

## **CHAPTER 2**

### **INGREDIENTS AND UTENSILS OVERVIEW**

#### **2.1 Description of materials to be used**

##### **2.1.1 Banana Stem**



Figure 1 The material for the Otak-otak

500 Gr Banana Stem For the main ingredients of otak-otak

##### **2.1.2 Oyster Mushroom**



Figure 2 Oyster Mushroom

200 Gr Oyster mushroom for add chewy and solid texture

### 2.1.3 Salt



Figure 3 Salt

15 Gr Salt to flavor and remove sap

### 2.1.4 Sagu Flour



Figure 4 Sagu Flour

50 Gr Sago Flour is used to thicken the dough

### 2.1.5 Egg White



Figure 5 Egg White

2 Pcs Egg White to make the mixture chewy

### 2.1.6 Garlic



Figure 6 Garlic

5 Cloves Garlic is used for the aroma

### 2.1.7 Shallot



Figure 7 Shallot

6 Cloves Shallot is used for the aroma and give savoury taste

### 2.1.8 Pepper



Figure 8 Pepper

5 Gr Pepper is used to add spicy aroma

### 2.1.8 Coriander



Figure 9 Coriander

8 Gr Coriander is used to add spice aroma

### 2.1.9 Chilli



Figure 10 Chilli

2 Pcs Chilli is used to add spicines

### 2.1.10 Coconut Milk



Figure 11 Coconut Milk

200 ml Coconut Milk is used to add savoury taste

### 2.1.11 Coconut Flakes



Figure 12 Coconut Flakes

100 Gr Coconut Flakes is used to add solid texture and savoury taste

### 2.1.13 Scallion



Figure 13 Scallion

1 Pc Scallion is used to add aroma

### 2.1.14 Bread Crumb



Figure 14 Bread Crumb

25 Gr Bread Crumb is used to thicken the dough

## 2.2 THE TOOLS USED DURING THE PROCESSING

### 2.2.1 Pot



Figure 15 Pot

Pot is used for boil the banana stem

### 2.2.2 Steamer



Figure 16 Steamer

Steamer is used for steam the otak-otak



### 2.2.3 Food Processor



Figure 17 Food Processor

Food Processor is used for grind the spices and boiled banana stem

### 2.2.4 Cutting Board



Figure 18 Cutting Board

Cutting Board is for base for trim and cut ingredients

### 2.2.5 Knife



Figure 19 Knife

Knife is used for cut the ingredients

### 2.2.5 Bowl



Figure 20 Bowl

Bowl is used for separate the ingredients

### 2.2.6 Spoon



Figure 21 Spoon

Spoon is used take the spices and ingredients

### 2.2.7 Spatula



Figure 22 Spatula

Spatula is used for mix the ingredients

### 2.2.8 Tongs



Figure 23 Tongs

Tongs is used to flip Otak-otak

### 2.2.9 Pan



Figure 24 Pan

Pan is used to grill the otak-otak

### 2.2.10 Scale



Figure 25 Scale

Scale is used to measure the ingredients

### 2.2.11 Cooling Tray



Figure 26 Colling Tray

Cooling tray is used for cool the otak-otak after steaming process

### 2.3 Approved and revised recipe

Recipe Name : Banana Stem Otak-Otak

Yield : 10 portion

Main Ingredients : Banana Steam

Ingredients :

- 500 Gram Banana Stem
- 6 Cloves Shallot
- 5 Cloves Garlic
- 200 Gram Oyster Mushroom
- 2 Pcs Egg white
- 200 Ml Cononut Milk
- 50 Gram Sagoo Flour
- 15 Gram Salt
- 5 Gram White Pepper
- 1 Scallion
- 8 Gram Coriander
- 2 Pcs Chili
- 100 Gram Procesed Grated Coconut
- 25 Gram Bread Crumb

Method:

1. Banana stems, cut into small pieces, wash with salt and then squeeze until they are not runny
2. Chopped Oyster Mushroom into small pieces
3. Put banana stem garlic and shallot into food processor then puree
4. Mix the puree with sago,breadcrumb,egg white,salt,pepper,coconut milk and oyster mushroom

5. Put the mixture into the banana leaf
6. Roll and fold then lock the ends of the leaves using a toothpick
7. Steam For 15 Minutes
8. Finished steaming then grilled on the grill until the banana leaves turn brown

Student Name : Hilmi Tiko A

Advisor Name : Michael Valent

Date & Time of submission :

Recipe Name : Banana Stem Otak-Otak

Yield : 10 portion

Main Ingredients : Banana Steam

Ingredients :

- 500 Gram Banana Stem
- 6 Cloves Shallot
- 5 Cloves Garlic
- 200 Gram Oyster Mushroom
- 2 Pcs Egg white
- 200 MI Cononut Milk
- 50 Gram Tapioca Flour
- 15 Gram Salt
- 5 Gram White Pepper
- 1 Scallion

Method:

