

## CHAPTER III

### METHODS

#### 3.1 Time and Place

Culinary and innovation and product development was done from March to May 2023 at my apartment's kitchen.

#### 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 of High Fiber Analogue Meat

No	Ingredients	Quantity	Function
1	Half ripe breadfruit	80 g	Main ingredient, meat analogue, source of fiber
2	Oyster mushrooms	60 g	Main ingredient, meat analogue, source of fiber and umami taste
3	Soybeans paste	60 g	Main ingredient, meat analogue, source of protein
4	Corn-starch	15 g	Binding material
5	Mushroom powder	1 tbsp	Seasoning
6	Pepper	½ tbsp	Seasoning
7	Salt	1 tsp	Seasoning
8	Oil	260 ml	Deep fry Dendeng, Sautee Balado
9	Ginger paste	½ tbsp	Spice
10	Garlic paste	½ tbsp	Spice
11	Turmeric paste	¼ tsp	Spice
12	Coriander powder	¼ tsp	Spice
13	Water	150 ml	Deglaze Dendeng spices
14	Chili	15 pcs	Main ingredient Balado
15	Shallot	3 pcs	Main ingredient Balado
16	Sugar	½ tsp	Seasoning

##### 1. Ingredients for meat analogue

- Half ripe breadfruit      80 g
- Oyster mushrooms        60 g

- Soybeans paste            60 g
  - Corn-starch                15 g
  - Mushroom powder        1 tbsp
  - Pepper                      ½ tsp
2. Ingredients for Dendeng
- Oil                            230 ml
  - Ginger paste               ½ tbsp
  - Garlic paste                ½ tbsp
  - Turmeric paste            ¼ tsp
  - Coriander powder        ¼ tsp
  - Water                        150 ml
  - Salt                         ¼ tsp
3. Ingredients for Balado
- Chili                        15 pcs
  - Oil                            10 ml
  - Shallot                      3 pcs
  - Sugar                        ½ tsp
  - Salt                         ¼ tsp

### 3.2.2 Utensils

The utensils and function used in this study presented in the table.

**Table 3.2** Utensils for High Fiber Analogue Meat Dendeng Balado

No	Utensils	Function
1	Hand gloves	Mixing and shaping meat analogue
2	Knife	Mise en place ingredients
3	Digital scale	Weighing ingredients
4	Stock pot	Boil breadfruit
5	Saucepan	Cook dendeng spices and balado
6	Blender	Puree the Balado spice
7	Measuring spoon	Measuring seasoning
8	Large mixing bowl	Mixing meat analogue's ingredients
9	Steamer	Steam meat analogue
10	Frying pan	Deep fry meat analogue "Dendeng balado"
11	Spatula	Mix Dendeng spices and Balado

12	Measuring cup	Measuring water
13	Oil drainer	Draining Dendeng deep fry oil
14	Cobek	Beat the meat analogue
15	Cutting board	Place mate while cutting ingredients

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### 3.3 Processing Method

Processing methods are presented below:

1. Cut the breadfruit into 4 pieces, peel off the skin, then boil in a stock pot to remove the sap.
2. Shredded into fibers.
3. Shredded oyster mushrooms so they are like fibers.
4. Soybeans: soak soybeans for 4 hours. then puree and add a little water.
5. Mix breadfruit, oyster mushrooms, soybean paste, then add mushroom powder, pepper, corn-starch.
6. Shape into small squares (approximately 4cm x 4cm thick 1cm), then steam for 25 minutes.
7. Dendeng: Sautee ginger paste, garlic paste, turmeric paste, coriander powder until smell nice.
8. Add the analogue meat, then deglaze with water until reduced (make sure to absorb).
9. Dendeng: beat until slightly thinned, do not crush.
10. Deep fries' analogue meat (Dendeng) until browned and make sure cooked.
11. Balado: coarse blend chili, shallot, a little oil.
12. Sautee Balado and add some seasoning, until oil and Balado split.
13. Last steps add analogue meat (Dendeng) into Balado and mix until it is completely covered.

