

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 Ingridients and Utensils

3.2.1. Ingridients

The ingridients and function of the ingridients used in this study presented in the table 3.1

Table 3. 1 Ingridients for Jackfruit Sushi

Ingridients	Quantity	Function
Young Jackfruit	100 gr	Main ingredient
Cucumber	25 gr	Complement ingredient
Carrot	25 gr	Complement ingredient
Chilli sauce	4 tbsp	Seasoning
Tomato sauce	4 tbsp	Seasoning
Mayonnaise	4 tbsp	Seasoning
Fukumi rice	120 gr	Complement ingredient
Gim Bori	1 tbsp	Garnish
Apple vinegar	1 tbsp	Seasoning
Nori sheet	1 pcs	Complement ingredient
Oil	25 ml	Pan searing jackfruit
Salt	1 tsp	Seasoning

3.2.2. Utensils

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

Table 3. 2 Ingredients for Jackfruit Sushi

Utensils	Function
Measuring cup	To measure water and rice
Stock pot	To boil the jackfruits
Small mixing bowl	Making the sauce
Digital scale	To weigh ingredients
Knife	To cut carrots, cucumbers, and sushi
Spoon	To mix the sauces
Peeler	To peel carrots
Cutting board	A place to cut ingredients
Sushi roller	To roll the sushi

3.3 Processing Methods

The processing method of this study are presented below:

1. Boil the jackfruit for 30 minutes until soft, and place them in cold water
2. Cut the jackfruit into sripes
3. Prepare the rice by boiling water, pour it on the rice and place in a sealed container
4. Mix the chilli, tomato, and mayonnaise until mixed evenly
5. Mix the sauce with the jackfruit until evenly mixed
6. Pour the apple vinegar on the rice
7. Layout the nori sheet on top of the sushi rolle, spread the rice evenly and flip it upside down, put the carrots, cucumber, and the jackfruit on and then roll tightly
8. Cut the sushi roll into 5 pieces and serve

3.4 Flow Chart

The flowchart of processing method is presented in Figure 1

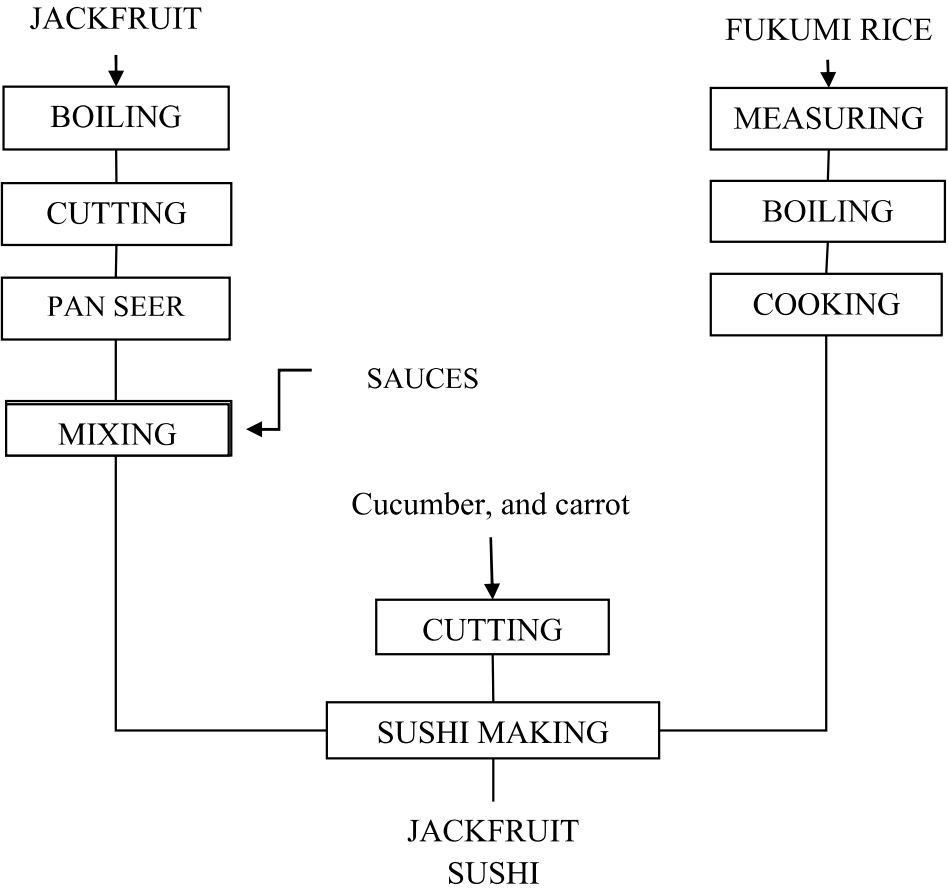


Figure 3. 1 Flowchart Jackfruit Sushi