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APPENDIX

1. Approved recipe

Recipe Name : VEGAN LEMPER SHIRATAKI
TITLE OF C&D : UTILIZATION OF ENOKI MUSHROOM AND SHIRATAKI RICE
FOR NUTRITIOUS LEMPER
Yield : 10-12 PORTIONS
Main Ingredients : SHIRATAKI RICE AND ENOKI MUSHROOM

Ingredients :

- 200gr shirataki rice
- 1tbs psyllium husk
- 1tbs jelly powder
- 4tbs glutinous rice flour
- 1tbs carboxymethyl cellulose
- 30ml coconut milk
- 6pcc lime leaves
- 300ml water
- 350gr enoki mushrooms
- 30ml coconut milk
- 100ml water
- 8pcs red chillies
- 6psc Cayenne
- 8psc shallots
- 5psc garlic
- 3psc candlenuts
- 3psc lime leaves
- 2psc bay leaves
- 1psc lemongrass
- Ginger
- Galangal
- 2tbs cooking oil
- Mushroom powder
- Salt
- Sugar
- White pepper

Method :




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 , And carboxymethyl cellulose put in a pot then 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 , mushroom powder , white peper) then cooked until 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 lempur untill browned

RECIPE BACKGROUND (50 – 100 WORDS)

create new innovations that are healthier, low calorie, vegan friendly. This innovation can be consumed for people who want to go on a diet and for people who cannot eat animal protein, this food is suitable for consumption because it is healthier, By creating a product that contains many benefits and is lower in calories, I hope that this product will be liked by many people because of its delicious taste and benefits and can also be accepted by all groups, from children to adults, everyone can enjoy it Replacing white rice with shirataki rice also makes lempur lower in calories so it is suitable for people who are on a diet, changing chicken with mushrooms can also be consumed for people who have allergies to animal protein and is also vegan friendly , I also created this innovation because I was inspired by my mother who is a vegan and also has an allergy to white rice. I made this because I want people like my mother to be able to enjoy lempur.

Student Name : Jovita Tania Irawan
 NIM : 2174130010066

1 st Advisor	2 nd Advisor	3 rd Advisor
 Name: Jessica Homan Amd.Pd Date: 13 July 2023	 Name: Elmar, SST. Pd, Msi Pd Date: 13 July 2023	 Name: Anthony Suciyo Amd.Pd Date: 11 July 2023

2. Approved sensory



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**CULINARY INNOVATION AND NEW
 PRODUCT DEVELOPMENT
 SENSORY TEST**

DATE : 4 May 2023
NAME : Jovita Tania Irawan
NIM : 2174130010066
PRODUCT : Lemper ~~vegan~~
ADVISOR : Jessica Hartan, A.Md.Par.

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

NOTES :

- Mungkin pada nasi shirataki bisa di tambah santan
- Terlalu lembek, produk kurang set dan matang
- Tekstur dan rasa nasi shirataki kurang menonjol





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OTTIMO
 INTERNATIONAL
 CULINARY INNOVATION AND
 NEW PRODUCT DEVELOPMENT

No	Date	Topic Consultation	Name/ Signature
1	21 April 2023	Product consultation	<i>[Signature]</i> JESSICA H.
2	21 April 2023	Product consultation	<i>[Signature]</i> Elina
3	21 April 2023	Midul	<i>[Signature]</i>
4	16 April 2023	Product consultation	<i>[Signature]</i>
5	20 April 2023	Recipe writing	<i>[Signature]</i>
6	23 April 2023	Report writing (chap 1-3)	<i>[Signature]</i>

Name : *[Signature]*
 Student Number : 212013001016
 Advisor : Jessica Holida

No	Date	Topic Consultation	Name/ Signature
7	28 April 2023	Report writing (chap 1-3)	<i>[Signature]</i>
8	3 April 2023	Report writing (chap 1-3)	<i>[Signature]</i>
9	5 July 2023	Report writing (chap 4-5)	<i>[Signature]</i>
10	11 July 2023	Report writing (chap 4-5)	<i>[Signature]</i>

3. Consultation form

4. Systematic process documentation

- 1) Boiling shirataki rice , with jelly powder , psyllium husk , glutinous rice flour , carboxymethyl cellulose



- 2) Steaming about 30 minutes



- 3) Saute enoki mushrooms with herbs and spices



- 4) Spread shirataki rice over the banana leaf put enoki mushroom as a filling then roll it up





- 5) Heat the grill then burn lempers until browned then vegan shirataki lempers is ready to be served

