

CHAPTER III

METHODS

3.1 Time and Place

Culinary innovation and Product development was done from March to June 2023 at culinary kitchen and baking and pastry kitchen, Ottimmo International. The trial and error of this recipe was done in the researcher home from March.

3.2 Ingredients and Utensils

3.2.1 Ingredients

The ingredients and function of the ingredient used in this study presented in the table 3.1

Table 3.1 Ingredient for Arrowroot Cendol

No	Ingredients	Quantity	Function
1.	Arrowroot	1 kg	Tuber Flour
2.	Arrowroot starch	75 gr	Make a cendol
3.	Water	1600 ml	Complement ingredient
4.	Ice Cube	1 cup	Complement ingredient
5.	Palm sugar	200 gr	Seasoning
6.	Pandan leaf	16 pcs	Aromatic
7.	Non-dairy creamer	150 gr	Complement ingredient

1. Ingredient for Tuber Flour
 - Arrowroot tubers 1 kg can get 200 gr of arrowroot starch
2. Ingredient for Cendol
 - Arrowroot starch 75 gr

- Water 450ml
- Pandan leaf 15 pcs
- Water 400 ml
- Ice cubes 1 cup
- 3. Ingredient for Sugar Water
 - Palm sugar 200 gr
 - Pandan leaf 1 pc
 - Water 250 ml
- 4. Ingredient for Creamer gravy
 - Warm water 500 ml
 - Non-dairy creamer 150 gr

3.2.2 Utensils

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

Table 3.2 Utensils for Arrowroot Cendol

No	Ingredients	Function
1.	Measuring cup	Measuring water
2.	Sauce pan	Mixing Cendol dough
3.	Digital scale	Weighing ingredient
4.	Bowl	Place to shape cendol
5.	Grater	Grate the arrowroot
6.	Wooden spatula	Stir cendol
7.	Duster	Squeeze the arrowroot tuber
8.	Mold	Shaping cendol dough
9.	Scissors	Cut cendol dough

3.3 Processing Methods

The processing method of this study are presented below:

1. Arrowroot starch:
 - a. Prepare arrowroot tubers that have been washed clean
 - b. Grate the arrowroot
 - c. The arrowroot tubers that have been crushed earlier are mixed with enough water
 - d. Squeeze and strain to separate the arrowroot starch from the dregs.
 - e. Let the water mixed with the starch that was squeezed out earlier until the water turns clear
 - f. Discard the water that has become clear and the remaining arrowroot starch that has settled on it underneath.
 - g. Dry the sediment of arrowroot starch essence until dry
2. Cendol:
 - a. Blend pandan leaf with water
 - b. Put the pandan water and arrowroot starch into a saucepan and stir until the arrowroot flour dissolves. Sieve the arrowroot starch so that there are no impurities
 - c. If it is evenly mixed then place the pot on the stove and turn on the fire, use medium heat
 - d. Stir the mixture until it thickens, stirring constantly so that it doesn't get lumpy
 - e. If the cendol dough has become clear and cooked, turn off the heat
 - f. Prepare a container filled with water and ice cubes and print the cendol while it's hot so it's easy to use print
 - g. If the printed cendol is long, cut the cendol so it's easy to eat
 - h. Strain the cendol so that it is separated from the water

3. Palm sugar:
 - a. Boil water and palm sugar
 - b. Add pandan leaf to make it fragrant
 - c. If it's boiling then reduce the heat and boil until thickened
4. Non Dairy Creamer gravy :
 - a. Dissolve fiber non-dairy creamer with warm water and stir until there are no lumps

After everything is ready, add palm sugar, cendol, ice cubes and non-dairy creamer. Ice cendol is ready for served

3.4 Flowchart

The flowchart of processing method is presented in Figure 3.1.

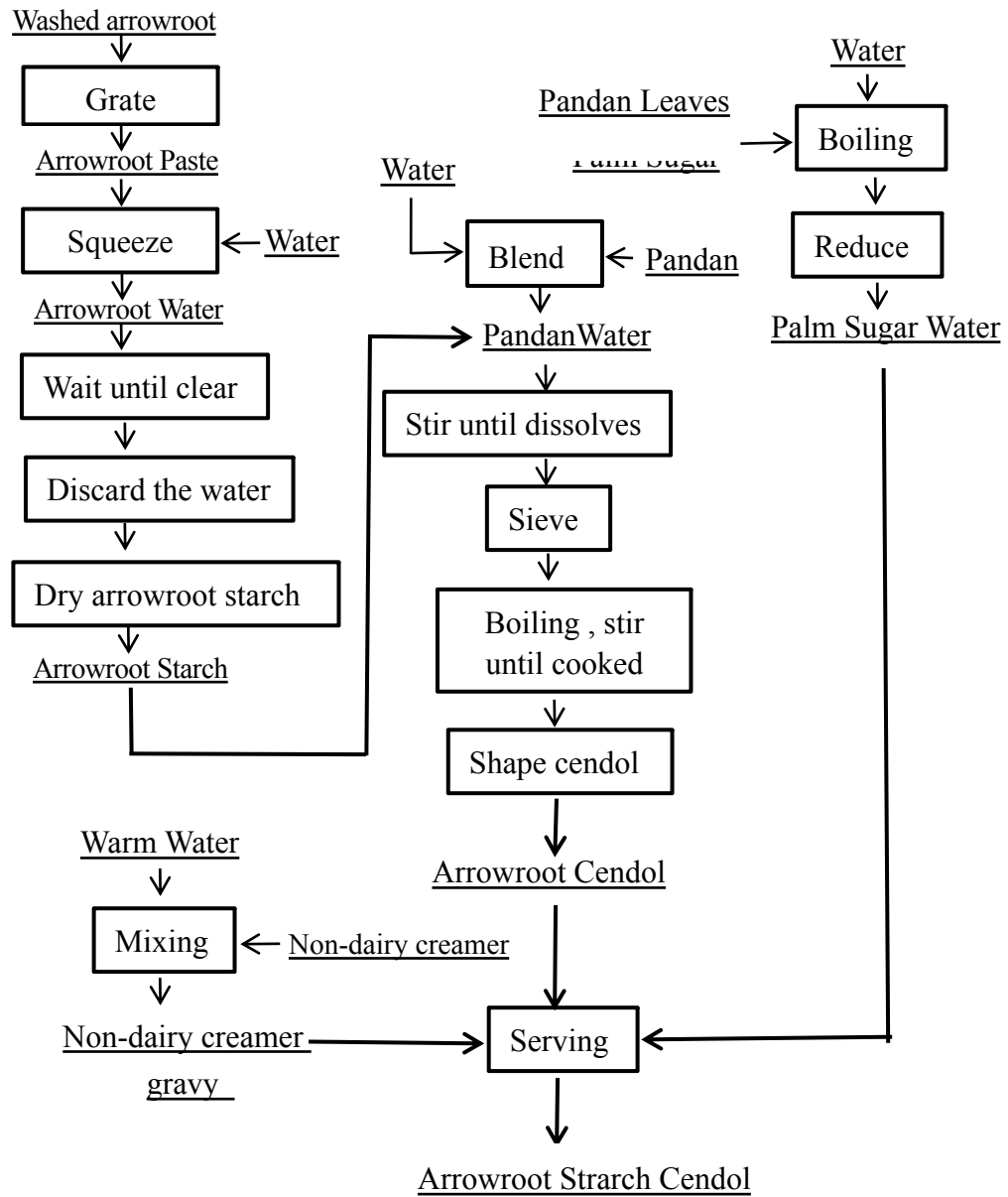


Figure 3.1 Flowchart Arrowroot Cendol