

CHAPTER III METHODS

3.1 Time and Place

Culinary innovation and Product development was done from march to september 2023 at culinary kitchen and baking pastry kitchen, Ottimmo Internasional.

3.2 Ingredients and Utensils

3.2.1 Ingredients

The ingredients and functions of the ingredients used in this study presented in table 3.1

Table 3. 1 Ingredients for Vegan Nugget

No	Ingredients	Quantity	Function
1	TVP	100gr	Meat substitute
2	Wheat gluten flour	16gr	Chewy texture
3	Nutritional yeast	8gr	Seasoning
4	Potato starch	16gr	Binding agent
5	Flour	120gr	Coating
6	Dried thyme	29gr	Aromatics
7	Paprika powder	7gr	Seasoning
8	Ginger powder	5gr	Seasoning
9	Onion powder	10gr	Seasoning
10	Garlic powder	10gr	Seasoning
11	Blackpepper	10gr	Seasoning
12	Soy milk	73gr	Coating
13	Water	500gr	Stock
14	Mushroom powder	25gr	Seasoning
15	Salt and sugar	10gr	Seasoning

16	White pepper	5gr	Seasoning
17	Young Jackfruit	350gr	Meat substitute
18	Silken tofu	59gr	Binding agent
19	Tapioca starch	32gr	Binding agent
20	Celery	40gr	Aromatics
21	Onion	170gr	Aromatics
22	Carrot	130gr	Aromatics
23	Garlic	2 cloves	Aromatics
24	Ground nutmeg	8gr	Aromatics
25	Dried rosemary	24gr	Aromatics
26	Leeks	40gr	Aromatics
27	Dried oregano	24gr	Aromatics

1. Ingredients for Vegan nugget
 - 100gr tvp (textured vegetable protein)
 - 16gr wheat gluten
 - 8gr nutritional yeast
 - 16gr potato starch
 - 350gr young jackfruit
 - 32gr tapioca starch
 - 59gr silken tofu
 - 5gr white pepper
 - 5gr garlic powder
 - 5gr onion powder
2. Ingredients for coat
 - 120gr flour
 - 5gr salt
 - 5gr dried thyme
 - 7gr paprika powder
 - 5gr ginger powder
 - 5gr onion powder
 - 5gr black pepper
 - 73gr soy milk
3. Ingredients for stock
 - 40gr of celery
 - 40gr of leeks
 - 170gr onion
 - 130gr carrot
 - 2 cloves of garlic
 - 500gr water
 - 25gr mushroom powder

- 8gr ground nutmeg
- 24gr dried thyme
- 24gr dried rosemary
- 24gr dried oregano

3.2.2 Utensils

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

Table 3. 2 Utensils for Vegan Nugget

No	Utensils	Function
1	Big bowl	Mixing dough
2	Blender	To make the vegan fat
3	Chopper	To make the tvp smaller
4	Spatula	To mix the dough
5	Deep fryer	To fry the nugget
6	Small container	To freeze the nugget
7	Sauce pan	To boil the stock
8	Peeler	To peel the carrot
9	Knife	To cut ingredients
10	Scale	Measuring water

3.3 Processing Methods

The processing methods of this study are presented below:

1. Soak tvp with water for about 30 minutes, set aside.
2. Mash the tofu and the tapioca starch.
3. Cut the celery, carrots, leeks, and onion, sautee on a sauce pan for about 7 minutes until caramelized.
4. Add 500ml of water, boil and simmer for 30 minutes.
5. Combine the tvp, jackfruit, and the dry seasonings (thyme, rosemary, nutmeg, salt, sugar, white pepper, garlic powder, onion powder) into the stock. Boil until the liquid is fully absorbed.
6. Mix the nugget ingredients and the tofu mixture.
7. Shape and put into freezer until firm.
8. Take the nugget from the freezer and coat.
9. Deep fry until golden brown (around 7 minutes).
10. Serve.

3.4 Flow Chart

The flowchart of processing methods is presented in figure 3.1

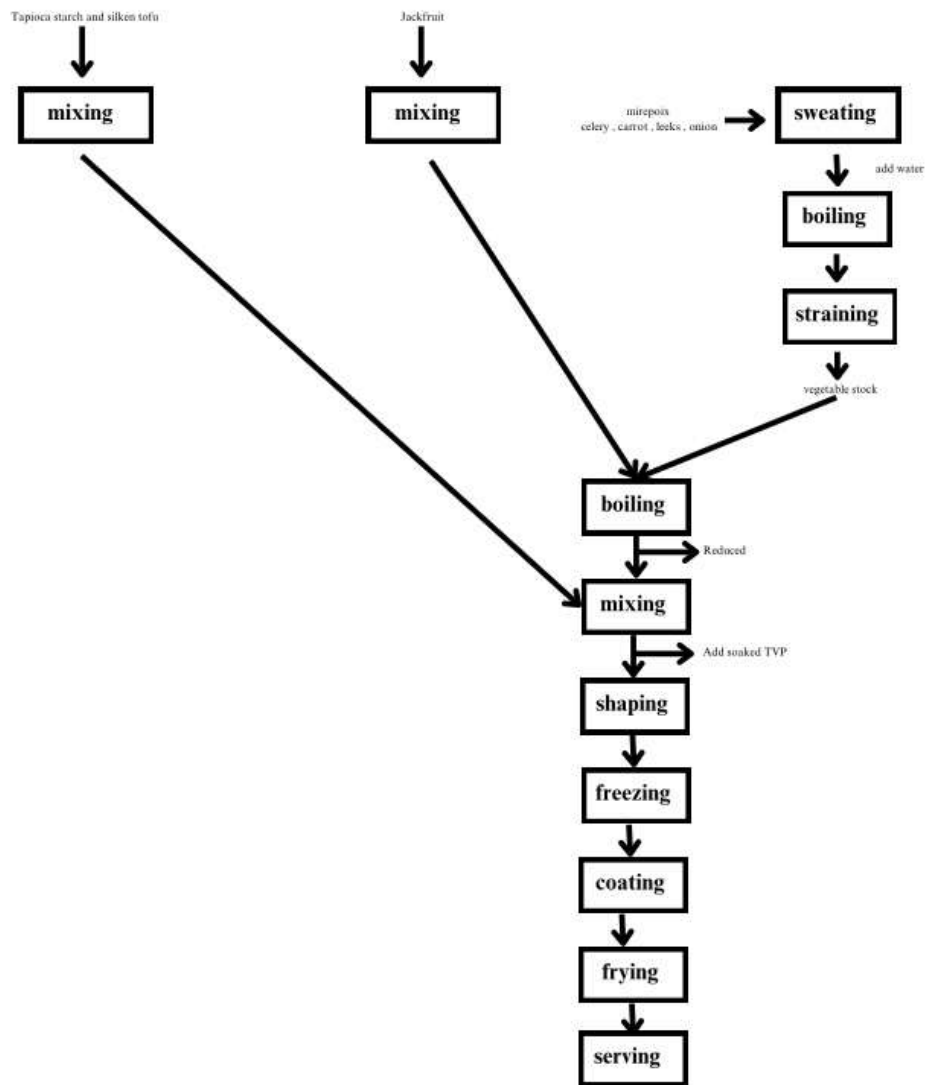


Figure 3. 1 Flowchart Vegan Nugget