

CHAPTER III

METHODS

3.1 Time and Place

Culinary innovation and Product development was done from March to June 2023 at culinary kitchen and baking and pastry kitchen, Ottimmo International.

3.2 Ingredients and Utensils

3.2.1 Ingredients

The ingredients and functions of the ingredient used in this study presented in the table 3.1.

Table 3. 1 Ingredients and function for Yoghurt Carica

No	Ingredients	Quantity	Function
1	Candied Carica	120 gr	Yoghurt flavor base
2	Fresh milk	600 ml	Yoghurt base
3	Yoghurt (lactobacillus)	starter 3 gr	To ferment lactose to produce lactic acid
4	Honey	3 tbsp	Seasoning
5	Water	500 ml	To boil carica fruit
6	Sugar	100 gr	Seasoning

1. Ingredients for Candied carica

- Carica Fruit 750 gr
- Water 500 ml

- Sugar 100 gr

2. Ingredients for Yoghurt Carica

- Candied carica 120 gr
- Fresh milk 600 ml
- Honey 3 Tbsp
- Yoghurt starter 3 gr

3.2.2 Utensils

The utensils and functions used in this study presented in the table 3.2

Table 3. 2 Utensils for Yoghurt Carica

No	Utensils	Function
1	Peeler	Peeling carica
2	Knife	Cutting carica
3	Cutting board	Cutting carica
4	Large mixing bowl	Holds carica juice, washing carica.
5	Nylon cloth	Strain carica juice from the seeds
6	Large Jug	Keeping cooked candied carica
7	Digital scale	Measuring milk, water, sugar, etc.
8	Stock Pot	Boiling carica, boiling water for sterilization of utensils
9	Tongs	Pick up boiled stuff
10	Blender	Blitzing candied carica

11	Spoon	Measuring honey and sugar, mixing milk and yoghurt stater
12	Thermometer	Measuring milk and water temperature
13	Incubator	Keep yoghurt warm during the process fermentation
14	Yoghurt bowl	Hold the mixture of milk and stater
15	Small mixing bowl	Measuring milk and mixing milk with stater
16	Scissor	Cutting the stater wrap
17	Ladle	Stirring milk during pasteurization and move themilk to yoghurt bowl
18	Aluminum foil	Keep utensils sterile
19	Packaging	Hold cooked yoghurt

3.3 Processing Methods

The processing method of this study are presented below:

1. Peel the carica fruit using gloves because there is a lot of sap that causes itching, wash the peeled carica fruit
2. Cut it into two parts and then separate the fruit pulp and seeds in 2 different containers
3. Then cut the carica fruit flesh into 4 parts
4. Give a little water to the container that contains carica seeds

5. Squeeze the carica seeds until the juice comes out, then collect the juice.
6. Boil 500 ml of water until it boils, add the sugar and carica extract, cook until the sugar dissolves
7. Add the chopped fruit, stir for about 5-10 minutes, then remove from heat
8. Sterilize all the tools to be used with boiling water at 120 degrees Celsius then cover with aluminum foil
9. Pour milk into a saucepan, place the saucepan on the burner with medium heat
10. Whisk the mixture constantly to prevent it from sticking to the pan gradually heat the milk to 75 degrees Celsius to kill the pathogenic bacteria in the milk.
11. While waiting for the milk to be heated, pour the candied carica into the blender then puree it.
12. When the milk has reached the desired temperature, remove the saucepan from the stove and let the milk cool down to 42 degrees Celsius.
13. Once the milk has cooled, spoon 2 tbsp (30ml) of the heated milk into a small bowl and add 3 gr of yoghurt starter. Whisk together until the mixture is smooth.
14. Add the mixture and candied carica fruit juice to the remainder of the warm milk and stir constantly for about 2 minutes.
15. Pour the contents of the saucepan into a container then close tightly.
16. Put it in the yoghurt maker and leave it for 8-12 hours.
17. After 8-12 hours, remove the yoghurt container from the yoghurt maker and place it in the chiller for 1 day.

