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## APPENDIX

### 1. Approved Recipe

Recipe Name : CATFISH NUGGET GLUTEN FREE  
TITLE OF C&D : THE USE OF CATFISH AS PROCESSED FOOD GLUTEN FREE  
& HIGH VIT-B12 NUGGET  
Yield : 1-2 portion  
Main Ingredients : 400gr CATFISH (fillet)  
Ingredients :  
- 150gr crushed cornflakes  
- 3 cloves peeled garlic  
- ½ cup mocaflour  
- 1 stalk of chopped green onion  
- ½ tsp baking powder  
- 1 egg for mixture  
- ½ tsp garlic powder  
- 1 egg for coating  
- ¼ tsp paprika powder  
- Salt and pepper to taste  
- Oil for greasing & deep frying




Method :

1. Begin by adding the fish meat, 50gr of crushed cornflakes, mocaflour, 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 then 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 egg and roll 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 a 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!

RECIPE BACKGROUND (50 – 100 WORDS)

I chose catfish because it is one of the most underrated fish in our country, and I made it easier to enjoy by changing it into nugget that is healthier because it is gluten free, high in protein, vit B-12, and healthy fat.

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## 2. Approved Sensory


PANELIST	SIGHT	SMELL	TEXTURE	TASTE	TOTAL
Panelist 1	√	√	√	√	√
Panelist 2	√	√	√	X	√
Panelist 3	√	√	√	√	√
Panelist 4	√	√	√	√	√
Panelist 5	√	√	X	√	√
Panelist 6	√	√	X	√	√
Panelist 7	√	√	√	√	√
Panelist 8	√	√	X	√	√
Panelist 9	√	√	X	√	√
Panelist 10	√	√	√	√	√

**NOTES** :

- Bumbu kurang terasa
- Need more seasoning
- kehilangan texture ikan
- Taste is great, would be great if the texture is a little more bouncy and "crisp" because it's rather soft and mushy



### 3. Consultation Form



Akademi Kuliner & Pastry  
**OTTIMMO**  
 INTERNASIONAL  
INDONESIA

**CONSULTATION FORM**  
**CULINARY INNOVATION AND**  
**NEW PRODUCT DEVELOPMENT**

Name : AHMAD DAFFA WIDYA W.  
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 Advisor : Arya Putra Sandjaja, S.E.

No	Date	Topic Consultation	Name/ Signature
1	20/03	Title	<i>[Signature]</i>
2	27/03	Submit Recipe	<i>[Signature]</i>
3	20/03	Title	<i>[Signature]</i>
4	27/03	Submit Recipe	<i>[Signature]</i>
5	20/03	Title	<i>[Signature]</i>
6	27/03	Submit Recipe	<i>[Signature]</i>

No	Date	Topic Consultation	Name/ Signature
	28/08	End Acceptance	<i>[Signature]</i>
	28/08	End Report Consultation	<i>[Signature]</i>
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	28/08	End Acceptance	<i>[Signature]</i>
	28/08	End Report Consultation	<i>[Signature]</i>

#### 4. Systematic Process Documentation

- 1) Put Catfish meat file with Garlic and Green Onion into FoodProcessor



- 2) Add 1 eggs and Mocaf flour along with the seasoning ingredients to The catfish mixture



3) Pour the mixture onto the molder and steam it



4) Cut the cooked mixture to square nugget form





- 5) Coat the mixture with Mocaflour, then Dip in into the Egg and coat it again with Crushed Gluten-free Cornflakes



- 6) Deep fried the coated nugget into hot oil and wait until it goldenbrown, and serve it, Gluten-free Catfish Nugget.

