

## 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 ingredient used in this study presented in the table 3.1

**Table 3. 1** Ingredients of Chicken Keluwih

No	Ingredients	Quantity	Function
1	Keluwih Flour	50 g	Noodle Base
2	Corn Starch	20 g	Binding agent
3	Rice Flour	10 g	Binding agent
4	Tapioca Flour	20 g	Binding agent
5	Xanthan Gum	1 tsp	To add elasticity
6	Warm Water	100 ml	Complement ingredients
8	Cooking Oil	1 tbsp	Complement ingredients
9	Salt	½ tsp	Seasoning

1. Ingredients for Keluwih Flour

- Keluwih fruit 2kg

2. Ingredients for Keluwih Noodle

- Keluwih Flour 50 g
- Corn Starch 20 g
- Rice Flour 10 g
- Tapioca Flour 20 g
- Xanthan Gum 5 g
- Warm Water 100 ml
- Cooking Oil 14 ml
- Salt to taste

3. Ingredients for Chicken Topping

- Chicken Breast Fillet 25 g
- Pockchoy 2 pcs
- Soy Sauce 7 ml
- Oyster Sauce 7 ml
- Sesame Oil 7 ml
- White Pepper 1 g
- White Sugar 2 g
- Garlic 7 g
- Spring Onion 5 g
- Salt 1 g

3. Assembling

- Soy Sauce 7 ml
- Oyster Sauce 7 ml
- Sesame Oil 7 ml
- Salt 0.5 g
- White Pepper 1 g
- White Sugar 0.5 g
- Spring Onion 5 g
- Fried Shallots 5 g

### 3.2.2 Utensils

The utensils and function used in this study presented in the table3.2

**Table 3. 2** Utensils of Chicken Keluwih Noodles

No	Utensils	Function
1	Measuring cup	Measuring the water
2	Measuring spoon	Measuring the sauces and spices
3	Digital Scale	Weighing ingredients
4	Large mixing bowl	Mixing noodles dough and wonton fillings
5	Small mixing bowl	Temporary placed for pokchoy, chicken breast and noodles
6	Frying pan	Pan Frying Shredded chicken
7	Sauce pot	Boiling noodle, boiling wonton, boiling bokchoy
8	Wooden spatula	Sauteing Shredded chicken
9	Food strainer	Straining the noodles
10	Spoon & Fork	Mixing noodles dough, wonton fillings
11	Cutting Board	Place mat while cutting ingredients
12	Knife	Cutting and preparing ingredients
13	Rolling pin	Roll the dough
14	Parchment paper	Placed between the dough and the rolling pin so it doesn't stick when the dough rolled
15	Sieve	For sieve the keluwih powder



