

CHAPTER III METHODS

3.1. Time and Place

Culinary innovation and Product development was done from April to 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 for Gluten-free Catfish Nugget

No.	Ingredients	Quantity	Function
1	Catfish (fillet)	400 g	Main Protein
2	Gluten-free Cornflakes	200 g	Mixing &Coating
3	Mocaf flour	225 g	Mixing &Coating
4	Baking Powder	2,3 g	Mixing
5	Paprika Powder	2,3 g	Mixing for taste
6	Garlic Powder	2,3 g	Mixing for taste
7	Peeled Garlic	3 cloves	Mixing for taste
8	Green Onion	1 stalk	Mixing for taste
9	Egg	2 pcs	Mixture &Coating
10	Water	70 ml	Mixture
10	Salt	5 g	To taste
11	Oil	1 L	For greasing &Frying

1. Ingredients for Catfish Mixture

- Catfish ground meat	400 g
- Crushed gluten-free cornflakes	50 g
- Mocaflour	175 g
- Water	70 ml
- Baking powder	2,3 g
- Paprika powder	2,3 g
- Garlic powder	2,3 g
- Peeled garlic	3 cloves
- Chopped green onion	1 stalk
- Whole egg	1 pcs
- Salt	5 g

2. Ingredients for Batter (coater)

- Whole egg	1 pcs
- Crushed gluten-free cornflakes	150 g
- Mocaflour	50 g

3. Ingredients for Gluten-free Catfish Nugget

- Cooked catfish mixture (cut into pieces)	500 g
- Batter / coater	150 g
- Oil	1 Liter

3.2.2. Utensils

The utensils and functions used in this study presented in the table 3.2

Table 3.2 Ingredients for Gluten-free Catfish Nugget

No.	Utensils	Function
1	Digital scale	Weighing Ingredients
2	Molder	Mold the fish mixture
3	Pot	Steaming the fish mixture
4	Steam tray	Steaming the fish mixture
5	Chopper / foodprocessor	Mixing the ingredients
6	Knife	Chopping the ingredients & cut the fish mixture
7	Plate	Flour for coating
8	Brush	Greasing the mold
9	Small tray	Crushed cornflakes for coating
10	Pan	Frying the nugget
11	Bowl	Egg for coating
12	Cutting Board	Place base for cutting ingredients
13	Spatula	Moving the fish mixture into the mold
14	Tongs	Flip the nugget while frying
15	Strainer	To strain the nugget after frying
16	Measuring cup	Measuring the water

3.3. Processing Methods

The processing method of this study are presented below:

1. Begin by adding the fish meat, 50g of crushed cornflakes, moca flour, all the powder, garlic, green onion, and 1 egg to the food processor.
2. Grease the mold with oil. Pour the fish mixture into it and flatten it.
3. Steam until the fish mixture is cooked in the mold first. If it is cooked, remove and let it cool slightly.
4. After that cut it into square pieces of the same size, Then dip in the moca flour then in the egg and roll it in the crushed cornflakes until well coated. Making sure the cornflakes are evenly coating the piece of fish, continue until done.
5. Heat a large fry pan with medium heat and add in oil, after 4 to 5 minutes and the oil is hot, add the coated pieces of fish into the pan, cook in batches to not overcrowd the pan, flip to fry the other side after 2 minutes, after that removes the fish nuggets from the pan and transfer to a dish with paper towels, continue to cook in batches until done, then serve it on a plate at once, and Enjoy!

3.4. Flow Chart

The flowchart of processing methods is presented in Figure 3.1.

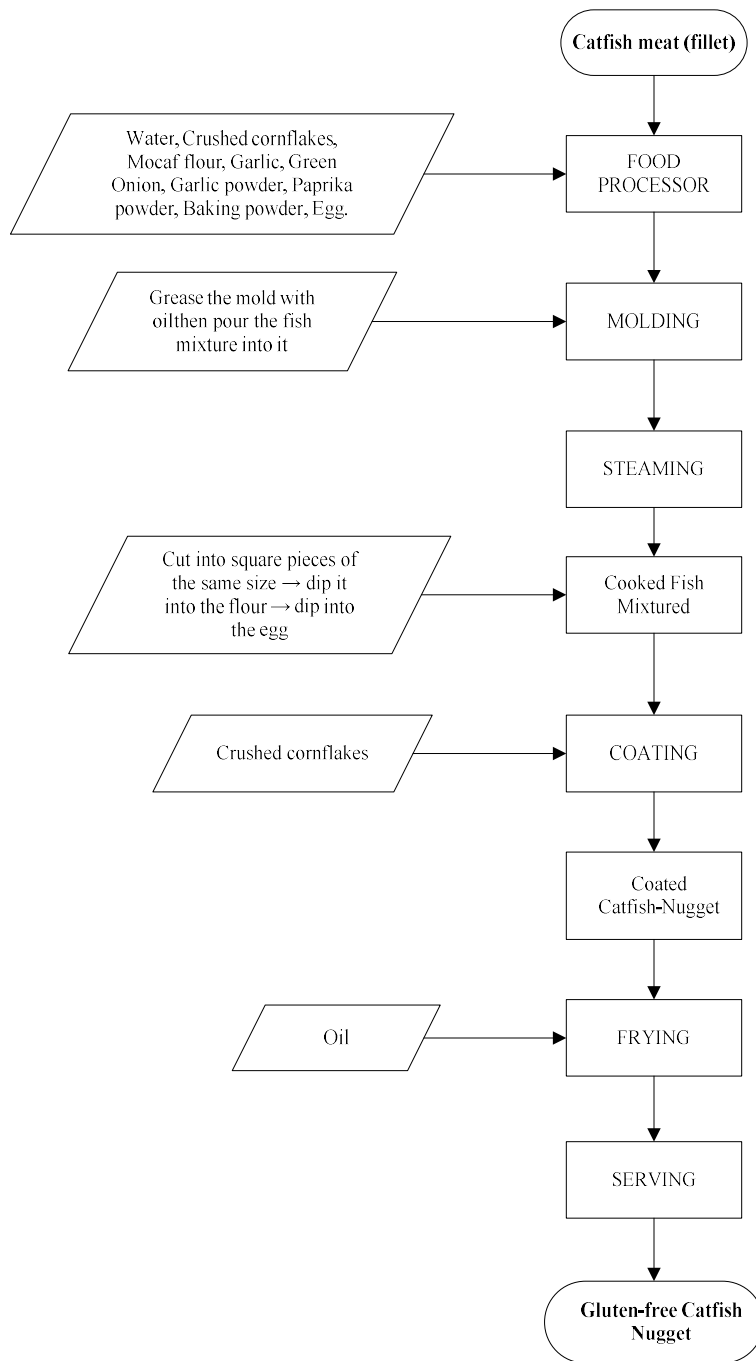


Figure 3.1 Flowchart of catfish nugget