

CHAPTER III

METHODS

3.1 Time and Place

Time: Duration = aprox 1 month, 23 March - 6 April 2023.

Place: Otimmo kitchen (Prep) & Dorm Kitchen (Finishing)

3.2 Ingriedients & Utensils

Ingredients :

Analogue Meat:

Table 3. 1 Ingredients for Analogue meat

NO.	Ingredients	Quantity	Function
1.	Young jackfruit (shred by hand)	80 gr	Protein and as Meat texture
2.	Oyster mushroom (shred by hand)	80gr	As Meat texture
3.	Soybeans (paste)	40gr	Protein
4.	Cornstarch	30gr	Binding material
5.	Pepper	2gr	As Flavoring
6.	Xantham gum	5gr	As inding Material, Texture, and Preservatives.
7.	Oil	5ml	For Pan searing the meat
8.	Mushroom powder	10gr	As Flavoring

Rendang:

1. Rendang

Table 3. 2 Ingredients for Rendang

No	Ingredients	Quantity	Function
1.	Analogue meat	500gr	As the meat
2.	Coconut milk	300 ml	
3.	Coconut oil	50 ml	For sauteing the spices
4.	Brown sugar	60 gr	

2. Blend

Table 3. 3 ingredients blended spices

No	Ingredients	Quantity	Function
1.	Candlenut	2 pcs	
2.	Garlic	30 gr	
3.	Red chilli	150 gr	
4.	Fresh ginger	25 gr	
5.	Fresh Galanggal	35 gr	
6.	Fresh Tumeric	25 gr	
7.	Coriander	10 gr	
8.	Salt	15 gr	As seasoning
9.	Shallots	87 gr	
10.	Coconut oil	50 ml	

3. Spices (Saute)

Table 3. 4 ingredients for aromatics

No	Ingredients	Quantity	Function
1.	Lime leaf	2 piece	Aromatic
2.	Lemongrass stalk	1 stalk	Aromatic
3.	Cinnamon	5 cm	Aromatic
4.	Bayleaf	1 piece	Aromatic
6.	Star Anise	2 piece	Aromatic

4. Utensils

Table 3. 5 Utensils

No	Utensils	Function
1.	Chopper	for blending The spices for rendang & Blending The soy beans into Soy paste.
2.	Pan	For Pan searing the Analogue meat
3.	Pot	for boiling the soaked Soya beans
4.	Steamer	For steam the analogue meat and Oyster Mushroom
5.	Knife	For cutting the ingredife
6.	Cutting board	As the Chopping board
7.	Pot	For boiling the young jackfruit

3.3 Proccesing Method

Meat Analogue:

- First, soak the soybeans in water for 4 hours, and then boil them till its soft. Take them out make sure you didn't take the water. Blend the soybeans till it became a paste and not watery (you can add 10 ml/1 Tbsp of water at the time just to help blending the soy beans)
- Remove the outer skin, and then cut the jack fruit into manageable piece, wash them and then boil them till the sap is gone, take it out and let it cool for a bit. (make sure to coat your knife with oil so that the sap wont stick to your knife.)
- Wash the mushroom for a bit, steam for 3 min and then pat them dry and then shred the mushroom and unripe jackfruit into shreds. Set them aside.
- Mix the jackfruit, mushroom, and soya paste into a bowl, add Xantham gum, cornstarch and seasonings and mix again with hand, shape them into a meat shape and then steam for 22 minutes. (the ratio of Jackfruit, mushroom and soya paste should be 2:2:1)

- Take it out, let it sit for a bit (to remove excess water from the steam) and cook it on a pan with 5ml of oil so it has a bit of browning.

Rendang:

- Cut the beef into square (make sure it's not too small) because this is a meat analogue, it tends to break more easily. Set aside.
- Blend all the ingredients from number 2 and then set aside. (oil if it doesn't blend, make sure it's smooth as possible.)
- Cut the top of the lemongrass, and then bash them, tear the bay leaf and lime leaf into 2 and set aside
- Heat up oil into a wok and saute saute the blended spices (number 2) cook on low heat till it smells nice. Put in the coconut milk, lemongrass, brown sugar, and bayleaf in, bring to boil and then simmer.
- When the water has been reduced into half, add water time to time, make till it's brown when it starts to brown, put in the analogue meat, and cook for a bit more till the meat absorbs the water.

