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No	Date	Topic Consultation	Name/Signature
1	4/3/23	Firmness of nugget	[Signature]
2	5/3/23	Adding breadcrumbs and cornstarch volume into making the nugget more firm and compact	[Signature]
3	5/3/23	Adding other main ingredients or not?	[Signature]
4	10/23	Penambahan Tepung untuk nugget veggies	[Signature]
5	10/23	Takaran setiap seasonnya supaya rasanya proporsional dan pas	[Signature]
6	10/23	Hardennya atau cooling adonan bepan kemarin	[Signature]

**APPENDIX**

Name : Jordan Saetjuna  
 Student Number :  
 Advisor : Michael Valent

No	Date	Topic Consultation	Name/Signature
7	10/23	Pengecekan oke judul Tata Tulis	[Signature]
8	10/23	Pertanyaan resep supaya lebih profesional rasa nugget tsb.	[Signature]
9	10/23	Perjuangan Text Hal mering	[Signature]
10	10/23	Pembetulan cara sumbuar Heading Title dan References tools	[Signature]

RECIPE : Vegetarian Nugget Analog  
C&D TITLE : The use of vegetarian ingredients to replace meat products to make vegetarian nuggets  
YIELD : 10  
MAIN INGREDIENTS : Enoki mushroom, Oyster mushroom, Tofu and Eggplant

INGREDIENTS:

- 100g Enoki mushrooms
- 250g Oyster mushrooms
- 225g Tofu
- 65g Eggplant
- 3-4 cloves Fresh Garlic
- 71g Fresh Onion
- 24ml Tomato Ketchup
- 3g crushed Black pepper
- 2-3g Paprika powder
- 4g Mushroom stock powder
- 3-4g All Purpose seasoning powder
- 20ml Water
- 10-20g Flour
- 25g Cornstarch
- 7-10g Breadcrumbs

METHOD:

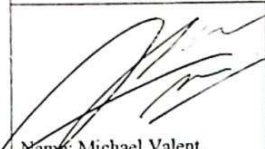


1. Using a cloth, dry the enoki and oyster mushrooms (if possible until no amount of water left but a little amount of water would still be fine)
2. Prepare the eggplant (usually 2-4 slices from an eggplant are equivalent to 65g of eggplant used), chop the onions and garlic till soft but not until paste (texture is still needed)
3. The wet seasoning consists of the mix of ketchup, crushed black pepper, paprika powder, mushroom stock powder and the all-purpose seasoning powder
4. The dried enoki and oyster mushrooms as well as the 65g of eggplant is then steamed for 7-10 minutes
5. The tofu is cut too very thin slices and then deep fried or shallow fried until it is very dry but not burnt
6. As for the chopped garlic and onions, they are then sauteed until onions are clearly cooked but the garlic may come in later and the garlic would be best sauteed till golden brown
7. Both sauteed garlic and onion may now go into the wet mix from step #3

8. Take out the steamed eggplant and mushrooms and dry again until most of the water comes out
9. Blend the mushrooms, eggplant, wet mix, the deep-fried tofu until it becomes soft of shape
10. Take out the soft blended mushrooms, eggplant, wet mix and deep-fried tofu and mix with 2-3 tbsp of cornstarch and 7g of breadcrumbs
11. After mixing with the cornstarch and breadcrumbs, it is then steamed again for 20-30 minutes
12. After the duration of the steam is done, wait until the steamed product is room temperature as it will also strengthen the bonds to not fall off
13. During cooling off, prepare water and flour
14. The water and flour are used to coat the nuggets with breadcrumbs
15. The products are then breaded and ready to be deep-fried
16. Product is ready to be served

RECIPE BACKGROUND:

Nuggets, everyone knows and probably even have these products stocked at home. Usually, people who stock these nuggets are usually nuggets that are made of meat and furthermore are similar to that of the fast-food nuggets sold. This vegetarian nugget analog, in contrast, have different nutrition facts than that of fast-food nuggets. This nugget contains of main ingredients of mainly mushrooms, tofu and eggplant; so, basically it is vegetarian. This product, in addition, has lower calories and more nutritional health benefits than the other nuggets that used meat as their base. In percentage, the comparison between lean chicken breast and the mushrooms, the mushrooms have 6% lower calories, 4% lower fats, 39% lower cholesterol, 10% higher in fiber and also higher percentages of carbs which helps refill the energy needed for the body more for activities. People, mostly enjoy fast-food because the methods used, which is frying and grilling. By cooperating the use of frying, nuggets came to high ends in the market. However, there are demands which asks for foods that can be enjoyed but are healthy. The product, vegetarian nugget analog, meets all that. By using vegetables and the use of cooking methods that people mostly like, this will likely be enjoyed since it is healthy but also demanding like that of fast-food nuggets.

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 Name: Michael Valent, A.Md.Par. Date:	 Name: Heni Adhianata, S.T.P.,M.Sc Date:	 Name: Yohanna Prasetio, S.Sn,A.Md.Par Date:



Akademi Kuliner & Patiseri  
**OTTIMMO**  
INTERNASIONAL

## CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT SENSORY TEST

**DATE** : 10 April 2023  
**NAME** : Jordan Oliver Soetikno  
**NIM** : 2174130010058  
**PRODUCT** : Vegetarian nugget analog  
**ADVISOR** : Michael Valent, A.Md.Par.

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

**NOTES** :

- More saltiness please
- Enak





## Cooking Process Documentation

- 1) All ingredients and Cloth drying the enoki and oyster mushroom



- 2) Onion and garlic chopping



- 3) Wet seasoning mix (ketchup, black pepper powder, paprika powder, mushroom powder and the all-purpose seasoning powder)



- 4) Squeezed enoki and oyster and then steam with eggplant for 7-10 minutes to tenderize the meat



- 5) Tofu cut to thin slices then deep fry the tofu





6) Sautee the garlic and onion until golden brown



7) Mix the sauteed garlic and onion into the wet seasoning



8) Take out the steamed eggplant and mushrooms and let it cool off



- 9) Blend all the ingredients with the corn-starch, deep fried tofu and all-purpose flour.



- 10) Steam for 25-30 minutes after grinding all the ingredients





11) Cool off after steam



12) Prepare water and flour mixture (batter)



13) Coat the steamed product with the batter and finish with the breadcrumbs



14) Deep-fry the nuggets





15) Serve

