

CHAPTER 3

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 Functions

No	Ingredients	Quantity	Function
1	Raw kepok banana	2 kg	Starch source
2	Water	5 l	Liquid for starch extraction
3	Mackerel fish	250 g	Pempek base
4	Kepok banana starch	100 g	Thickening agent
5	Sago flour	60 g	Thickening agent
6	Water	100 ml	Liquid
7	Egg white	30 g	Binding agent
8	Garlic	4 pcs	Aromatic
9	Mushroom powder	5 g	Seasoning
10	Salt	5 g	Seasoning
11	Pepper	5 g	Seasoning
12	Brown sugar	250 g	Cuko base
13	Water	250 ml	Liquid
14	Roast ebi	20 g	Seasoning
15	Chili	3 g	Add spiciness
16	Garlic	5 pcs	Aromatic
17	Sugar	15 g	Sweetener
18	Tamarind	7 g	Seasoning
19	Mushroom powder	5 g	Seasoning
20	Vinegar	5 ml	Seasoning

1. Ingredients for Kepok Banana Starch

- Raw kepok banana 2 kg
- Water 5 l

2. Ingredients for Pempek

- Mackerel fish 250 g
- Kepok Banana Starch 100 g
- Sago flour 60 g
- Water 100 ml
- Egg white 30 g
- Garlic 4 pcs
- Mushroom powder 5 g
- Salt 5 g
- Pepper 5 g

3. Ingredients for Cuko

- Brown Sugar 250 gr
- Water 250 ml
- Roast ebi 10 g
- Chili 3 g
- Garlic 5 pcs
- Sugar 15 g
- Tamarind 7 g
- Mushroom powder 5 g
- Vinegar 5 ml

3.2.2 Utensils

The utensils and functions used for this products are presented in the table 3.2

Table 3.2 Utensils and Functions

No	Utensils	Function
1	Knife	Slicing ingredient
2	Cutting board	Placemat for cutting ingredient
3	Measuring cup	Measuring water
4	Blender	Grinding banana and water
5	Mixing bowl	Mixing ingredient
6	Food container	A vessel for collecting starch
6	Filter cloth	Straining kepok banana starch
7	Spatula	Mixing pempek dough
8	Digital scale	Weighing ingredient
9	Sauce pan	Boiling pempek and cuko
10	Frying pan	Frying pempek
11	Strainer	Strain cooked pempek
12	Mesh 80	Straining kepok banana starch
13	Airtight container	Storing kepok banana starch
14	Vacuum sealer	Vacuum packaging

3.3 Processing Methods

3.3.1 Making process of kepok banana starch

The processing method of kepok banana starch are presented below:

1. Peel 1 kg of raw kepok banana
2. Slice the banana and soak in water
3. Grind the banana with all the water using blender

4. Strain the puree using filter cloth and squeeze all the water
5. Repeat this process until the residue is dry and the water is clear
6. Leave it for 24 hours until the starch settles at the bottom of the bowl
7. Strain the water using filter cloth and collect the starch
8. Repeat this process until there are no starch left in the bottom of the bowl
9. Collect the starch and flatten in tray until thin
10. Dry it for 24 hours or until dry
11. Grind the starch using blender
12. Strain with mesh 80
13. Store it in airtight container

3.3.2 Making process of pempek

The processing method of pempek are presented below:

1. Slice and fillet the mackerel fish
2. Peel the garlic
3. Grind the mackerel and garlic, then pour into bowl
4. Add water and egg white to mackerel and mix to combine
5. Add salt, pepper, and mushroom powder to the mackerel puree and mix until thickens
6. Add the starch and mix it carefully
7. Shape the dough to desired shape
8. Boil water in sauce pan and boil the pempek until cooked
9. Strain the pempek
10. Heat oil in frying pan and deep fry the pempek
11. Strain the pempek using strainer to drain the oil

3.3.3 Making process of cuko

The processing method of kepok banana starch are presented below:

1. Slice brown sugar, set aside
2. Roast ebi, set aside
3. Grind chili and garlic with little bit of water
4. Mix all the ingredient in sauce pan
5. Boil it until thicken
6. Adjust the taste
7. Strain the cuko and leave it overnight to develop the flavor