1. Banana stems, cut into small pieces, wash with salt and then squeeze until they are not runny
2. Chopped Oyster Mushroom into small pieces
3. Put banana stem garlic and shallot into food processor then puree
4. Mix the puree with tapioca,egg white,salt,pepper,coconut milk and oyster mushroom
5. Put the mixture into the banana leaf
6. Roll and fold then lock the ends of the leaves using a toothpick
7. Steam For 15 Minutes
8. Finished steaming then grilled on the grill until the banana leaves turn brown

Student Name : Hilmi Tiko A

Advisor Name : Michael Valent

Date & Time of submission : 1 April 2025



## RECIPE BACKGROUND

I think not much people know that banana stem can be eaten, and a lot of banana trees are wasted, and eventually rot in vain, people might think that what can be eaten from banana trees is only fruit and banana hearts, but the stems can also be eaten and have a good taste, in some areas banana stems are usually only cooked as an addition to vegetables, but who would have thought that banana stems could be used as Otak-otak (Grilled Fish Cake), which generally use mackerel as the main ingredient, therefore I want to introduce preparations from banana stems. Banana tree trunks contain various nutrients such as tannins, sugars, vitamin A, B vitamins, vitamin C, saponins, starch, potassium, serotonin, hydrokitiptamine, and norepinephrine. The benefits of banana stems are also many such as treating kidney stones, helping digestion, treating diabetes and can also cure anemia.

APPROVAL TABLE

CHECKLIST	POINTS	APPROVAL
WASTE MANAGEMENT	70	✓
PROCESSING METHOD	20	✓
UNIQUE INGREDIENTS	20	✓
PRODUCT OUTLOOK	20	
HEALTH & NUTRITION	10	✓
NEW MODIFICATION	5	✓
<b>TOTAL</b>		80

