

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.

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 Vegetarian Sate Padang

No	Ingredients	Quantity	Function
1	Oyster mushrooms	230 g	Main ingredient and meat substitute
2	Dry mushroom stalks (Soaked)	150 g	Main ingredient and meat substitute
3	Mushroom powder	1-2 tbsp	Seasoning
4	White pepper	½ tsp	Seasoning
5	Tapioca flour	1 tbsp	Binding agent
6	Garlic powder	½ tsp	Seasoning
7	Onion powder	½ tsp	Seasoning
8	Salt	1 ½ tsp	Seasoning
9	Turmeric	4 cm	Mushroom meat aromatics and Sauce base
10	Ginger	4 cm	Mushroom meat aromatics and Sauce base
11	Candlenut	8 pcs	Mushroom meat aromatics and sauce base
12	Galangal	4 cm	Mushroom meat aromatics and sauce base
13	Curly chili	7 pcs	Complement ingredients or sauce base
14	Lime leaves	5 pcs	Aromatics
15	Lemongrass	1 pcs	Aromatics

16	Bay leaf	3 pcs	Aromatics
17	Egg white	1 pc	Binding agent
18	Ground peanuts	2 tbsp	Complement ingredients
19	Cumin	½ tsp	Seasoning
20	Garlics	4 pcs	Sauce base
21	Shallots	8 pcs	Sauce base
22	Coriander	½ tsp	Aromatics
23	Star anise	4-6 pcs	Aromatics
24	Cloves	4-6 pcs	Aromatics
25	Margarine	2 tbsp	Grilling mushroom meat
26	Sweet soy sauce	1 tbsp	Grilling mushroom meat

1. Ingredients for Mushroom Meat

- Oyster mushrooms 230 g
- Dry mushroom stalks 150 g
- Mushroom powder ½ tbsp
- White pepper ¼ tsp
- Tapioca flour 1 tbsp
- Garlic powder ½ tsp
- Onion powder ½ tsp
- Turmeric 2 cm
- Ginger 2 cm
- Candlenut 5 pcs
- Galangal 2 cm
- Salt ½ tsp
- Margarine 2 tbsp
- Sweet soy sauce 1 tbsp
- Egg white 1 pc

2. Ingredients for Sate Padang Sauce

- Curly chili 7 pcs
- Candlenut 3 pcs
- Turmeric 2 cm
- Ginger 2 cm
- Galangal 2 cm
- Lime leaves 5 pcs
- Lemongrass 1 pc

- Bay leaf 3 pcs
- Salt 1 tsp
- Mushroom powder 1 tbsp
- Ground peanuts 2 tbsp
- Cumin ½ tsp
- Coriander ½ pcs
- Cloves 4-6 pcs
- Star anise 4-6 pcs
- Pepper ¼ tsp

3.2.2 Utensils

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

Table 3.2 Ingredients for Vegetarian Sate Padang

No	Ingredients	Function
1	Digital scale	Weighing ingredients
2	Large bowl	Mixing mushroom meat dough
3	Blender	Blending mushrooms
4	Cloth filter	Straining the water from the mushrooms
5	Cutting board	A surface for cutting all ingredients
6	Chef knife	Cutting the ingredients
7	Spoons	Mixing all seasonings
8	Steamer	Steaming and make the mushroom meats cooked
9	Bamboo skewers	Skewer for mushroom meats
10	Tong	Grabing hot foods
11	Frying pan	Sautéing blended aromatics for mushroom meats and sauce
12	Wooden or silicon spatula	Stirring aromatics on frying pan
13	Small bowl	Place to put seasonings and a temporary place for cooked mushroom meats
14	Grill pan	Grilling mushroom meats
15	Sauce pan	Making sate padang sauce
16	Cooking brush	Greasing the margarine mixture when grilling
17	Measuring cup	Measuring water

3.3 Processing Methods

The processing method of this study are presented below:

1. Wash oyster mushrooms and mushroom feet in a large bowl
2. Separate 1/3 of the oyster mushrooms and shredded
3. Put the rest in the blender and blend it with a little water, do not make it too smooth
4. Strain the blended mushrooms using a cloth filter until no water remains
5. After that, put the mushrooms dough into a large bowl and mix with shredded oyster mushrooms, tapioca starch, egg white, and all the seasonings (mushroom powder, white pepper, garlic powder, onion powder, and salt)
6. Once homogenous, takes 2 tablespoons of dough, round then flatten
7. Steam for 15 minutes and take out the mushroom meats using tong
8. Once it's cooled, cut into 4 squares part and set aside
9. Blend turmeric, ginger, candlenut and galangal until smooth
10. Sautee the spices that have been blended until fragrant and add some seasoning
11. Put the meat and stir evenly
12. Lastly, skewer the meat and grill
13. On the other hand, prepare the sate padang sauce by blending chili, candlenut, turmeric and ginger until smooth
14. For the dry aromatics, grind cumin, pepper, coriander, cloves and star anise into powder
15. Sauté the ground spices, add bay leaves, limes leaves, dry aromatics, and seasonings
16. Pour water and stir evenly
17. Thicken the gravy using cornstarch while stirring so it does not get lumpy
18. To serve, put the mushroom meat skewer and sate padang sauce
19. Finally, sate padang can be enjoyed

