

CHAPTER III

METHODS

3.1 Time and Place

Culinary innovation and Product development was done from March to April 2023 at my own house, North West Park, West Surabaya.

3.2 Ingredients and Utensils

3.2.1 Ingredients

Table 3.1 Ingredients for Pomelo's peel Gulai

No.	Ingredients	Quantity	Function
1.	Pomelo's peel	70-80 g	Main ingredient
2.	Peeled garlic	25 g	Aromatic
3.	Peeled shallots	35 g	Aromatic
4.	Candlenut	35 g	Aromatic
5.	Turmeric	10 g	Aromatic
6.	Coriander	5 g	Aromatic
7.	Cumin	5 g	Aromatic
8.	Bird eye chili	7 g	Aromatic
9.	Red chili	40 g	Aromatic
10.	Water	1-2 L	Blanching, grind spices, gulai mixture
11.	lemongrass	1-2 stems	Aromatics
12.	Galangal	5 g	Aromatics
13.	Coconut milk	7 ml	Gulai
14.	Salt	1 tbsp	Seasoning, blanching

15.	Cornstarch	1-2 tbsp	Velvet
16.	Oil	1-2 tbsp	Sauteing grind spices
17.	Mushroom powder	1 tsp	Seasoning
No.	Utensils	Function	
1.	Measuring Cup	Measuring water	
2.	Knife	Cut and chop all of the needed ingredients	
3.	Spatula	Cook the spices and gulai	
4.	Spoon	To measure the grind spices and oil	
5.	Strainer	Cut out all of the excess water in pomelo's peel	
6.	Food processor	Blend spices	
7.	Sauce pan	To blanch the pomelo's peel	
8.	Medium stock pot	To cook the grind spices	
9.	Cutting board	The base of cutting ingredient	
10.	Fork	Check the tenderness of pomelo's peel	
11.	Oven	To dry the pomelo's peel	
12.	Bowl	Transferring the spices mix from the food processor	

3.2.2 Utensils

Table 3.2 Utensils for Pomelo's peel Gulai

3.3 Processing Methods

Below are the processing method of this study.

1. In a sauce pan, pour 300 ml of water, add 2 pinch of salt and boil it.
2. Cut the pomelo's peel into bite size pieces.
3. After it is boil (80° C) , put in the Pomelo Orange Peel and blanch it about 1 minute.

4. After 1 minute, take it out and drain the excess water.
5. Repeat those 3 steps for about 3-4 times until the bitter taste is reduced and tender enough.
6. Next, velvet the pomelo's peel. Velvet is covering pomelo's peel into the cornstarch and boil it in simmering to boiling water to make it chewy. Velvet for about 2-3 minutes and set it aside.
7. Put the pomelo's peel into the oven at 100 degrees Celcius for about 1 hour to make it more chewy.
8. Add water and blend all spices in the list of the recipe's ingredient in the blender until smooth.
9. In a pan, pour 1-2 tablespoon of oil and wait until its hot enough.
10. After that, put the ground spices and saute for about 5 minutes until the water is reduce and the spices are fully cooked.
11. Then pour 400 ml water into the cooked spices and let it boil.
12. Season it with enough salt and reduce it for about 5-10 minutes on a high heat.
13. After 5-10 minutes, blanch the peel in the pan with gulai for about 30 seconds. (the purpose is to absorb the gulai's flavor into the pomelo's peel.)
14. after 30 seconds, take it out and set it aside.
15. Reduce the gulai until its thick enough and turn it off from the heat.
16. Add 1-2 tablespoon of coconut milk and mix it well.
17. Last, turn on the stove into low heat and cook again for about 2-3 minutes.
18. Turn off the heat, and serve the pomelo's peel gulai on the plate.

3.4 Flow Chart

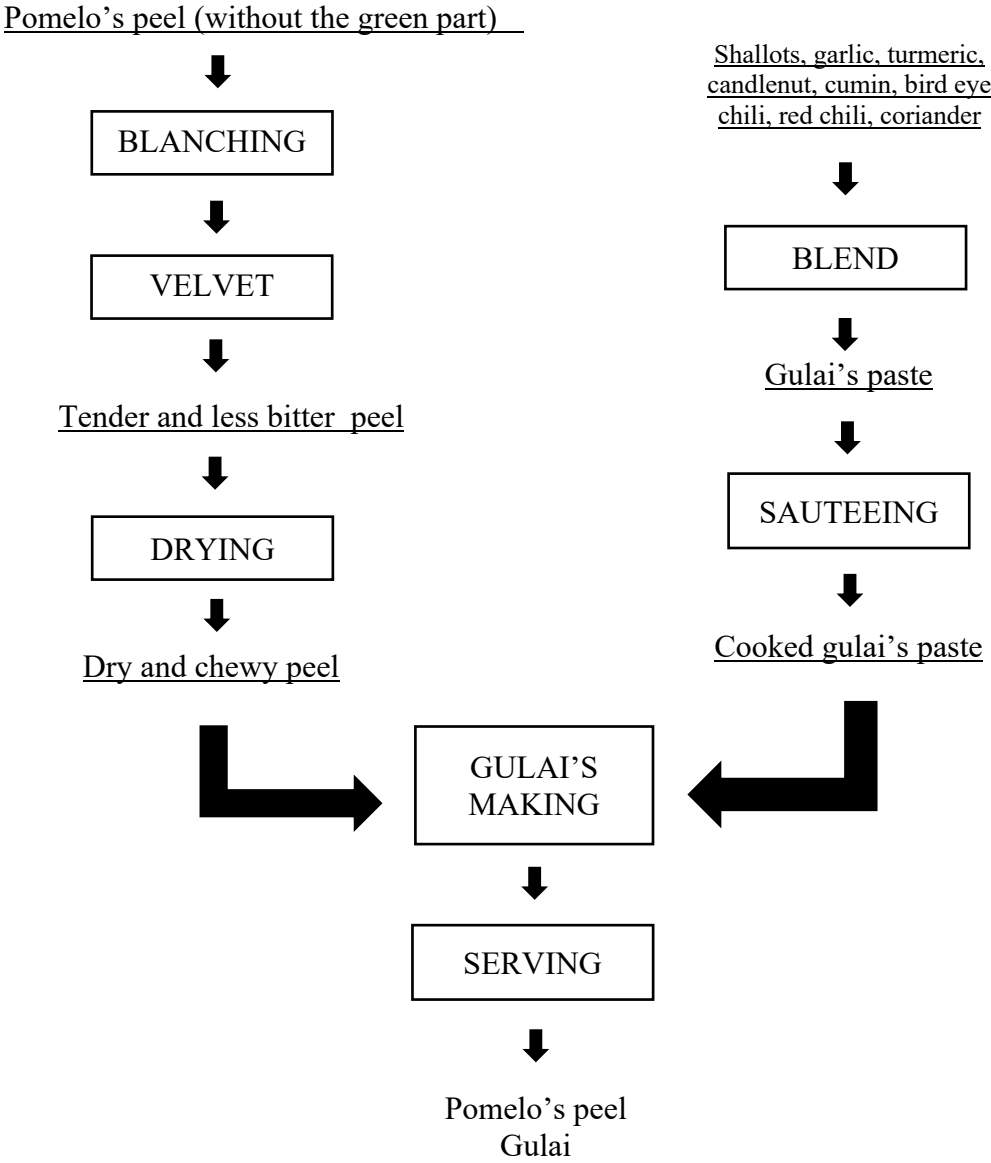


Figure 3.1 Flow Chart