

## Quality Ingredients Selection In Making Demiglace Sauce In Hot Kitchen: An Exploration Study At STP AMPTA Yogyakarta

<sup>1</sup>Imanakisa, <sup>2</sup>Sri Larasati, <sup>3</sup>Enny Karmin, <sup>4</sup>Sidig Widagda, <sup>5</sup>Gunawan Yulianto

<sup>1</sup>Sekolah Tinggi Pariwisata AMPTA Yogyakarta

<sup>1</sup>[imanakisa16@gmail.com](mailto:imanakisa16@gmail.com)

<sup>2</sup>Sekolah Tinggi Pariwisata AMPTA Yogyakarta

<sup>2</sup>[rasatisri54@gmail.com](mailto:rasatisri54@gmail.com)

<sup>3</sup>Sekolah Tinggi Pariwisata AMPTA Yogyakarta

<sup>3</sup>[enny.karmin@gmail.com](mailto:enny.karmin@gmail.com)

<sup>4</sup>Sekolah Tinggi Pariwisata AMPTA Yogyakarta

<sup>4</sup>[Sidiq\\_pw@yahoo.com](mailto:Sidiq_pw@yahoo.com)

<sup>5</sup>Sekolah Tinggi Pariwisata AMPTA Yogyakarta

<sup>5</sup>[gjulianto99@gmail.com](mailto:gjulianto99@gmail.com)

### KEYWORDS

cooking techniques; demiglace sauce; hot kitchen; quality food

### ABSTRACT

This article aims to explore the role of selecting quality food ingredients in making demiglace sauce in STP AMPTA hot kitchen. Demiglace sauce, as one of the basic sauces in Western cuisine, requires high-quality ingredients to achieve optimal taste and texture. This study uses a qualitative method with an exploratory approach, involving direct observation and in-depth interviews with chefs and students of STP AMPTA. The research results show that choosing quality food ingredients, such as fresh beef bones, organic vegetables and selected spices, greatly influences the result of the demiglace sauce. Besides that, proper cooking techniques, such as roasting the bones and slowly reducing the liquid, also play an important role in the process of making this sauce. Choosing the right ingredients and correct cooking techniques not only affects the quality of the final product but also improves students' skills and knowledge in the culinary field. It is hoped that this research becomes a reference for culinary educational institutions and practitioners in the food industry to improve the quality and standards in making demiglace sauce. In addition, these findings also can contribute to improving the quality of culinary education in Indonesia and provide new insights for chefs and students in creating high quality culinary products.

### INTRODUCTION

The global culinary industry has grown rapidly in recent decades, with an increasing focus on the quality of raw materials, flavor innovation, and precision cooking techniques. Sauces, as an essential element in culinary arts, play a crucial role in enhancing the taste and appearance of a dish. Among the various types of sauces available, demiglace sauce is one of the basic sauces in French cuisine which is famous for its complexity and depth of flavor. Research by Wardana (2020) shows that demiglace is often used as a base for various derivative sauces because of its rich flavor that can enrich the main dish. Demiglace sauce is usually used in high-end restaurants and requires high skills in its preparation (Widodo & Harmono, 2022:45).

Demiglace sauce is made through a long reduction process of beef or beef bone broth combined with aromatic vegetables such as carrots, onions, and celery, as well as the addition of red wine and spices. This process creates a thick and rich sauce, which is a characteristic of classic European cuisine. According to research by Susanti and Kurniawan (2021), the use of fresh and high-quality ingredients in making base sauces, including demiglace, can significantly improve the flavor and aroma profile. The quality of demiglace sauce is not only determined by the processing technique, but also by the selection of quality ingredients

used (Santoso & Hartono, 2021:102). The quality of raw materials such as beef bones is very important in making demiglace sauce. Research conducted by Aditya and Setiawan (2019) shows that bones with high collagen content, such as thigh bones or joint bones, are highly recommended because they can produce thicker and richer broth. The collagen contained in the bones will dissolve during the slow cooking process, forming gelatin which gives the sauce a soft and thick texture. In addition, a study by Lestari and Budiman (2020) showed that fresh and properly selected bones contribute to the clarity and depth of flavor of the resulting broth (Nugroho & Dewi, 2023:67). The use of low-quality or non-fresh beef bones can produce cloudy and less flavorful broth, which ultimately affects the quality of the resulting demiglace (Fajar & Amelia, 2022:55).

This study will explore more deeply the selection of quality ingredients and processing techniques in making demiglace sauce at Hot Kitchen, STP AMPTA Yogyakarta. This approach is supported by research by Aryani and Suharto (2022), which highlights the importance of exploratory studies in understanding the dynamics of ingredient selection in professional kitchens. Using an exploratory study approach, this study aims to identify factors that influence ingredient selection, including economic aspects, quality, and taste preferences, and how they are applied in the context of culinary education. This study will also evaluate the impact of ingredient quality on the taste, aroma, texture, and stability of the resulting demiglace sauce (Widyastuti & Hadi, 2024:64). Thus, this study is expected to contribute to the development of knowledge about the importance of selecting quality ingredients in culinary arts, especially in making classic sauces such as demiglace. The results of this study are also expected to be a reference for culinary industry players in Indonesia in improving the quality standards of their products, as well as for educational institutions in equipping students with relevant and up-to-date knowledge and skills (Nugroho & Dewi, 2023:72). A study by Lestari (2023) also supports the idea that culinary education must continue to evolve to follow the trends and needs of an increasingly competitive industry.

