

CHAPTER III

METHODS

3.1 Time and Place

Culinary innovation and product development was done from March to April 2023 at my home kitchen.

3.2 Ingredients and Utensils

3.2.1 Ingredients

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

Table 3. 1 Ingredients for Ground Duck Meat

No	Ingredients	Quantity	Function
1	Ground duck meat	300 gr	Base for meatballs
2	Pepper	2,5 gr	Seasoning
3	Garlic	10 gr	Seasoning
4	Shallots	10 gr	Seasoning
5	Egg	60 gr	Bind the dough and give it softness
6	Tapioca flour	60 gr	Binder for the dough and gives it a chewy texture.
7	Ice cubes	80 gr	Maintain the temperature of the dough and give it elasticity.
8	Salt	2,5 gr	Seasoning
9	Baking powder	2,5 gr	Leavening agent

3.2.2 Utensils

The utensils and function used in this study presents in the table 3.2.

Table 3. 2 Utensils for Ground Duck Meat

No	Utensils	Function
1	Blender/Chopper/Mabe	Grind garlic, shallots, pepper, baking powder, salt, and ice cubes.
2	Bowl	Mix ground duck meat with wet ingredients and tapioca flour.
3	Pot	Boil water and cook meatballs
4	Spoon	Mix the dough and form meatball balls.
5	Strainer	Set aside water after boiling the meatballs

3.3 Processing Methods

The processing method of this study are presented below:

1. First, put the garlic, shallots, pepper, baking powder, salt, and 60 grams of ice cubes into the blender. Blend all these ingredients until smooth and well-mixed.
2. Prepare ground duck meat in a bowl. Pour the wet seasoning mixture (result from step 1) into the bowl with the ground duck. Mix the ground duck meat with the wet spices until evenly distributed.
3. After that, add tapioca flour and remaining ice cubes to the mixture of ground duck meat and wet spices. Tapioca flour is used as a binder for the dough, while the ice cubes help keep the temperature of the dough cool and give the meatballs a chewy texture. Stir well until all the ingredients are well mixed.
4. Next, put the whole eggs into the mixture and stir well until the eggs are well mixed into the meatball mixture.
5. Boil water in a pot. After the water boils, lower the heat into medim low heat. The goal is to keep the water still hot but not boiling, to help keep the meatballs shape.

6. Form the dough into small balls according to the desired size. Take some of the meatball dough using a spoon or hands, then round it with your hands to form small balls. Do this step until all the dough is used up.
7. After the meatball balls are formed, put the meatballs into the hot water that was prepared beforehand. Make sure the water is hot enough when you add the meatballs. Cook meatballs in medium high heat until cooked. At this point, the meatballs will float to the surface of the water when they are done.
8. Finally, after the meatballs float, continue to boil the water for some additional time so that the meatballs are cooked as a whole. The cooking time for the meatballs may vary depending on the size of the meatballs and desired consistency. Make sure the meatballs are cooked by checking for firmness and texture.

After the meatballs are cooked, remove the meatballs from the hot water and drain. Ground duck meatballs are ready to be served as a delicious dish. Meatballs can be served with broth, noodles, vegetables, or other accompaniments according to taste. Enjoy!

3.4 Flow Chart

The flowchart of processing methods is presented in figure 3.1.

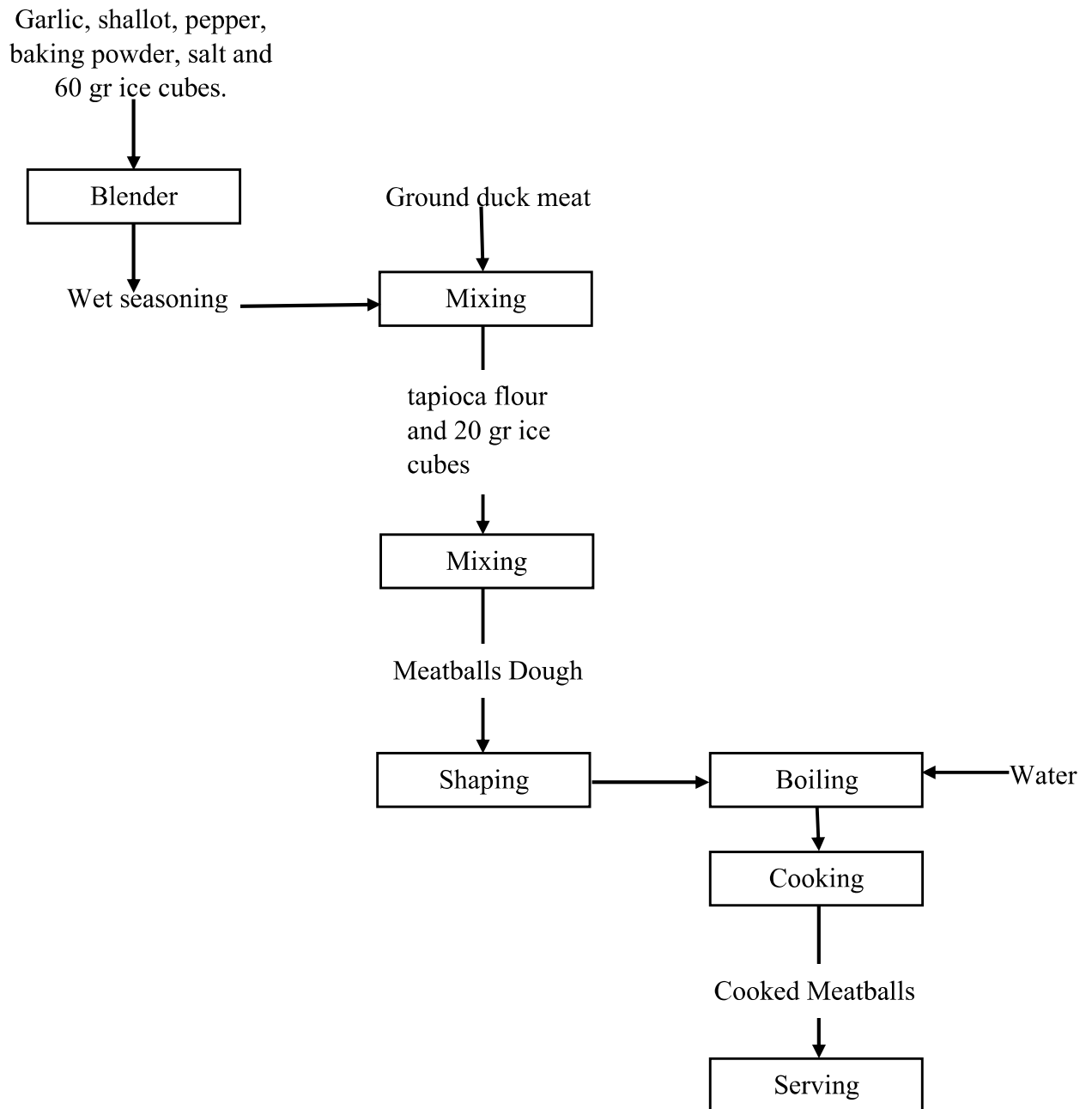


Figure 3. 1 Flow Chart