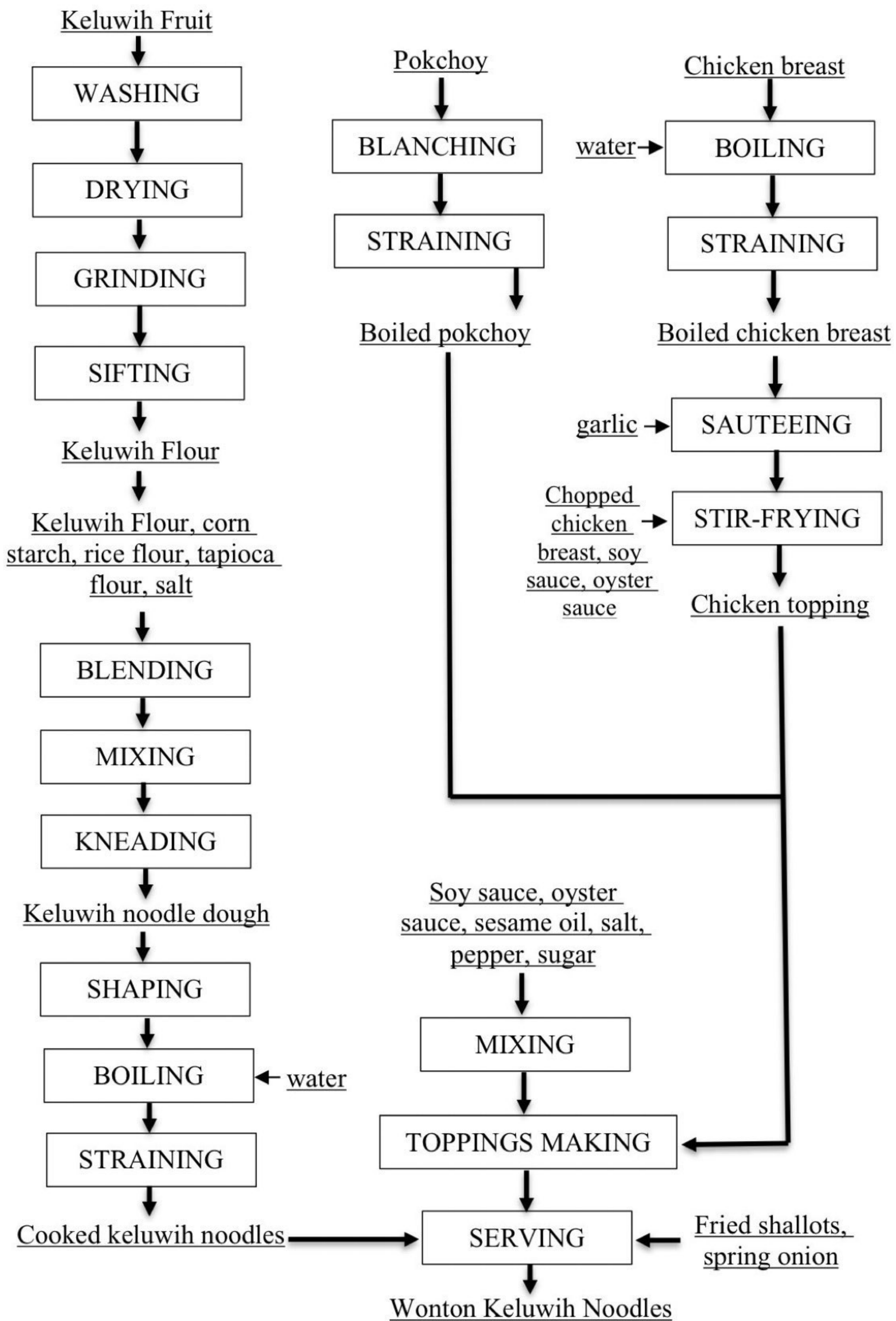
### 3.3 Processing Method

The processing method of this study are presented below:

1. Keluwih Flour: Peel the keluwih fruit, thinly slice the flesh and seeds, soak for 5 minutes then discard the water, do the washing process for 3times, put in a food dehydrator with a temperature of 60°c for 2 times 24 hours
2. Dry fruit and keluwih seeds can be mashed using a food professor then using a flour sieve, the sieve of ground keluwih can be repeated again until all the ingredients become flour.
3. Noodles: mix kluwih flour, corn starch, rice flour, tapioca flour and salt. And then mix well the xanthan gum into warm water, put in the middleof the mixed flour, add oil and mix well using fork.
4. Knead until smooth and then rolled the dough until 3mm thickness.
5. Cut to length with a width of 5 mm, boil the noodle about 6 minutes.
6. Topping: bring water to boil and blanch the pokchoy. Replace with new water to boil the chicken breast.
7. Shredded and chop the chicken breast, sautee chopped garlic. Stir-fry the chicken breast, oyster sause, soy sause, seasoning with salt, pepper,sugar and little bit of water
8. Assembling: mix soy sauce, oyster sauce, sesame oil, salt, pepper, sugar on a serving bowl put some noodles and mix well; put the pokchoy; sprinkle some chicken topping and some spring onion on top.

### 3.4 Flowchart

The Flowchart of Processing methods is presented in figure 3.1



**Table 3. 3** Flowchart Chicken Keluwih Noodles