

CHAPTER 2

INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE MATERIAL TO BE USED



Picture 2.1 The Material for the vegan sausage

1. Young jackfruit



Picture 2.1.1

Young Jackfruit used as a main ingredient of this vegan sausage

2. Oyster Mushroom



Picture 2.1.2

Oyster Mushroom added as a flavor enhancement for a meat substitute flavor

3. Onion



Picture 2.1.3

Onion added as natural sweetener

4. Garlic



Picture 2.1.4

Garlic added as a flavor enhancement and adding garlicky aroma

5. High Protein Flour



Picture 2.1.5

Flour added as a binder

6. Tomato paste



Picture 2.1.6

Tomato paste added as flavor enhancement

7. Meatball starch



Picture 2.1.7

Meatball Starch

8. Breadcrumbs



Picture 2.1.8

Breadcrumbs added as a binder and to absorbing excess moisture

9. Seasoning



Picture 2.1.9

Mix of spice (paprika powder, curry powder, chili powder, garlic powder, oregano, salt, pepper, and msg) to increase sausage flavor and aromas

10. Oil



Picture 2.1.9

Used for sauteed the onion and garlic as well

2.2 THE TOOLS USED DURING THE PROCESSING



Picture 2.2 The Tools Used During The Processing

1. Chopper

Chopper used to blend and chop onion, garlic, jackfruit, and mushroom into a fine chopped so it will be easier to mix it into the batter.

2. Steamer

Steamer used to steam the sausage

3. Sausage Skin

Sausage skin used to wrap the batter and shape it into desirable size and length.

4. Digital Scale

Digital scale used to measure the amount of the ingredients.

5. Bowl

Bowl used to put the ingredients.

6. Stove

Stove used to cook.

7. Knife

Knife used to peel the onion skin and jackfruit skin.

8. Spatula

Spatula used to stir and mix ingredients.

9. Fork

Fork use to shred the jackfruit meat.

10. Pot

Pot used to boil the jackfruit

11. Spoon

Spoon used to take ingredients.

