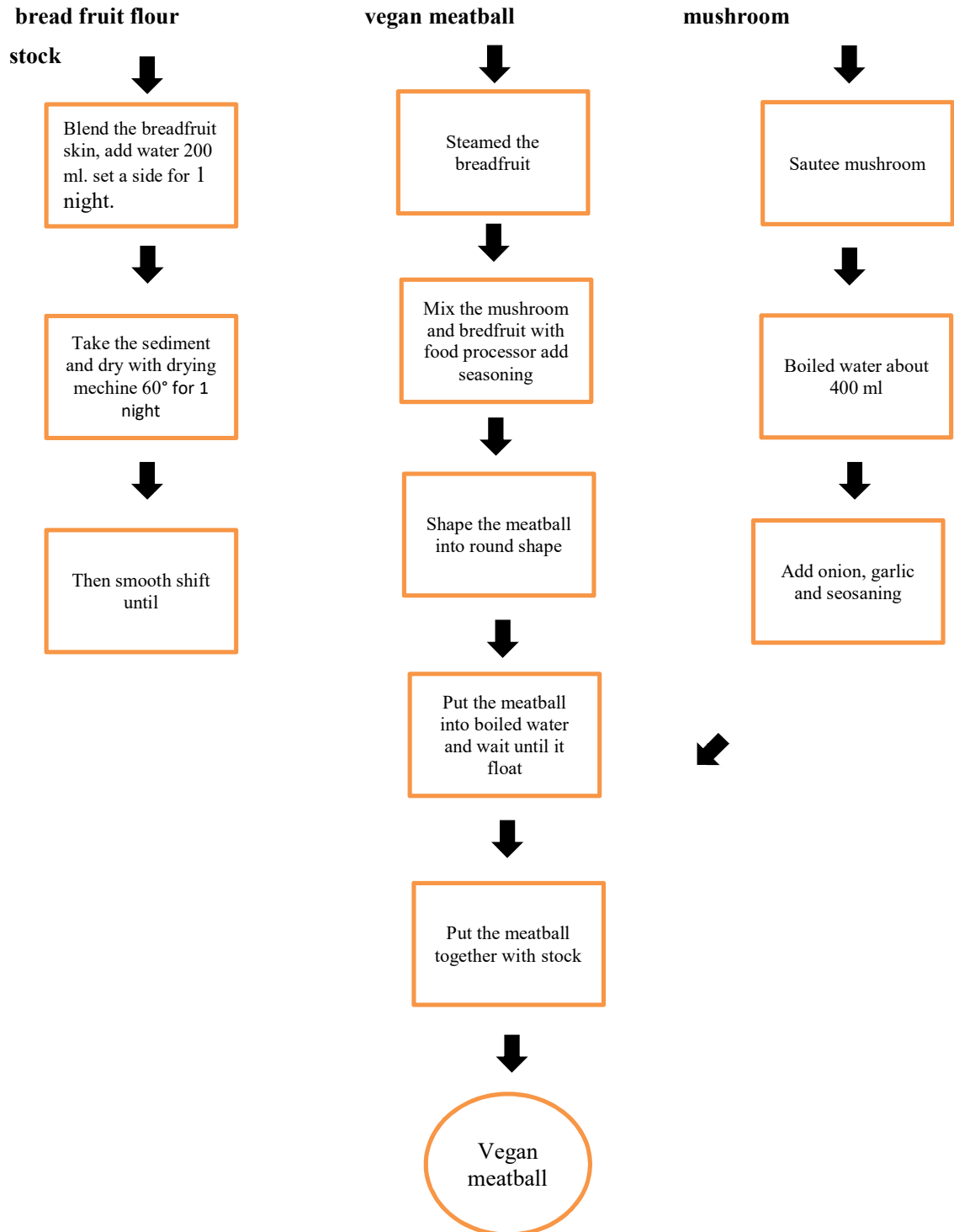


Figure 15 Product Process Flowchart