3.4 Flow chart

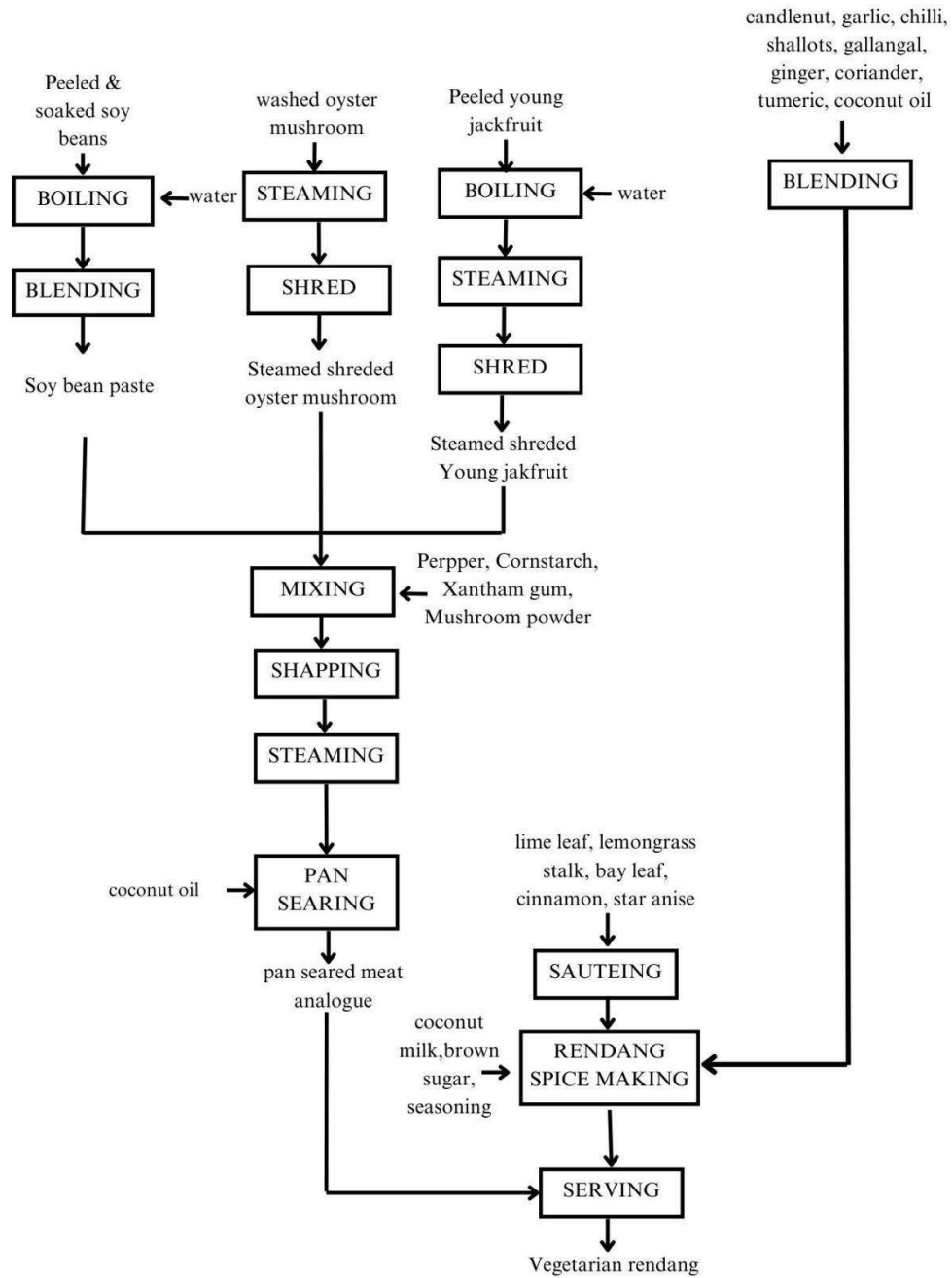


Figure 3. 1 flowchart making unripe jackfruit meat analogue