

CHAPTER III

METHODS

3.1 Time and Place

Culinary Innovation and New Product Development was done from March to June 2023 at Culinary Kitchen and Baking Pastry in Ottimmo International.

3.2 Ingredients and Utensils

3.2.1 Ingredients

The ingredient and the functions of the ingredients used in this study presented in the table 1.

Table 1.Ingredients for Tempe Stick Crackers

No	Ingredients	Quantity	Function
1.	Dry lotus seeds	100g	Tempeh
2.	Tempeh yeast	8g	For fermentation
3.	Mocaf flour	208g	Fermentation and
4.	Palm sugar	85g	Seasoning
5.	Baking powder	3g	Dough developer
6.	Salt	5g	Seasoning
7.	Dark chocolate	100g	Drizzle
8.	Butter	120g	Soften
9.	Uht full cream	140g	Solvent

1. Ingredients for Lotus Tempeh

The following are the ingredients that will be use to make Lotus Tempeh.

Table 2. Ingredients for Lotus Tempeh

	Ingredients	Quantity
-	Dry lotus seeds	100g
-	Water	700ml
-	Tempeh yeast	8g

- Mocaf flour	8g
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2. Ingredients for Long Tempeh Crackers

The following are the ingredients that will be use to make Tempeh Stick Crackers.

Table 3. Ingredients for Tempeh Stick Crackers

Ingredients	Quantity
- Lotus tempe	200 g
- Mocaf flour	200 g
- Full cream milk	140 ml
- Palm sugar	85 g
- Salt	5 g
- Baking soda	3g
- Butter	120 g
- Dark chocolate	100 g

3.4 Utensils

The utensils and function in this study presented in the table 4

Table 4. Utensils for Lotus Seed Tempeh and Crackers

No	Utensils	Funtions
1.	Medium mixing bowl	Soak the dry lotus seeds
2.	Pan	Boil the lotus seeds
3.	Strainer	Strain the lotus
4.	Knife	Chop the lotus seeds into small
5.	Medium bowl	Mix the lotus seeds with mocaf flour and tempeh yeast
6.	Plastic	Wrap the lotus seed
7.	Toothpick	Making small hole in the tempeh
8.	Bowl	Mixing ingredients
9.	Chopper	Grind the tempeh and mixing with other ingredients
10.	Spatula	Mixing

11.	Small gastronom	Bain-marie the dark chocolate
12.	Sauce pan	Bain-marie the dark chocolate
13.	Syringe	Shape the dough
14.	Piping bag	Shape the dough
15	Oven & tray	Baking

3.5 Processing Method

1. Soak the lotus seeds about 12 hours. Open the lotus seeds and remove green seed inside.
2. Boil the lotus seed until boils, simmer for 30 minutes.
3. Strain the lotus seed and let it cool and dry. Chop into small.
4. Mix the tempeh yeast and mocaf flour until blended, sprinkle on the lotus seeds, mix until blended.
5. Divide the lotus seed into 2, put it in plastic clip. Make some small hole using toothpick.
6. Put the lotus seed in some clean and closed place, and cover with a cloth for minimally 24 hours.
7. After the lotus tempeh ready, cut into small pieces, put it on chopper and put the milk, blender until smooth.
8. Put the mocaf flour in a bowl, put all the dry ingredients, mix until blended, and put in the butter.
9. Put the dough in piping bag and shape it like stick.
10. Bake at 180°C for around 20-30 minutes.
11. Melt the chocolate, and drizzle it on the top of the crackers.

3.6 Flow Chart

The flowchart of processing method is presented in figure 4

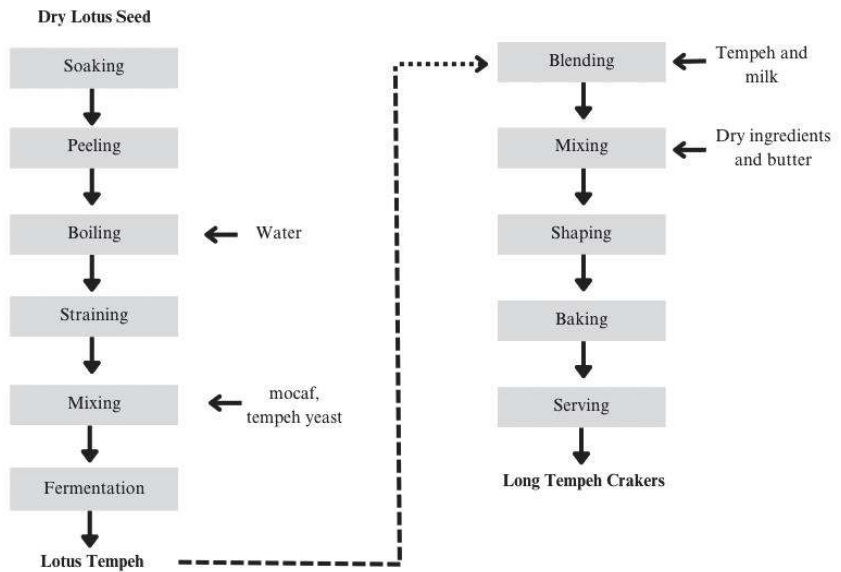


Figure 4. Processing Method of Tempe Stick Crackers