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## APPENDIX

### 1. Approved Recipe

Recipe Name : JACKFRUIT URAMAKI  
TITLE OF C&D : USE OF JACKFRUIT AS TUNA ALTERNATIVE IN SUSHI  
Yield : 1 PORTION  
Main Ingredients : 100 gr YOUNG JACKFRUIT  
Ingredients :

- 25 gr cucumber, julienne	- 120 gr fukumi rice
- 25 gr carrot, julienne	- 1 tbsp gim bori
- 4 tbsp chilli sauce	- 1 tbsp apple vinegar
- 4 tbsp tomato sauce	- Nori sheet
- 4 tbsp mayonnaise	- .....


Method :

1. Boil the jackfruit for 30 minutes until soft, and place them in cold water after
2. Cut the jackfruit into stripes
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 roller, 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

**RECIPE BACKGROUND (50 – 100 WORDS)**

Sushi is the most common food in Japanese cuisine that's loved by a lot of people, but as all people know that sushi holds up a lot of calories. That's the main reason of this recipe to be made, is to make sushi that has low calorie by replacing the meat with jackfruit which the taste and texture is almost the same as a tuna, and replacing the sushi rice with rice that's made from "Porang" which is a tuber plant from Indonesia that has less carbohydrate and more fiber. With this recipe, people can still enjoy sushi the way they used to and with lower calorie intake.

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NIM : 2174130010044

1 <sup>st</sup> Advisor	2 <sup>nd</sup> Advisor	3 <sup>rd</sup> Advisor
 Name: Novi Indah P. Date: 27 Maret 2023	 Name: Ryan Jeremia Date: 27 Maret 2023	 Name: Anthony Sucipto Date: 27 Maret 2023

## 2. Approved Sensory



Akademi Kuliner & Patiseri  
**OTTIMMO**  
INTERNASIONAL  
CUKUMAYATI ALFA LAURUSSE - BANGKALAN, PASURUAN

### CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

**DATE** : 8 May 2023  
**NAME** : Stephen Budiono  
**NIM** : 2174130010044  
**PRODUCT** : Jackfruit sushi  
**ADVISOR** : Novi Indah Permata Sari, S.T., M.Sc

PANELIST	SIGHT	SMELL	TEXTURE	TASTE	TOTAL
Panelist 1	√	√	X	√	√
Panelist 2	√	√	√	√	√
Panelist 3	√	√	√	√	√
Panelist 4	√	√	√	√	√
Panelist 5	√	√	√	√	√
Panelist 6	X	√	X	√	X
Panelist 7	X	X	X	X	X
Panelist 8	X	X	X	X	X
Panelist 9	X	X	X	X	X
Panelist 10	X	√	√	√	√

**NOTES** :



### 3. Consultation Form



Akademi Kuliner & Patiseri

**OTTIMMO**  
INTERNASIONAL

**CONSULTATION FORM**  
CULINARY INNOVATION AND  
NEW PRODUCT DEVELOPMENT

Name : Stephen Budiono  
Student Number : 2174130010049  
Advisor : Noni Indah

No	Date	Topic Consultation	Name/Signature
1	13/3/2023	Brainstorming Ideasi	Noni
2	15/3/2023	Topic	Noni
3	20/3/2023	Topic	Noni
4	27/3/2023	Revisi Sensory	Noni
5	16/4/2023	Revisi Literature Review	Noni
6	20/5/2023	Revisi Sidang Pertama	Noni

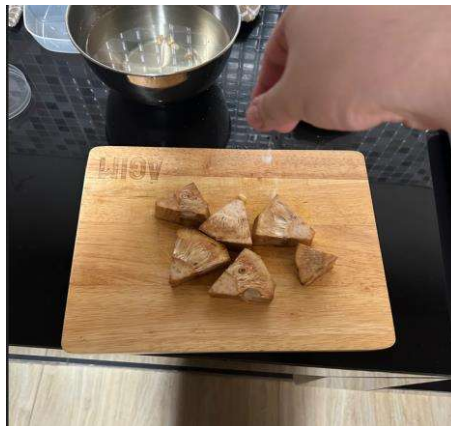
No	Date	Topic Consultation	Name/Signature
7	23/8/2023	Revisi Proposal akhir	Noni
8	23/8/2023	Revisi Pengumpulan Laporan	Noni
9	23/8/2023	Revisi Pengumpulan Laporan	Noni
10	23/8/2023	Pengumpulan Laporan	Noni
11			
12			

### 3. Systematic Process Documentation

1.) Boil water and boil the jackfruit



2.) Once boiled take it out and season



3.) Pan sear the jackfruit



4.) Dice the jackfruit and cook it one more time





5.) Measure the rice and water



6.) Boil the water and pour it onto the rice with a box and seal it



7.) Cut the carrot and cucumber into strips



8.) Make the mentai sauce and mix with the cooked jackfruit



9.) Once the rice is done, mix it with apple vinegar



10.) Lay out the nori on a sushi roller and spread rice on top



11.) Flip the nori upside down and spread the fillings



12.) Roll the sushi



### 13.) Jackfruit Sushi