NOTES

Figure 27 Completed Recipe

## 2.4 Product processing flowchart

### 2.4.1 Otak-otak processing flowchart

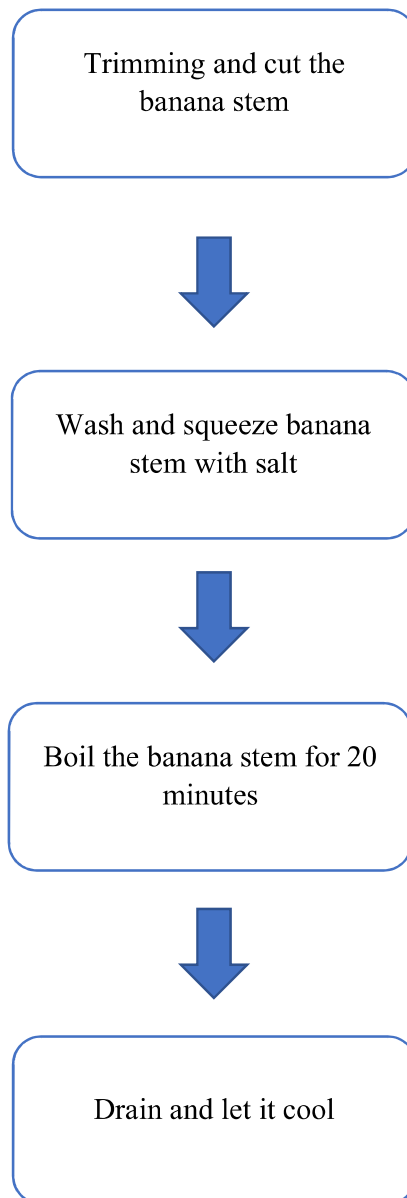


Figure 28. Flowchart of Processing Banana Stem Otak-otak

#### 2.4.2 Ground spices flowchard

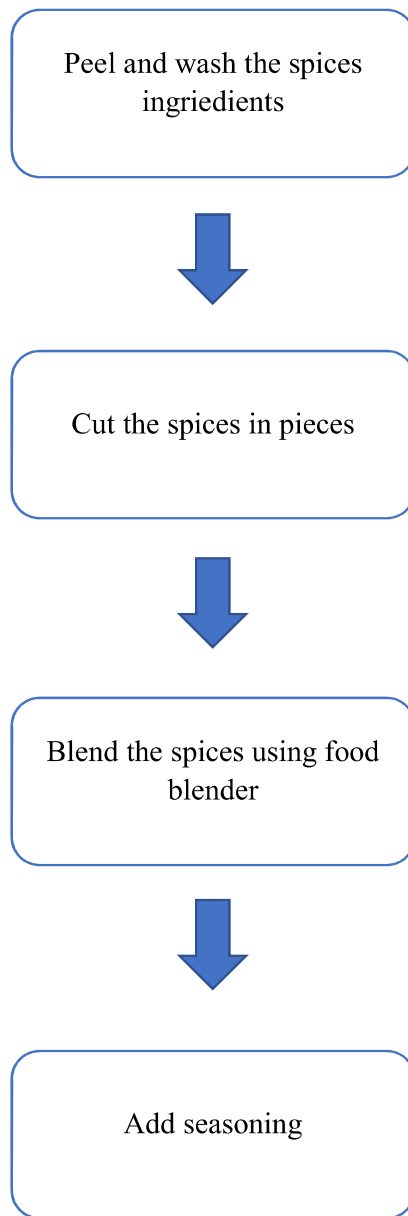


Figure 29. Flowchart of Processing Ground Spice

### 2.4.3 Otak-otak flowchard

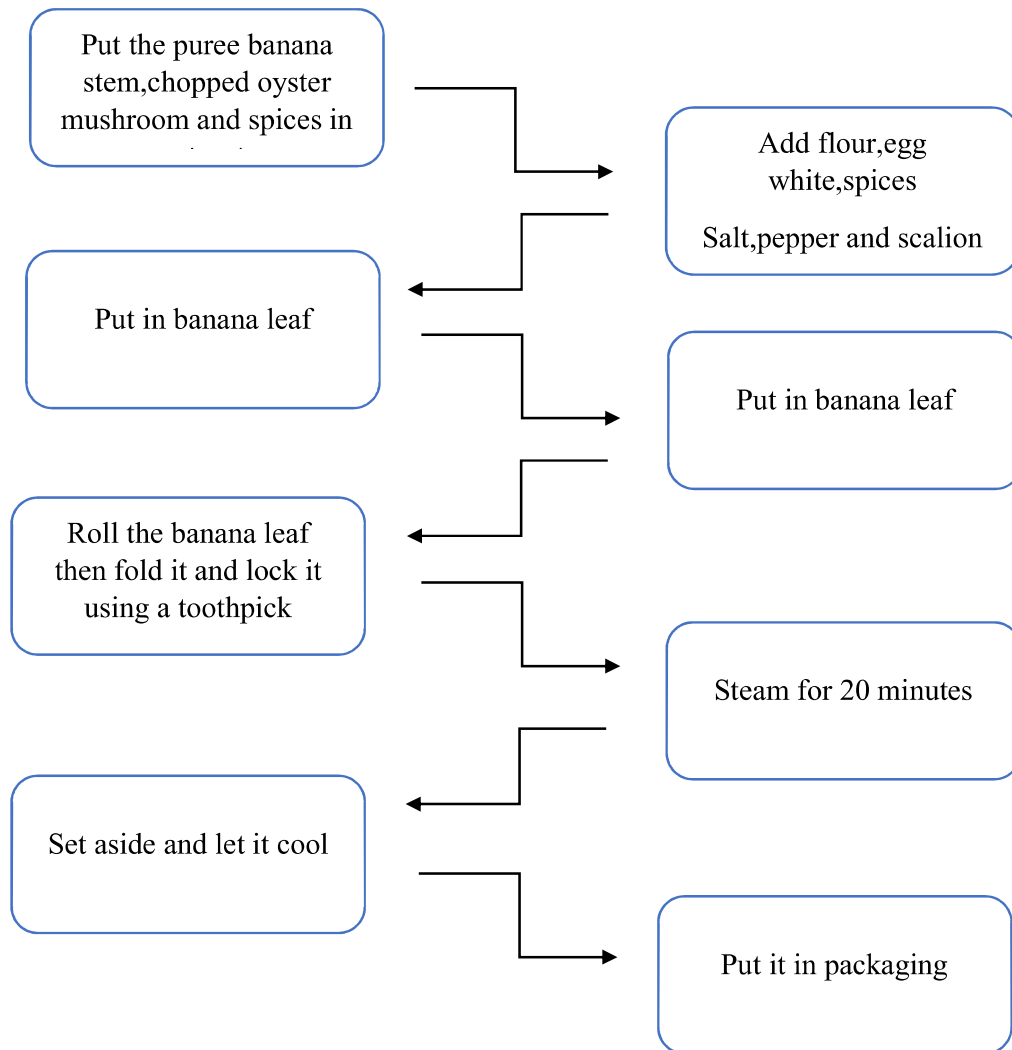


Figure 30. Flowchart of Processing Banana Stem Otak-otak

## 2.5 Product Processing Method With pictures

1. Trim and cut the banana stem



Figure 31. Banana Stem slices

2. Wash and squeeze banana stem with salt



Figure 32 Cleaning banana stem from sap

3. Boil the banana stem for 20 minutes



Figure 33.Boiling Banana Stem Process

4. Roughly chopped the oyster mushroom



Figure 34.Chop the mushroom

5. Blend the banana stem



Figure 35. Blend banana stem

6. Blend the spices



Figure 36. Blend the spices

7. Put the banana stem puree and ground spices in a bowl



Figure 37.Put the banana stem puree and spice in a bowl

8. Mix Flour,egg white,salt,pepper,scalion with banana stem and ground spices



Figure 38.Banana stem Mixture



- Put in banana leaf, then roll the leaf and lock the edge with a toothpick



Figure 39 Roll the mixture in banana leaf

- Steam for 20 minutes



Figure 40. Steam the otak—otak

11. Put in the plate until it is cool



Figure 41. Cool the steamed otak-otak

12. Grill otak-otak in cooking pan



Figure 42. Grill the otak-otak