Aditya

9.2

30/09/2012

DT – Ikan Colo-Colo

**PRODUCT EVALUATION**

1. Create the expected food profile , Ibu Lisa assessment, and your self-assessment. For cooking group, create the surveyed food profile.
2. Compare the all different types of food profile. What can you conclude?

From the four charts, the numbers were generally very standard. The highest number was 4 and that was from the demonstration food. For the rest of the charts, it only consists of 3 and below. From this I can conclude that the food that our group cooked and the one that the demonstration group cooked wasn’t that great. The reason to this is because the numbers didn’t even surprassed 3 or 4. This means that all of us didn’t really cooked our best for the ikan colo-colo. Next time we should work harder with the frying and the grilling. Espacially with the *sambel.*

1. What could you do differently?

Next time in the future, there are few changes we can do to improve our cooking. For the first part, grilling the fish, we should have less flipped the fish when we grill it. We should also had added more margarin/oil to the fish so it won’t be sticky. The second part is frying the fish, it is in the texture. In the texture, we should have increased the heat and time to increase the taste of the fish. The last part is the *sambal*, the texture and taste could be improved. The core problem was boiling the ingridients before it gets grind. Also during the grinding process, we should use more strength so the *sambal* will taste better.

**PROCESS EVALUATION**

1. Did you face any problem while cooking? List them! (Preparation, Cooking Demo/Cooking, Survey/self assessment)

The cooking process was divided into three parts: grilling the fish which includes cleaning and marinating it, frying the fish and making the *sambel*. I was in charge to make the sambel, and there certainly was problems while I did it. In the begining, it wasn’t too hard. I just had to peel and slice spices, these were skills I learned. However I then had to crush it with stone. That was very difficult because I have never done that in my life. In the end even the taste of the *sambal* wasn’t that satisfying, it was too sweet. I then learn from Bu Lisa the key to crush the spices into the *sambal* is to crush the spices in a circular manner. So rotate the stone. Also we should practise more because practise makes perfect.

1. What should the cooking demo group do differently? What should you do differently?

For the cooking demo group, there wasn’t any problems at all. They explained it with detail about the cooking process and the preparation. Espacially during the cleaning of the fish. Eventhough it was really disgusting to watch, they were able to show us clearly. One thing that they didn’t explain was the technique to crush the spices into the *sambal*. How we should have rotated the rock when we crush it. If they told us that, our *sambal* would have tasted better. One more thing that was how they said to fry the fish for only 5 minutes. Actually we could have fried it as long as we can, we should be the one to choose when to flip or finish frying. Knowing this, those two things are the things that we will do differently next time. If I crush the spices in a circular manner and if we fry it to our desire, our dish will taste better.

1. Could you apply anything from the experience for future cooking activity?

Yes we could apply the skills we learn from this cooking activity for future activities. Skills like cleaning the insides of a fish and *ngulek* are very distinct skills which can be used to various Indonesian food. Besides the skills that we learn, values like perseverance and cooperation can also be useful. Perseverance was definitely showed as I crushed the spices, personally it was difficult for me. I wasn’t sure how long it would take until the *sambal* was actually made. As for cooperation, we had to work together as a team to complete the dish.

**IMPACT OF THE PROJECT**

1. From the original recipe or the planning, List skills and vocabularies that you learned through the cooking!

Vocabulary

* Sambal kenari
* Bara api
* Teh terasi

Skill

* Using a knife to peel onions and other spices
* Frying and grilling fish
* *Ngulek*
* Cleaning the fish
* Marinating
1. How the project will benefit you and others?

The project will be able to benefit others and ourselves because even the skills learned during the cooking is useful. For people who aren’t from Indonesia, they will learn the traditional method to produce *sambal*. Generally we all will learn to clean the fish, the way to take their insides. It is disgusting, but required to complete the dish. There are other benefits like gaining knowledge on Indonesian cuisine. Espacially on the fish area. This project have definitely benefitted me because I learned a new skill which was *ngulek*. As for others I believe they will also learn knew stuff if they happen to cook this dish.