3.4 Flow Chart

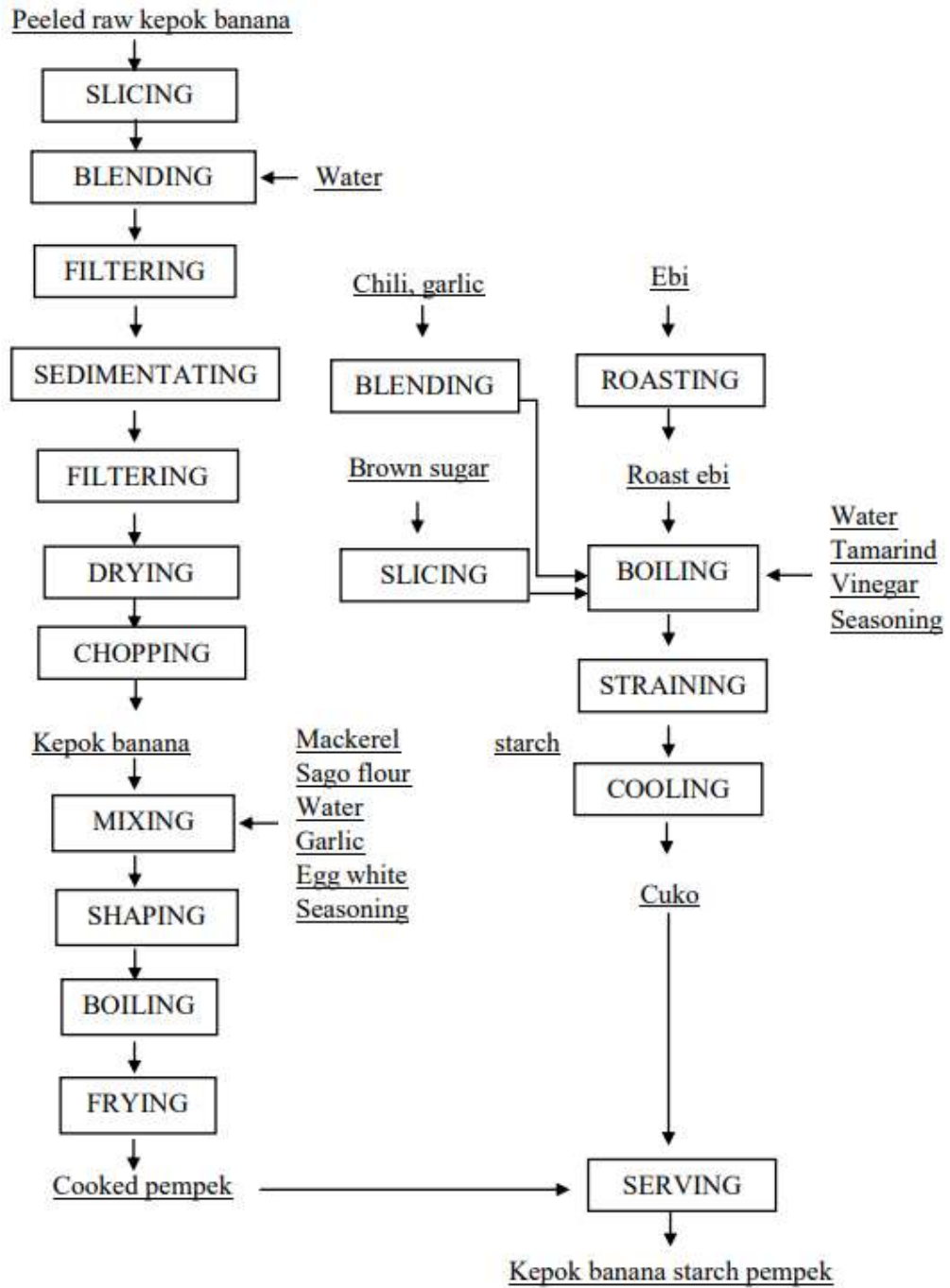


Figure 3.1 Flow Chart Kepok Banana Starch Pempek