12. Piping Bag

Piping Bag used to place the dough into sausage skin

2.3 APPROVED AND REVISED RECIPE

Recipe Name Vegan Jackfruit Sausage

Yield : 10 portions

Main Ingredients : Young Green Jackfruit

Ingredients

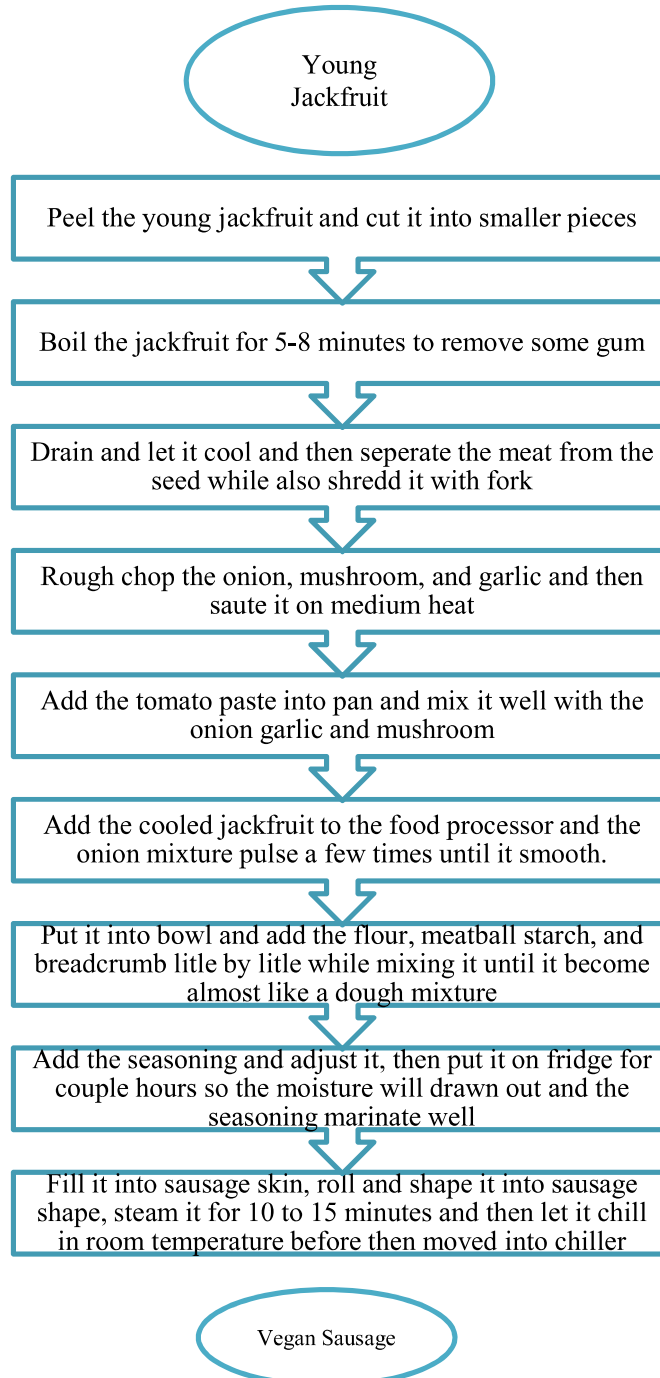
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- 150g young jackfruit
- 100g oyster mushroom
- 1 onion (diced)
- 5 cloves garlic
- 100g high protein flour
- 2 tbsp tomato paste
- 50g meatball starch
- 50g breadcrumbs
- 3 tbsp olive oil
- ¼ tsp Ground Fennel
- ¾ tsp Ground Sage
- ¾ tsp Thyme
- 1 tsp Brown Sugar
- ½ tsp Salt
- ½ tsp paprika
- 1/8 tsp pepper

Method :

1. Boil young jackfruit until fork tender and drain
2. Sautee onion and garlic until fragrant with tomato paste
3. Add the cooled jackfruit to the food processor and add the remaining ingredients except oil. Pulse a few times to get it broken up, scraping down the sides, if necessary.
4. With the processor running, drizzle enough oil to allow the mixture to come together.
5. Fill it into sausage skin, roll and shape it into sausage shape
6. Steam for 15-20 minutes and then chill it in refrigerator

2.4 PRODUCT PROCESING USING FLOWCHART



Picture 2.4 flowchart of vegan sausage

2.5 PRODUCTS PROCESSING METHOD USING PICTURE

1. Peel the young jackfruit and cut it into smaller pieces



Picture 2.5.1 peeled jackfruit

2. Boil the jackfruit for 5-8 minutes to remove some gum



Picture 2.5.2 boiled jackfruit

3. Drain and let it cool and then separate the meat from the seed while also shared it with fork



Picture 2.5.3 shredded jackfruit

4. Rough chop the onion, mushroom, and garlic and then saute it on medium heat



Picture 2.5.4 saute onion mushroom and garlic

5. Add the tomato paste into pan and mix it well with the onion garlic and mushroom



Picture 2.5.5 adding tomato paste

6. Add the cooled jackfruit to the food processor and the onion mixture pulse a few times until it smooth.



Picture 2.5.6 blending the jackfruit and onion mixture together

7. Put it into bowl and add the flour, meatball starch, and breadcrumb little by little while mixing it until it become almost like a dough mixture



Picture 2.5.7 adding flour, meatball starch, and breadcrumbs

8. Add the seasoning and adjust it, then put it on fridge for couple hours so the moisture will draw out and the seasoning marinate well



Picture 2.5.8 adding seasoning and rest it in fridge

9. Fill it into sausage skin, roll and shape it into sausage shape, steam it for 10 to 15 minutes and then let it chill in room temperature before then moved into chiller



Picture 2.5.9 mold the sausage into casing and steam it