

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.

Table 3.1 Ingredients for Nutritional Sport Food

No	Ingredients	Quantity	Function
1	Dates juice	150 gr	Main ingredient
2	Banana syrup	100 gr	Main ingredient
3	Gelatin	20 gr	Make texture like gummy
4	Nutrijell	10 gr	Make texture like jelly
5	Water	100 gr	Combine all
6	Honey	30 gr	Sweetener

1. Ingredients for Dates juice

- Dates 220 gr
- Water 600 ml

2. Ingredients for Banana syrup

- Banana 350 gr
- Water 300 ml

3. Ingredients for Nutritional Sports Food

- Dates juice 150 gr
- Banana syrup 100 gr
- Gelatin 20 gr
- Nutrijell 10 gr
- Water 100 gr
- Honey 30 gr

3.2.2 Utensils

The Utensils and functions used in this study presented in the table 3.2.

Table 3.2 Utensils of Nutritional Sport Food

No	Utensils	Function
1	Spoon	Take ingredients
2	Cutting board	Placed the jelly to be cut
3	Spatula	Stirring and mixing ingredients
4	Whisk	Whisk ingredients
5	Sauce pan	Boil water for making jelly
6	Bowl	Put ingredients
7	Iron Strainer	Filtering juice to make cider
8	Cloth Filter	Filtering juice to make cider
9	Mold	Shaping
10	Knife	Cutting

3.3 Processing Methods

The processing method of this study are presented below:

1. Steam 225 gram of king banana
2. Make banana juice with a ratio of 225 grams of banana steam and 200 grams of water
3. Strain the banana juice and take the juice
4. Boil 200 grams of dates with 600 ml of water until the dates become soft
5. Make dates juice if it is so strain and take the juice
6. Take 150 gram dates juice , 100 gram banana syrup, 100 gram water, 30 gram honey in the stock pan
7. Take 20 gram gelatin and give the water little bit, mix the gelatin and wait until set, the melt
8. Prepare 10 gram nutrijell
9. Boil ingredient in the stock pan
10. When it's boiling, add nutrijel and gelatin, stir using a whisk
11. Put in the mold
12. Wait for it to cool then put it in the chiller
13. Wait until set

3.4 Flow Chart

The flowchart of processing methods is presented in Figure 3.1.

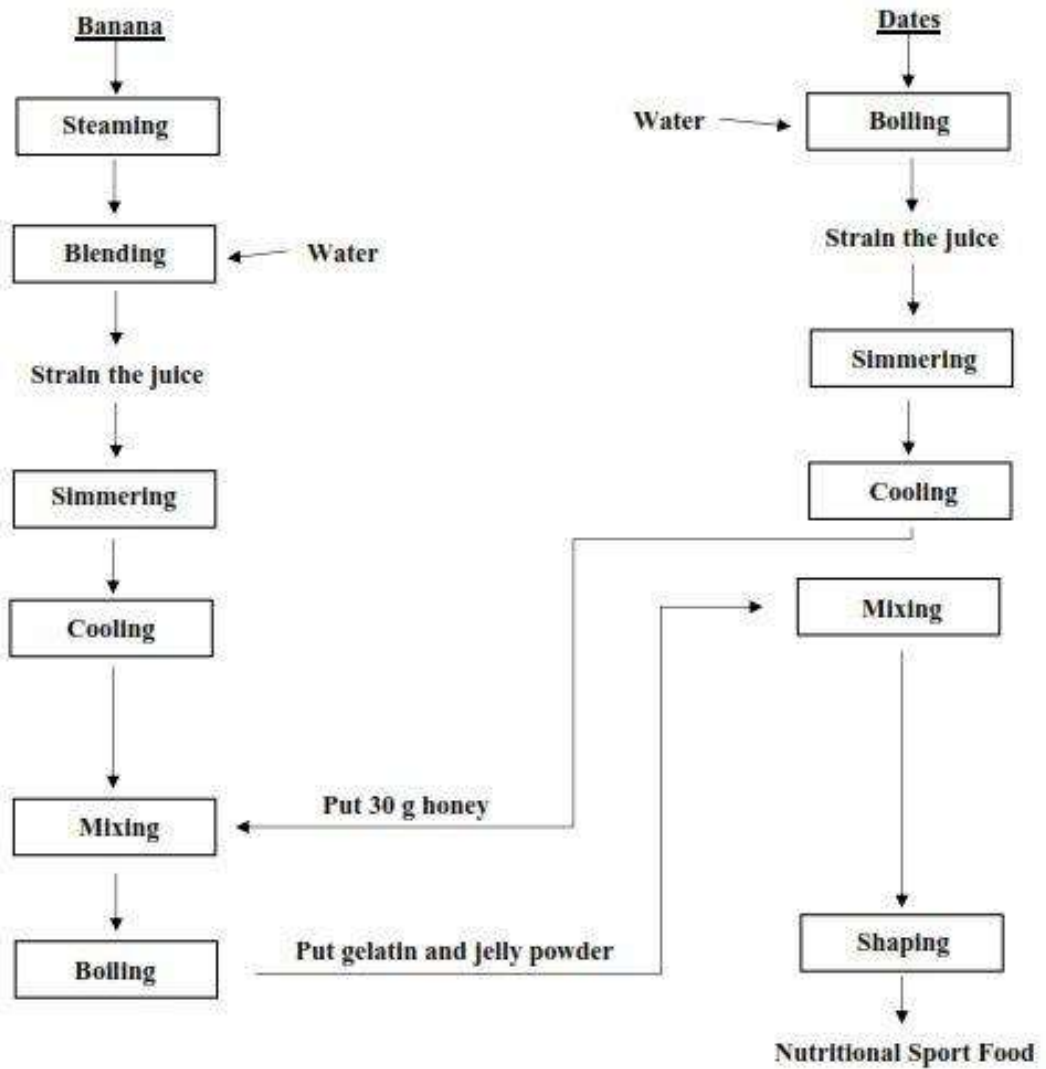


Figure 3.1 Flowchart of Nutritional Sport Fo