

CHAPTER III

METHODS

3.1 Time and Place

Culinary innovation and Product development was done from 19 March to 6 May 2023 at culinary kitchen and baking and pastry kitchen, Ottimmo International and home.

3.2 Ingredients and Utensils

3.2.1 Ingredients

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

Table 3. 1 Ingredients of Vegan Nugget

No	Ingredients	Quantity	Function
1	Carrots	150 gr	Make a texture and taste
2	Cauliflower	100 gr	Make a texture and taste
3	Cannelini beans	200 gr	Protein substitute
4	Salt	5 gr	Seasoning
5	Black pepper	5 gr	Seasoning
6	Bread crumbs	50 gr	Make a firm texture and coating
7	Tapioca flour	30 gr	Make a chewy texture
9	Garlic powder	5 gr	Seasoning
10	Maizena	20 gr	Make a firm texture
11	Chickpea flour	100 gr	Coating

12	Water	50 ml	Complement ingredient
13	Oil	11 ml	Complement ingredient
14	Water	50 ml	Complement ingredient

1. Ingredients for dough

- Carrots 150 gr
- Cauliflower 100 gr
- Cannelini beans 200 gr
- Salt 5 gr
- Black pepper 5 gr
- Bread crumbs 50 gr
- Tapioka flower 30 gr
- Garlic powder 5 gr
- Maizena 20 gr
- Water 50 ml
- Oil 11 ml

2. Ingredients for the coating

- Chickpea flour 100 gr
- Water 100 ml
- Bread crumb 100 gr

3.2.2 Utensils

The utensils and functions used in this study are presented in the table.

Table 3. 2 Utensils of Vegan Nugget

No.	Utensils	Function
1	Food processor	To chopped the beans, carrot and cauliflower
2	Bowl	To mix the ingredients
3	Spoon	To mix the ingredients
4	Pan	Deep fry the nuggets
5	KnIfe	Cut the carrots, and cauliflower
6	Cutting board	Place mate when cutting the ingredients
7	Peeler	Peel the carrots
8	Measuring cup	Measure the water
9	Tongs	To turning the nuggets when frying
10	Digital scale	Weigh the ingredients

3.3 Processing Methods

The processing method of this study are presented below :

1. Fine chop the carrots, garlic, and cauliflower in the food processor.
2. Mashed the bread crumbs
3. Boil the beans around 25-30 minutes until it soft
4. And then chop the cannellini beans in food processor and mix with the vegetables
5. Add the oil, salt, black pepper, garlic powder, onion, paprika powder in the dough
6. Put the tapioka and maizena and the mix all of it

7. Mix the bread crumbs with the dough
8. Shape the nuggets in round shapes
9. In another bowl make the coating from water and chickpea flour
10. And coat the dough with the flour and put in the bread crumbs
11. Heat the oil in medium heat
12. Fry until golden brown in hot oil
13. Served the nugget.

3.4 Flow Chart

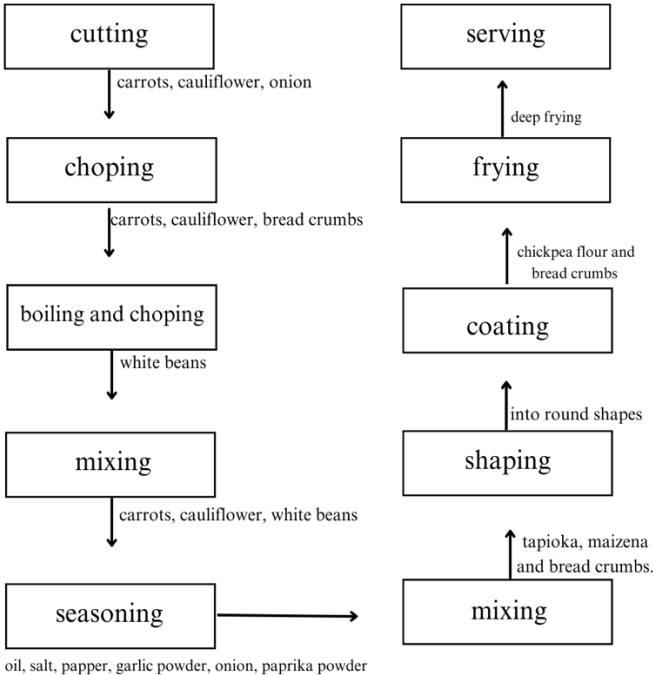


Figure 3. 1 nugget from cannellini beans, carrots and cauliflower.