

## 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 ingredients used in this study Presented in the table 3.1.

Tabel 3. 1 Ingridients for vegan lempur

No	Ingredients	Quantity	Function
1	Shirataki rice	200 gr	Main ingredients
2	Psyllium husk	1 tbs	Binding agent
3	Jelly powder	1 tbs	Binding agent
4	Glutinous rice flour	4 tbs	Binding agent
5	Coconut milk	30 ml	Flavour & teksture
6	Lime leaves	6 psc	Aromatic
7	Carboxhymethyl Cellulose	4gr	Binding agent
8	Enoki mushroom	350 gr	Main protein
9	Banana leaves	250 gr	Wrapping
10	Water	100 ml	Moisturizing
11	Red chillies	8 psc	Spicy flavour
12	Cayanne pepper	6 psc	Spicy flavour
13	Shallots	8 psc	Aromatics
14	Garlic	5 psc	Aromatics
15	Canlenuts	3 psc	Aromatics
16	Bay leaves	3 psc	Aromatics
17	Lemongrass	1 psc	Aromatics
18	Ginger	3 cm	Aromatics

19	Galangal	3 cm	Aromatics
20	Cooking oil	2 tbs	Aromatics
21	MSG	1 tsp	Seasoning
22	Mushroom powder	1 tsp	Seasoning
23	Salt	1 tsp	Seasoning
24	Sugar	1 tsp	Seasoning
25	White pepper	1 tsp	Seasoning

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#### 1. Ingredients for lempur

- Shirataki rice 200 gr
- Coconut milk 30 ml
- Water 300 ml
- Psyllium husk 1 tbs
- Carboxymethyl cellulose 4gr
- Jelly powder 1 tbs
- Glutinous rice flour 4 tbs
- Salt 1 tsp
- Bay leaves 3 psc
- Lemongrass 1 psc

#### 2. Ingredients for filling (spicy enoki mushroom)

- Enoki mushroom 350 gr
- Banana leaves 250gr
- Shallots 8 psc
- Garlic 5 psc
- Ceyenne pepper 6 psc
- Candlenuts 3 psc
- Ginger 3 cm
- Galangal 3 cm
- Lime leaves 6psc

- Cooking oil 2 tbs
- Coconut milk 30 ml
- Msg 1 tsp
- White pepper 1 tsp
- Salt 1 tsp
- Sugar 1 tsp
- Mushroom powder 1 tsp

### 3.2.2 Utensils

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

Tabel 3. 2 Utensils for vegan lempur

No	Utensils	Function
1	Chef knife	Cutting ingredients
2	Cutting board	Placemate while cutting ingredients
3	Bowl	Mixing shirataki rice
4	Sauce pan	Making shirataki rice
5	Spatula	Mixing enoki
6	Blender	Making spices
7	Steamer	Steam rice
8	Frying pan	Making filling
9	Spoon	Mixing all the ingredients
10	Small container	To put lempur

### 3.3 Processing Methods

1. Wash the shirataki rice, clean then put in a pot
2. Add rice, coconut milk, water, lemongrass, bay leaves, lime leaves, salt, psyllium husk, jelly powder, glutinous rice flour, cmc cook, once cooked
3. Steam for about 30 minutes, once cooked set aside
4. Wash and cut the roots of the enoki mushrooms
5. Chop the shallots, garlic, cayenne peper, red chillies, then blend until smooth
6. Then stir fry the blended spices along with the crushed ginger, galangal, lemongrass, bay leaves, lime leaves until fragrant
7. Then put enoki mushrooms in to the pan pour in the water , coconut milk , add the seasoning ( salt , sugar , msg , mushroom powder , white peper ) then cooked untill reduce
8. Wash and dry banana leaves

9. Spread the shirataki rice over the banana leaf, then add the stir fry enoki mushrooms then roll it up and secure with a toothpick
10. Heat the grill then burn lempers until browned
11. Vegan shirataki lempers are ready to be served

### 3.4 FLOW CHART

The flowchart processing methods is presented figure

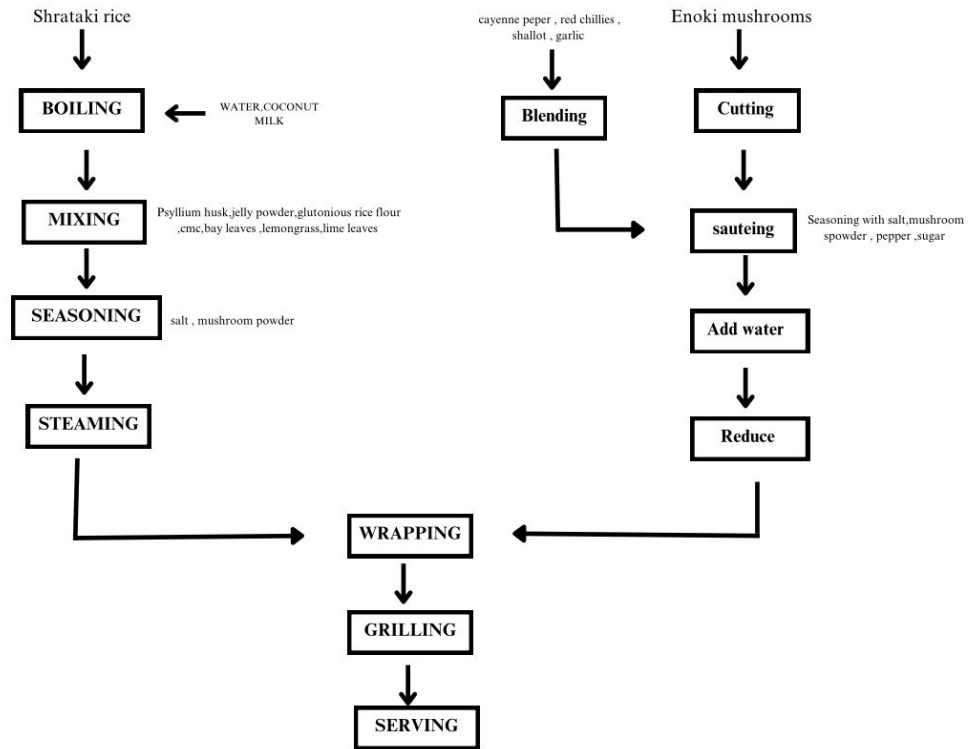


Figure 3. 1 Flowchart processing methods