3.4 Flow Chart

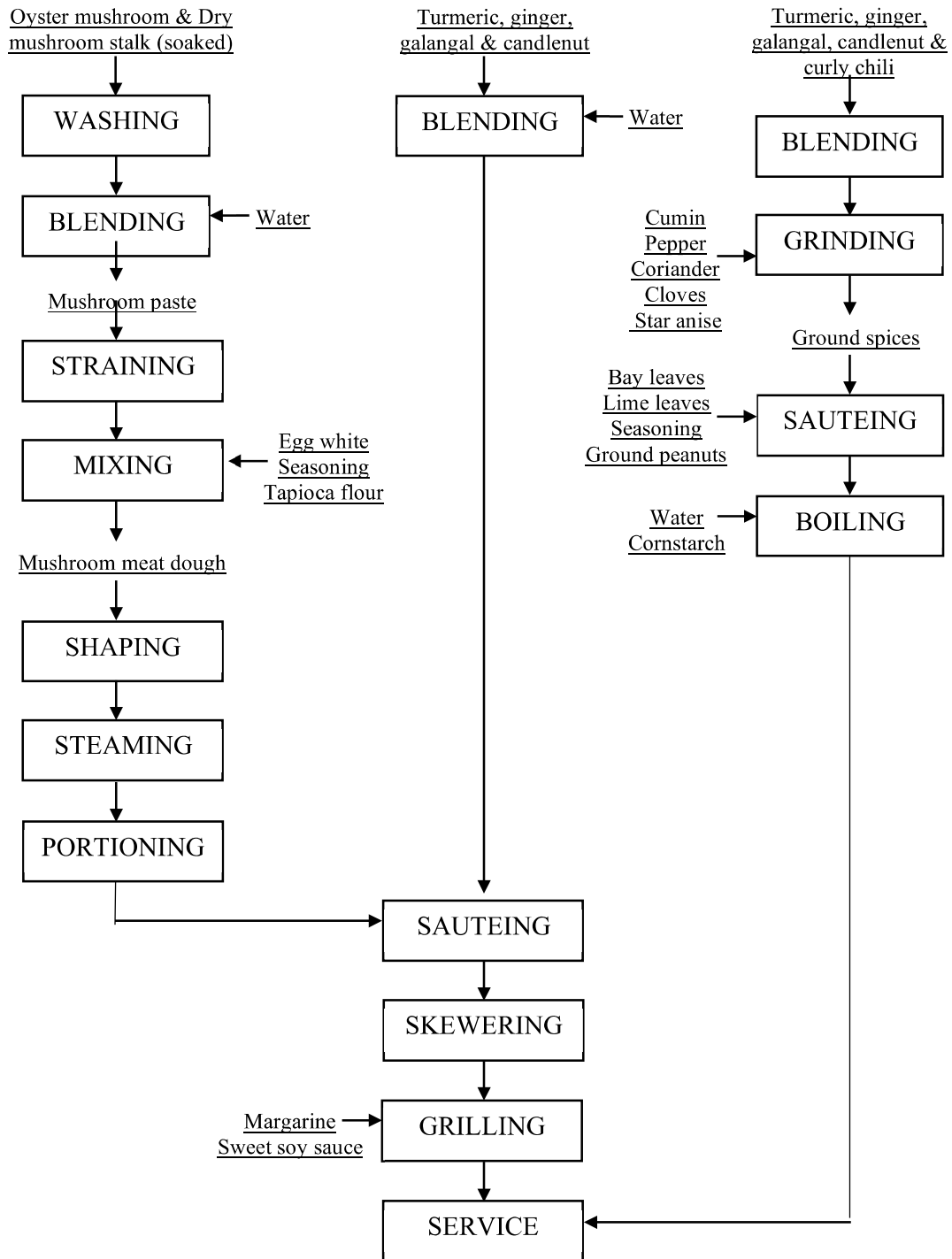


Figure 3.1 Flow Chart Vegetarian Sate Padang