

## CHAPTER III

### METHOD

#### 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

**Table 3.1.** Ingredients.

No	Ingredient	Quantity	Function
1	Senna leaves	3g	Main Ingredient
2	Water	500ml	For boiling
3	Sugar	180g	For boiling
4	Reeds	80g	Main Ingredient
5	Scoby	300g	Fermenting Ingredient
6	Water	700ml	Diluent
7	Starter kombucha	100ml	Fermenting Ingredient

##### 1. ingredients for Senna leaf and reed extraction

- Dried Senna leaf 3g
- Water 500ml
- Sugar 180g
- Reed 80g

##### 2. Ingredients for fermenting

- Senna leaf and reed extraction
- Water 700ml
- Scoby 300g
- Starter 100ml

### 3.2.2 Utensils.

**Table 3.2.** Utensils.

No	Utensils	Function
1	scales	Scale the ingredient
2	Saucepot	Boiling and extraction
3	Glass jar	Fermenting container
4	Paper towel	seal the lid of the jar
5	Rubber band	seal the lid of the jar
6	Wooden/plastic spoon	Mix mixture inside the jar
7	Spoon	Mix sugar while boiling
8	strainer	Strain liquid from leaf

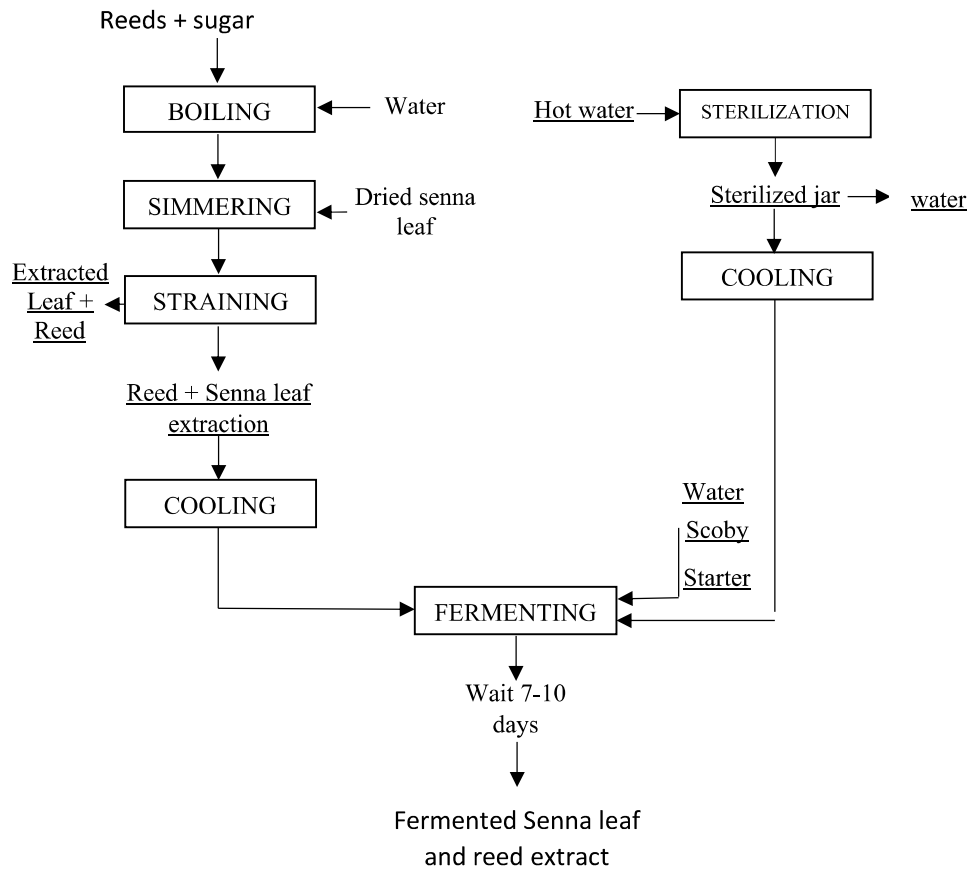
### 3.3. Processing Methods

The processing method of this study are presented below:

1. Boil water, sugar, and reeds in a pot for 8-10 minutes with medium heat, and stir.
2. Add in the Senna leaf, and stir. Wait for 3–6 minutes or until the color becomes dark, then turn off the heat. Strain the liquid.
3. Wait until the mixture gets to room temp or 35°C.
4. sterilize the jars in hot water. While the jar is upside down. Put clean cloth below the jar.
5. Wait until it gets cool, then wipe out all the liquid in the jar.
6. Pour the mixture inside the jar, mix with water, activator and put the scoby inside. Stir with wooden spoon, don't use metal utensil for this part.
7. Seal the lid with paper towel, and rubber band.
8. Keep the jar in dry and room temp. Don't put in direct sunlight or refrigerator.
9. wait for the fermentation time 7-10 days, test every 2 days. if you get the desired taste, the drink can be enjoyed.

### 3.4 Flow Chart

The flowchart of processing method is presented in Figure 3.2.



**Figure 3.1.** Flowchart Fermented Drink from Senna Leaf and Reed.