## **METHOD**

This study used a qualitative approach to understand the complex phenomena related to the selection of quality ingredients and processing techniques in making demiglace sauce in the kitchen of STP AMPTA Yogyakarta. This research was conducted at STP AMPTA Yogyakarta, a higher education institution that focuses on tourism and hospitality, including culinary programs. This case study is exploratory, meaning that this study aims to determine the criteria for selecting quality raw materials in making demiglace sauce in the hot kitchen of STP AMPTA Yogyakarta, and it gives new insights that emerge from the interactions and practices that occur in the Hot Kitchen (Ridlo, U, 2023: 32). The population and sample of this study consist of key informants, namely the chef in the kitchen of STP AMPTA Yogyakarta and the kitchen staff at STP AMPTA Yogyakarta as the additional informants who were selected because of their significant knowledge, experience, and involvement in the learning process and culinary practices at the Hot Kitchen. This study specifically focused on one main aspect in making demiglace sauce, the selection of quality ingredients. This study explored the criteria and considerations used in selecting quality ingredients in the Hot Kitchen, including factors such as freshness, type, and origin of the ingredients. The qualitative approach allows the use of several data collection methods to obtain a holistic picture of the phenomenon being studied. The data collection technique in this study is by participatory observation, semi-structured interviews will be conducted with lecturers, students, and kitchen staff to dig deeper into their experiences, considerations used in selecting ingredients, and techniques applied and this document study is useful for understanding the theoretical framework and practical guidelines used in Hot Kitchen and ensuring that culinary practices are in accordance with expected standards (Chatra, M. A., Achjar, K. A. H., & others, 2023: 55). This study uses data triangulation by combining observation, interviews, and document studies to increase the validity and credibility of the findings. This triangulation aims to ensure that the data obtained is consistent and represents the phenomena that occur in the field (Sugiyono, 2017: 241-245). The data analysis method used is the Millies and Hubberman (1994) approach. The research approach developed by Miles and Huberman

(1994:10-14) involves three main steps in qualitative data analysis: data reduction, data presentation, and drawing conclusions/verification.

## RESULTS AND DISCUSSION

### Identification of Material Needs and Specifications

The observation results show that the kitchen staff of STP AMPTA Yogyakarta can identify the needs and specifications of quality ingredients in making demiglace sauce. The hot kitchen of STP AMPTA Yogyakarta also has its own specifications in selecting demiglace sauce ingredients. A Chef in the kitchen of STP AMPTA Yogyakarta stated about ingredient identification:

*Whatever we buy in the store is odorless, so the smell is still the smell of meat or bones, so it's still fresh. Then for the mirepoix, such as carrots, onions and leeks, it's also guaranteed to be fresh and not rotten. (Chef STP AMPTA Yogyakarta)*

The kitchen staff stated about the ingredient specifications:

*Usually, if we talk about the specifications of the material, we already have specifications, for example, we want to practice or what we need is bone marrow? We usually convey it to the supplier according to the specifications we need. The fresh ones still smell of meat. (Kitchen staff STP AMPTA Yogyakarta)*

Based on the above explanation, the kitchen staff and chefs of the STP AMPTA Yogyakarta hot kitchen know very well about the identification and specifications of quality ingredients in making demiglace sauce. Including the selection of bones and mirepoix which are indeed as the basic ingredients in making demiglace sauce.

### Determining the source or supplier of materials

STP AMPTA Yogyakarta hot kitchen is very careful in choosing suppliers, based on the researcher's interview with one of the chefs of STP AMPTA kitchen Yogyakarta hot kitchen:

*The supplier must know the ingredients. We also have to know, for example, when buying meat, if you say tenderloin at the market, they won't know it's tenderloin, if at the market it's A1 meat, so where do we look for the supplier? Oh, in the market, that means if at the market we say A1, for example, if the supplier is R&B, we just say Aussie. So, for example, if we get a random supplier, we cancel it because if the goods arrive in good condition and are fresh, now it's different, the size is also the same, we ordered the long one, but the short one arrived, even though we all listed it, for example, the price of a kilo of carrots, the price of the long one and the small one are usually different, so that's why they are from the supplier looking for profit, so they choose the short one, so we as buyers give clear specifications, so carrots are long, meat number 1, meat number 2. Meat number 1 is usually tenderloin at the market, if number 2 is sirloin. (Chef STP AMPTA Yogyakarta)*

Based on the explanation of a chef in the kitchen of STP AMPTA Yogyakarta, they are very careful in choosing suppliers to be their kitchen ingredient suppliers. Suppliers must be consistent and good in choosing ingredients according to the specifications given by the kitchen of STP AMPTA Yogyakarta.