### 3.4 Flowchart

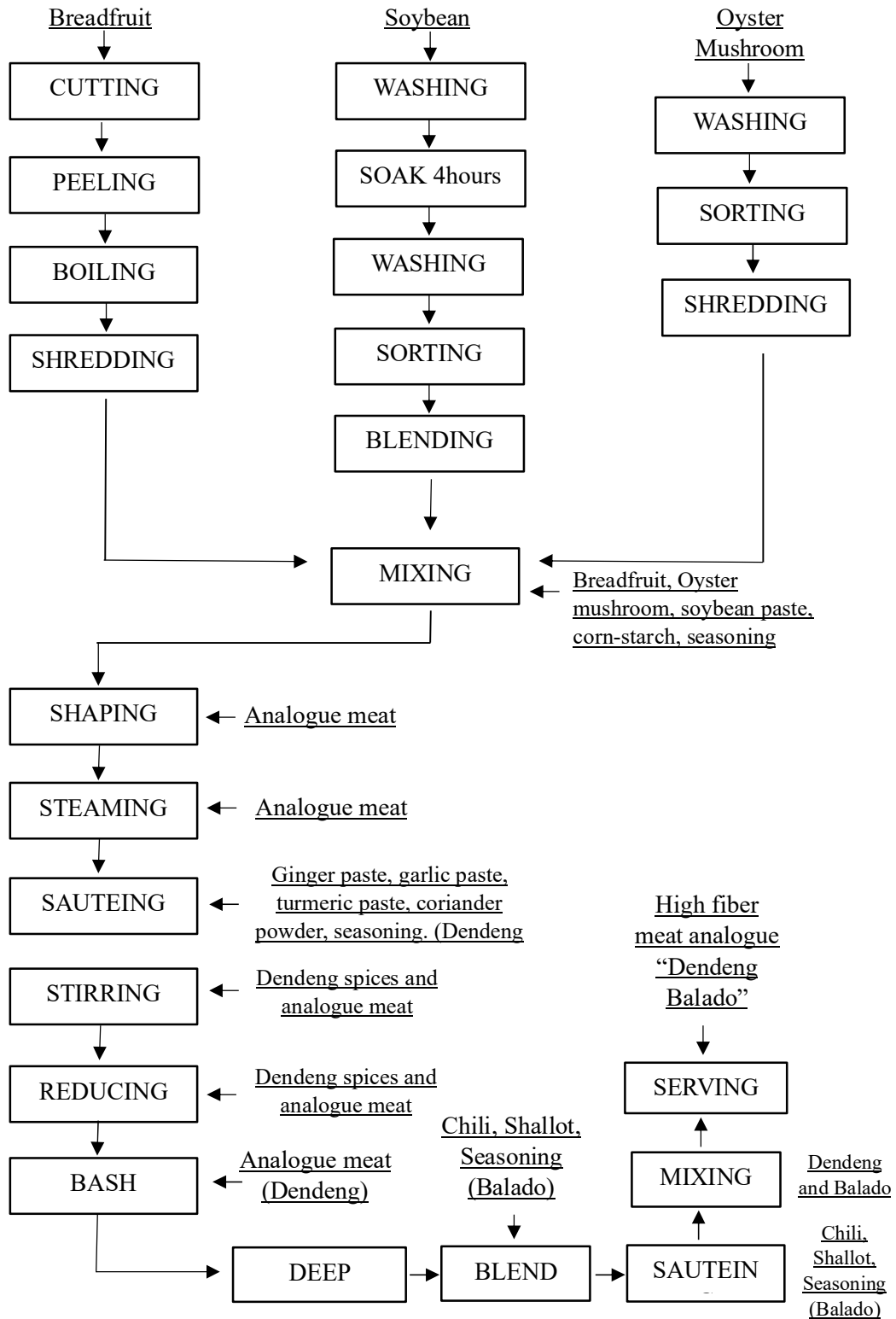


Figure 3.1 Flowchart how to make analogue meat Dendeng Balado