18. After 1 day, remove the container and transfer the finished yoghurt into a packaging with a quantity of 100 ml/packaging

3.4 Flow Chart

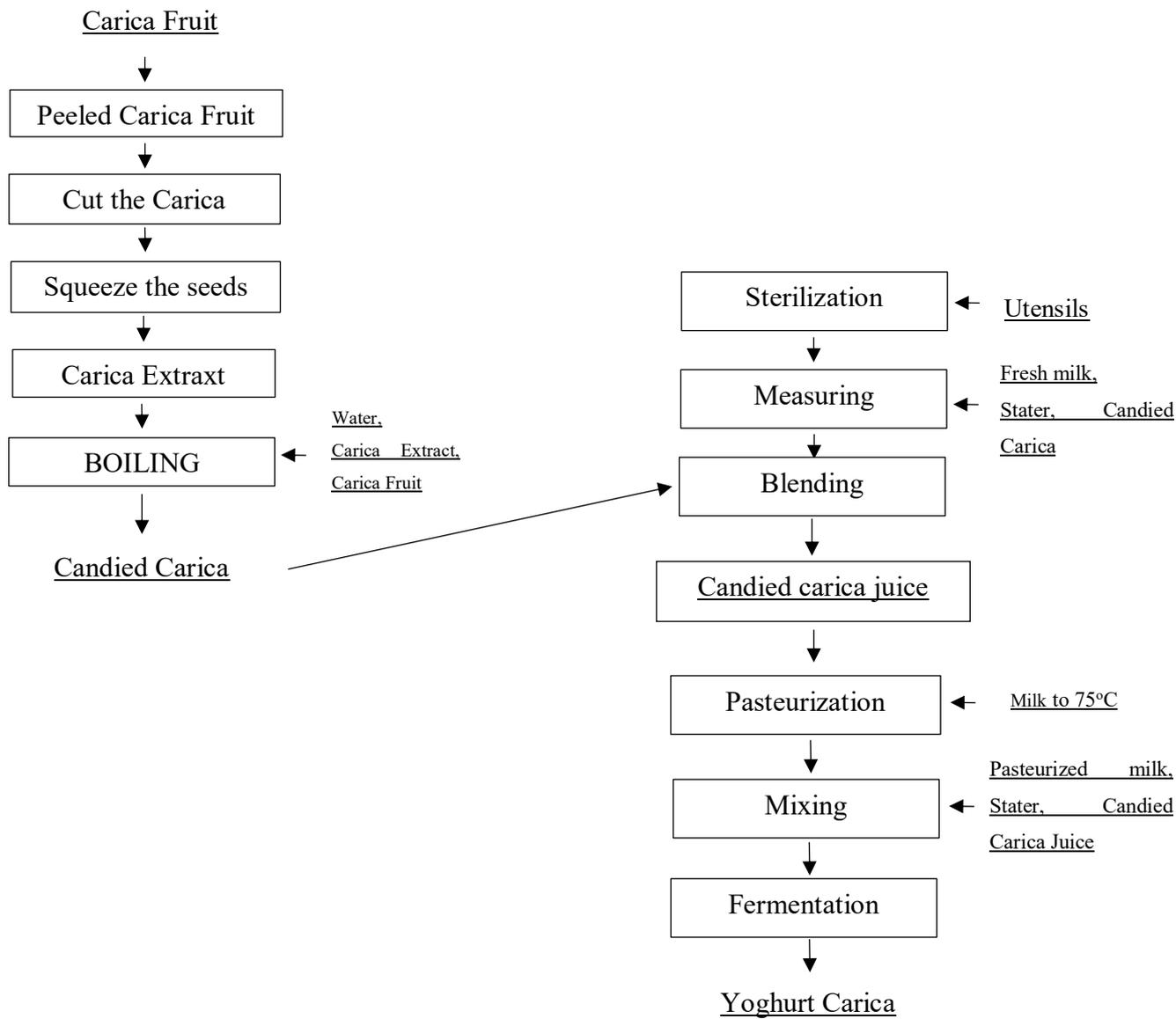


Figure 3. 1 Flowchart Product

