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APPENDIX

1. Approved Recipe

Recipe Name : HIGH FIBER MEAT ANALOGUE
TITLE OF C&D : "THE UTILIZATION OF UNRIPE JACKFRUIT, OYSTER MUSHROOM, & SOYA PASTE AS ANALOGUE MEAT INGREDIENTS INTO A RENDANG DISH"
Yield : 1-2 portion
Main Ingredients : 80 gr Unripe jackfruit, 80gr of oyster mushroom, & 40gr soya paste
Ingredients :
Analogue Meat:
- 80gr of young jackfruit (shredded by hand) - 2gr of pepper
- 80gr of oyster mushroom (shredded by hand) - 5gr of Xanthan gum
- 40gr of soya beans (paste) - 5ml Oil
- 30 gr of cornstarch - 10 gr of mushroom powder
Rendang:
1.
- 500gr Analogue meat - 50 ml of oil
- 300 ml Thick coconut milk (from an old coconut) - 10gr Brown sugar
2. Blend
- 2 candlenut - 25g of fresh galangal
- 6 cloves of garlic - 25g of fresh turmeric
- 150gr of red chilli (the big ones) - 10gr of coriander
- 12 cloves of shallots - 15gr of salt
- 25g of fresh ginger
3. Spices (Saute)
- 2 pieces of fresh lime leaves - 1 fresh bay leaf
- 1 stalk of Lemongrass (bashed) - 1 piece of turmeric leaf (tied)
- 5cm of cinnamon - 2 star anise

Method :

Meat Analogue

1. First, soak the soya beans in water for 4 hours, and then boil them till its soft. Take them out make sure you didn't the water. Blend the soya beans 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)
2. 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.)
3. Wash the mushroom for a bit, pat them dry and then shred the mushroom and unripe jackfruit into shreds. Set them aside.
4. Mix the jackfruit, mushroom, and soya paste into a bowl, add Xanthan 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)
5. 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.


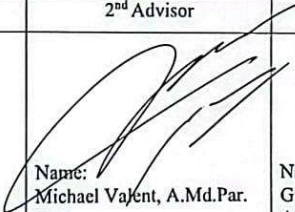

Rendang:

1. Cut the analogue meat into square (make sure it's not too small) because this is a meat analogue, it tends to break more easily. Set aside.
2. Blend all the ingredients from number 2 and then set aside. (add water if it doesn't blend, make sure it's smooth as possible.)
3. Cut the top of the lemongrass, and then bash them, tear the bay leaf and lime leaf into 2 and set aside
4. Heat up oil into a wok and sauté the blended spices (number 2) cook on low heat till it smells nice. Put in the coconut milk, lemongrass, brown sugar, lime and bay leaf in, bring to boil and then simmer.
5. 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.

RECIPE BACKGROUND (50 – 100 WORDS)

Meat analogue is a substitute for all kinds of meat products that is available in the world, there are many kinds of meat analogue that is already made in the world, and one of them is jackfruit. The white color of meat inside the jackfruit can be eaten and especially the unripe has a neutral taste and has this shredded meat like texture. And Rendang as one of Indonesian cuisine usually uses meat with fibers, this is why I would like to make an analogue meat that can be used for Rendang dish as closely as possible in texture and taste so that people that couldn't eat meat whether it's because of their belief, health, or other reason can at least try and enjoy this cuisine.

Student Name : Avril Tiara Linardi
NIM : 2174130010052

1 st Advisor	2 nd Advisor	3 rd Advisor
 Name: Heni Adhianata, S.T.P.,M.Sc Date: 27/03/2023	 Name: Michael Valent, A.Md.Par. Date:	 Name: Gilbert Yanuar Hadiwirawa, A.Md.Par. Date:

2. Approved Sensory



Akademi Kuliner & Patiseri
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INTERNASIONAL
CULINARY ARTS - GASTRONOMY - BAKING & PATISserie ARTS

CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

DATE : 6 April 2023
NAME : Avril Tiara Linardi
NIM : 2174130010052
PRODUCT : Rendang daging analog
ADVISOR : Heni Adhianata, S.T.P., M.Sc


PANELIST	SIGHT	SMELL	TEXTURE	TASTE	TOTAL
Panelist 1	√	√	√	√	√
Panelist 2	√	√	X	√	√
Panelist 3	√	√	√	√	√
Panelist 4	√	√	X	√	√
Panelist 5	√	X	√	√	√
Panelist 6	√	√	X	X	X
Panelist 7	√	√	√	X	√
Panelist 8	√	√	X	X	X
Panelist 9	√	√	X	X	X
Panelist 10	√	√	X	X	X

NOTES

- Usahakan texturnya tidak terlalu lembek
- Kurang mantap. Too oily



3. Consultation Form



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Akademi Kuliner & Pastry

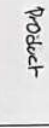



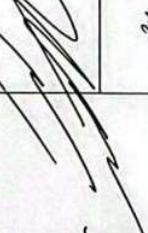

OTTIMMO

INTERNASIONAL

CONSULTATION FORM

CULINARY INNOVATION AND






NEW PRODUCT DEVELOPMENT

No	Date	Topic Consultation	Name/ Signature
1.	15/03/23	Ingredients & Product development	
2.	20/2/23	Processing of meat analogue	
3.	21/3/23	Processing of meat analogue re-treatment	
4.	27/03/23	Finalization for recipe	
5.	27/03/23	Consultation for Meat analogue rendering	
6.	27/03/23	Consultation for Meat analogue rendering	

Name : Amil Tera Wardi

Student Number : 2174130010052

Advisor : Kenji Adhigata, S.P., M.Sc

No	Date	Topic Consultation	Name/ Signature
7.	13/10/23	End Revision Consultation	
8.	13/10/23	End Revision	
9.	13/10/23	End Revision Finalization	
10.	13/10/23	Revision	
11.	13/6/23	Revision (Final)	

4. Systematic Process

- 1) Removing the yung jackfruit outer skin



- 2) Boiling the Jackfruit to remove the sap



- 3) Soaked dried soybeans



4) Boiling the soybeans to make paste



5) Steaming the Oyster Mushroom



6) Combining all of the ingredients to make analogue meat



7) Steaming the analogue meat to bind them



8) Pan searing the analogue meat



9) Cleaning the blended ingredients



10) Cooking the blended ingrediesnt and spices



11) Caramelizing and Browning the Rendang Spice



12) The High fiber vegetarian Rendang meat

