

CHAPTER III

METHOD

1.1 TIME AND PLACE

Culinary innovation and product development was done from march to 15 May 2023 at culinary kitchen and baking pastry kitchen , Ottimmo International

3.2 INGREDIENTS AND UTENSILS

3.2.1 Ingredients

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

Table 3. 1 Ingredients for Antioxidant Herbal Drink

No	Ingredients	Quantity	Function
1	Beton	3 gram	Main ingredients
2	Jackfruit Flesh	2 gram	Main ingredients
3	Butterfly Pea Flower	0.5 gram	Main ingredients , add color
4	Mint Leave	0.5 gram	Add flavor and fragrant
5	Water	100-150 ml	Dissolve the herbal drink ingredients on the tea bag
6	Honey	10 gram	Add flavor

1. Ingredients for antioxidant herbal drink

- Jackfruit 2 gram
- Jackfruit seed (beton) 3 gram
- Butterfly pea flower 0.5 gram
- Mint Leave 0.5 gram
- Water 100-150 ml
- Honey 10 gram

3.2.2 Utensils

The utensils and function in this study presented in table 3.2

Table 3. 2 Utensils for Antioxidant Herbal Drink

NO	UTENSILS	FUNCTION
1	Food Dehydrator	To dehydrate
2	Tea Spoon	Put the ingredients to the tea bag
3	Scissors	Cut jackfruit flesh
4	Digital Scale	Weighing ingredients
5	Blender	Destroy jackfruit seeds (beton)
6	Knife	Peel the skin of beton
7	Cutting Board	Place mate while cutting ingredients
8	Plastic Zip	Keep the ingredients
9	Measuring Cup	Measuring water
10	Tea Bag	To pack the ingredients

3.3 PROCESSING METHOD

The processing method of this study are presented below :

1. Separate the jackfruit flesh and the seed (beton)
2. Wash the beton until its clean
3. Peel the outer skin of the seeds (beton)
4. Slice the seed (beton) into a small size
5. Dehydrate the seed (beton) for 24 hours
6. Bend the beton until crushed
7. Wash the mint leave , butterfly pea flower and dehydrate for 24 hours
8. Drain the jackfruit flesh water and dehydrate it for 4 days
9. Cut the jackfruit flesh into small size
10. When all the ingredients have been dried , weighed according to the portion and pack in the tea bag
11. Keep the herbal drinks inside the plastic zip bag and keep it in fridge to avoid moist area.
12. To serve the herbal drink simply add warm water 100-150 ml and wait for 5 minutes and add some honey

3.4 FLOW CHART

The flow chart of the processing method is presented in figure 3.1

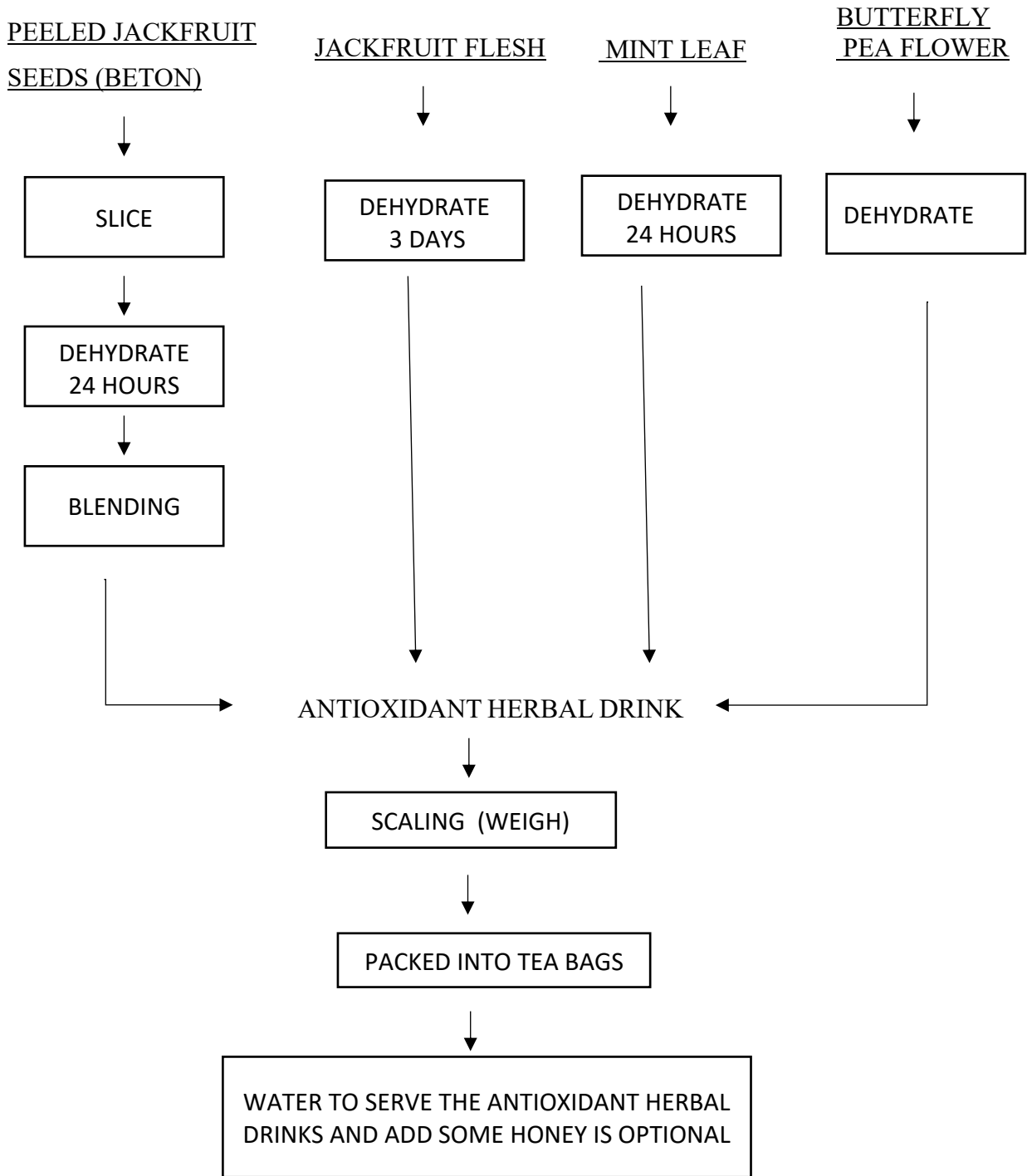


Figure 3. 1 Flowchart of Antioxidant Herbal Drink