

CHAPTER III

METHODS

3.1 Time and Place

Culinary innovation and Product development was done from March to May 2023 at apartment 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 for Red Beans Porridge With Pine Nuts Milk Sauce

No	Ingredients	Quantity	Function
1	Pine nuts	30 g	Main ingredient
2	Water for pine nuts	250 ml	Complement ingredient
3	Red Beans	150 g	Main Ingredients
4	Brown sugar	20 g	Flavouring
5	Salt	2 tsp	Flavouring
6	Water	500 ml	Pine nuts
7	Starch	15 g	Complement ingredient

1. Ingredients for Red Beans Porridge

- Red Beans 150 g
- Water 500 ml
- Brown Sugar 100 g
- Salt 1 tsp
- Starch 10 g

1. Ingredients for Pine Nuts Milk Sauce

- Salt ¼ tsp
- Pine Nuts 30 g
- Starch 5 gr
- Water 250 ml

3.2.2 Utensils

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

3.2

Table 3. 2 Utensils for Red Beans Porridge With Pine Nuts Milk Sauce

No	Utensils	Function
1	Sauce pot	Making red beans porridge, coconut milk sauce
2	Measuring cup	Measuring water, and milk
3	Digital Scales	Weighing ingredients
4	Milk Filter	Filtering pine nuts milk
5	Blender	Blending pine nuts
6	Tea spoon	Measuring the ingredients
7	Spatula	Mixing ingredients
8	Bowl	Temporary place for pine nuts milk, and other ingredients
9	Measuring Spoon	Measuring ingredients

3.3 Processing Methods

The processing method of this study are presented below:

1. Soak red beans and pine nuts overnight
2. Boil the red beans with 500 ml of water and a little salt for approximately 2 hours, until the red beans are soft
3. While waiting for the red beans to boil, blend the pine nuts into the blender with 250 ml of water
4. strain the pine nuts with a milk filter
5. Boil pine nuts with 1/4 tsp salt, after the salt has dissolved, add 5 grams of starch dissolved in water while stirring until the texture thickens.
6. Don't forget to check the red beans by stirring occasionally
7. If the red beans are soft, add 100 grams of brown sugar, then stir until dissolved and evenly distributed
8. When the brown sugar has dissolved, add 10g of starch dissolved in water while stirring continuously until the texture thickens.
9. Put the red bean porridge into a bowl and top with pine nuts milk sauce
10. Red beans porridge with pine nuts milk sauce is ready to be served

3.4 Flow Chart

The flowchart of processing method is presented in Figure 3.1.

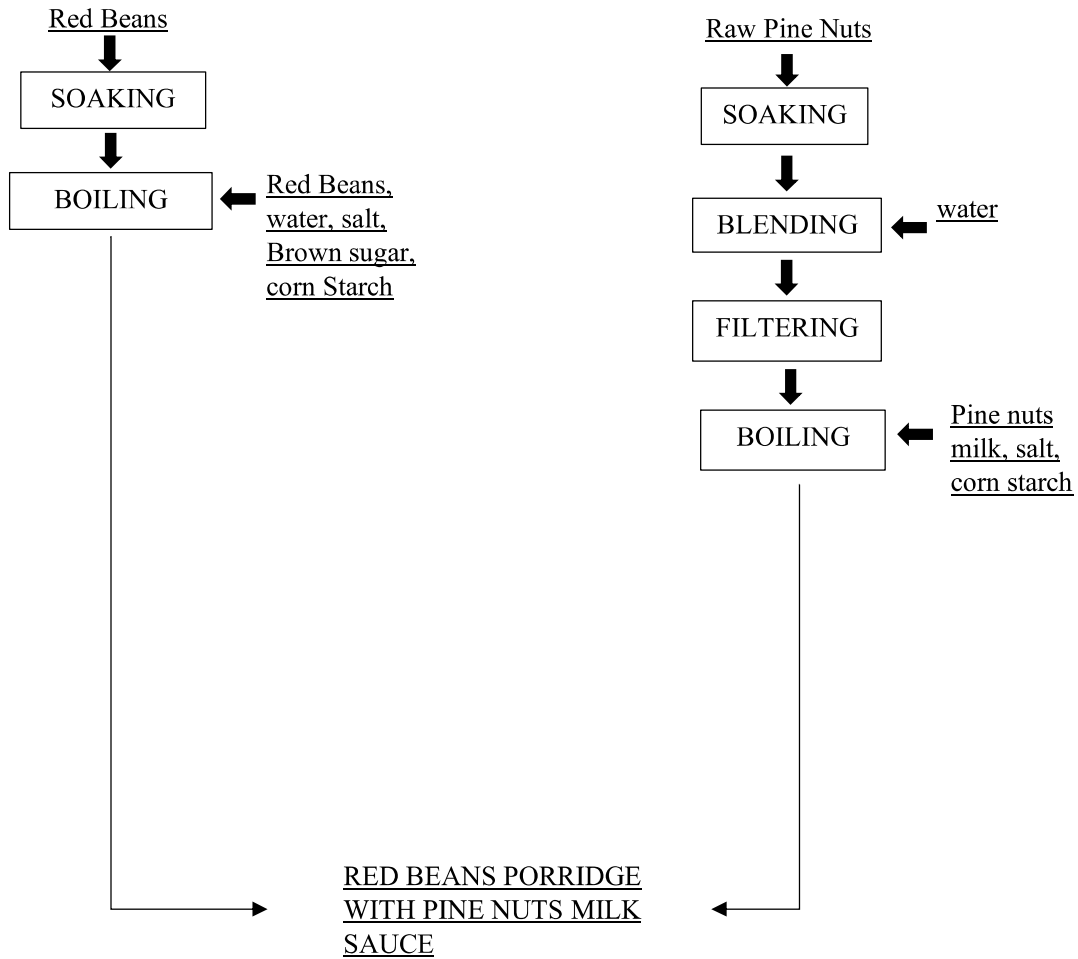


Figure 3. 1 Flowchart Red Beans Porridge With Pine Nuts Milk Sauce