### **Physically Inspection Material**

Checking the quality of the ingredients directly is very important. The physical condition of the ingredients is checked to ensure their freshness and that they meet the desired standards. For example, quality meat should be brightly colored and not slimy, while vegetables should be fresh, free from damage, and brightly colored. Based on the researcher's interview with one of the kitchen staff, they checked all the ingredients before use:

*Yes, in the STP AMPTA hot kitchen, we always evaluate every time something comes in or before it is used, we check first whether the material is still suitable for use or not. (Kitchen Staff STP AMPTA Yogyakarta)*

Based on the explanation above, the STP AMPTA hot kitchen always checks the quality of the ingredients before use or when they first arrive.

### **Evaluate the quality of the ingredients based on purchase specification standards**

Using the Standard Purchase Specification (SPS) to evaluate the ingredients. SPS helps ensure the consistency of the quality of the raw materials received. SPS includes information such as size, weight, packaging, and shipping conditions of the ingredients. Based on the researcher's interview with one of the chefs in the STP AMPTA hot kitchen, they always use the Standard Purchase Specification reference:

*Yes, the reference is SPS, not only in the STP Ampta hot kitchen that uses the SPS reference in emitting the quality of the ingredients, even in hotels. (Chef STP AMPTA Yogyakarta)*

Based on the explanation above, Hot Kitchen STP AMPTA uses the Standard Purchase Specification reference or can be called a standard purchase specification to evaluate incoming materials or those to be used.

### **Pay attention to the shipping and storage conditions of the material**

The quality of the material is also influenced by the storage and shipping conditions. Make sure the material is stored at the appropriate temperature and in adequate hygienic conditions. Based on the results of the researcher's interview with one of the kitchen staff at Hot Kitchen STP AMPTA. It seems that they pay close attention to the conditions of the shipment or when the goods arrive and are stored:

*The ingredients must automatically be dried first, for example, carrots are removed from the roots and spring onions are also removed from the roots, carrots, onions must be 5 degrees. But don't wash them, if you wash them, they will rot quickly. Then the delivery, there must be good transportation that is adequate to send the ingredients to the STP AMPTA kitchen. (Kitchen Staff STP AMPTA Yogyakarta)*

Based on the explanation, it is clear that STP AMPTA's hot kitchen pays close attention to the delivery and storage of materials. They also pay attention to adequate supplier transportation to send goods.

### **Price negotiation with suppliers**

In addition to quality, price is also an important factor. Negotiation with suppliers to get the best price without sacrificing quality is very necessary. Based on the results of the researcher's interview with one of the chefs in the STP AMPTA Yogyakarta kitchen, they negotiated the price in great detail once a week:

*So if they raise the price high, we complain, why is the price so much, for example, like that, so the discussion to determine the price is every week. So we still check the notes they give. (Chef STP AMPTA Yogyakarta)*

Based on the explanation above, the STP AMPTA Yogyakarta hot kitchen is very detailed in negotiating prices and even always checks the notes periodically and always negotiates the price per week.

### **Consider aspects of food safety and legality**

Make sure the selected ingredients meet applicable food safety standards and regulations. This is important to avoid problems that will occur. Based on the results of the researcher's interview with one of the chefs in the STP AMPTA Hot Kitchen, they pay attention to food safety and legality such as halal and BPOM:

*For BPOM and halal, we use all of them that have halal certificates, so for liquid seasonings, the halal logo is also listed and there is no pork processing and so on which is indeed not recommended. This is a public kitchen so there is no pork processing and so on. (Chef STP AMPTA Yogyakarta)*

Based on the explanation above, the STP AMPTA hot kitchen always uses ingredients that have halal certification and are also BPOM certified so that the safety aspect will be guaranteed.

### **Obstacles obtained**

According to the research results, there are obstacles in selecting quality ingredients at the STP AMPTA Yogyakarta Hot Kitchen. Especially from suppliers who often replace employees who buy ingredients for the STP AMPTA Yogyakarta kitchen. Researchers got information from one of the kitchen staff:

*It's clear, it's clear there are many. Because the name of the supplier is they have subordinates and then the subordinates always change every time A changes to B, they also lack bonding from there. So we as buyers must be really detailed, the specifications must be clear when ordering. (Kitchen Staff STP AMPTA Yogyakarta)*

Based on the explanation above, there are obstacles from suppliers who change employees too often so that the communication that is established does not end well. In purchasing materials, the kitchen staff of STP AMPTA Yogyakarta must always explain in detail.

## **CONCLUSION**

This study revealed that Hot Kitchen STP AMPTA Yogyakarta has mastered the technique of selecting quality materials, such as identifying materials and also material specifications, which makes the materials at Hot Kitchen STP AMPTA Yogyakarta always maintain their quality. Determining suppliers is also very careful so that the quality of the materials is maintained. However, there are obstacles such as suppliers who always change employees so that the STP AMPTA Yogyakarta kitchen staff cannot establish good cooperation and communication.

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