

CHAPTER III

METHODS

3.1 Time and Place

Culinary innovation and Product development was done from march to july 2023 at culinary kitchen and baking pastry kitchen, Ottimmo International, Surabaya.

3.2 Ingredients and Utensil

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 Vegan Jerky Bits

No	Ingredients	Quantity	Fuction
1	Chickpeas	200 g	Ingredients for Seitan
2	Vital wheat gluten	125 g	For making seitan
3	Mushroom powder	5 g	Seasoning
4	Garlic powder	5 g	Seasoning
5	Salt	30 g	Seasoning
6	Lime leave	7 leaves	Aromatic
7	Brown Sugar	100 g	Seasoning
8	Cumin	5 tsp	Seasoning
9	Coriander powder	10 g	Seasoning
10	White onion	80 g	Aromatic
11	Tumeric	2 segment	Aromatic
12	Galangal	3 cm	Aromatic

13	Bay leaves	7 leaves	Aromatic
14	Sugar	5 g	Seasoning
15	Lemongrass	2 piece	Aromatic
16	Ginger	2 cm	Aromatic
17	Red chili	1 piece	Aromatic
18	Water	100 ml	For sauteing

1. Ingredients for Seitan

- 200 gr including liquid
- 125 gr vital wheat gluten
- ½ tbsp vinegar
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp mushroom powder

2. Ingredients for Jerky bits

- 7 lime leaves
- 100 gr brown sugar
- 1 tsp cumin
- 3 tsp coriander powder
- 100 ml water
- 80 gr white onion
- 2 segment turmeric
- 3 cm galangal
- 7 bay leaves
- 1 tsp salt
- 1 tsp mushroom powder
- 1 tbsp sugar
- 1 lemongrass
- Ginger 2 cm

- Red chili 1

3.2.2 Utensil

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

Table 3.2 Utensil for Vegan Jerky

No	Utensil	Function
1	Knife	For cut the ingredients
2	Cutting board	Place for cut the ingredients
3	Digital scale	To weigh ingredients
4	Large bowl	To mix flour and chickpeas that have been blended
5	Spoon	To take spices
6	Food processor	To help knead the chickpeas dough
7	Wooden spatula	For stir fry the mashed spices
8	Blender	Blend the spices
9	Small bowl	Place for spices and places the water
10	Pan	For sautee

3.3 Processing Methods

The processing method of this study are presented below:

Seitan method:

- Blend chickpeas and all ingredients until smooth except the vital wheat gluten
- Transfer the chickpeas mixture to a bowl and add vital wheat gluten, combine everything until it comes together and form a dough
- Cover the dough and let it rest 15-20 minutes
- Divide the dough into two equal pieces and add the dough to blender or food processor low-medium speed for 5 minute. The dough should be elastic and smooth
- Tightly cover the dough pieces with aluminium foil
- Steam the dough for 1.5-2 hours
- Let it cool for 30 minutes and shred/ cut the seitan

Jerky method:

- Puree the garlic, turmeric, galangal, red chili, ginger
- Prepare the oil and saute the ground spices
- Once fragrant add the lemon grass, bay leaves, and lime leaves
- Add mushroom powder, salt, cumin powder
- Then after the color changes add water
- Add the seitan that has been shred
- Keep stirring until seitan dries
- After dry let it cool for a bit and mix with brown sugar

3.4 Flow Chart

The flowchart of processing method is presented in figure 3.1

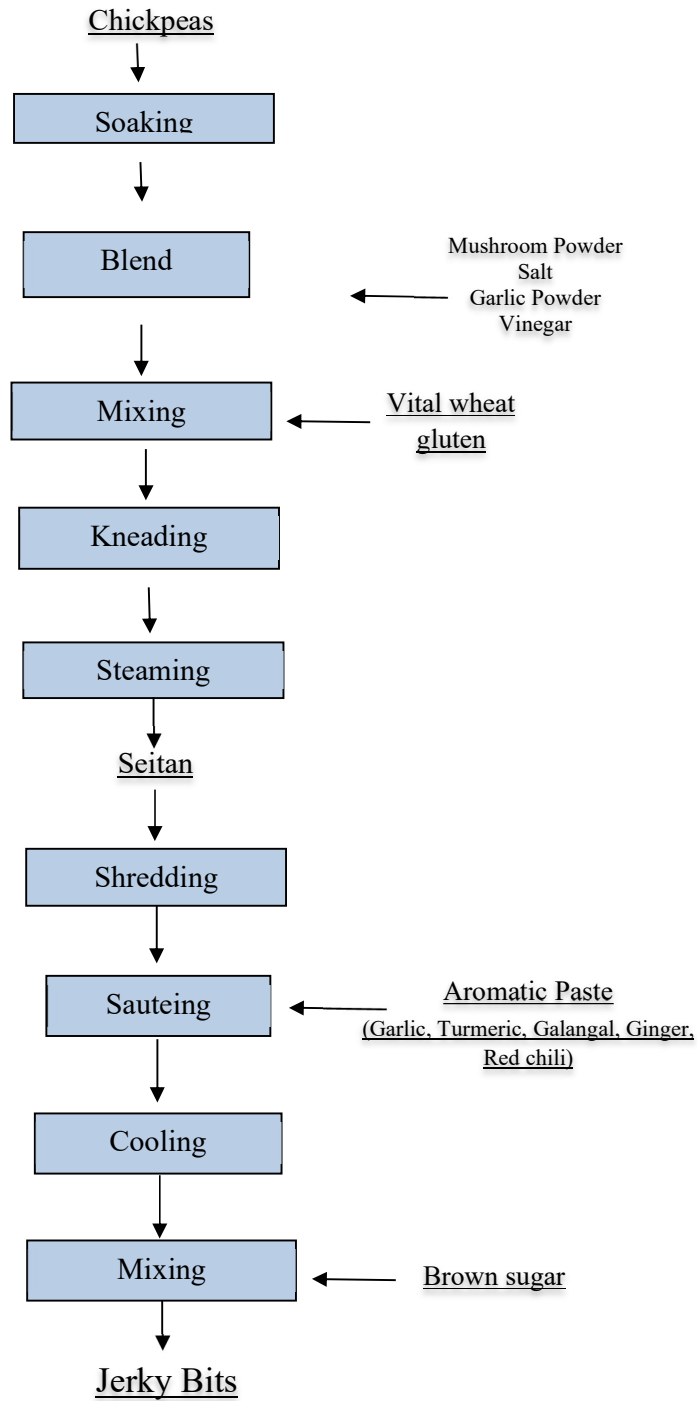


Figure 3. 1 Flow Chart Seitan and Jerky