

7. LAMPIRAN

LAMPIRAN 1. Hasil pengujian SPSS

7.1. Uji Normalitas

7.1.1. Vitamin C

Tests of Normality

waktu	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
vitC_sayur 0_menit	.199	9	.200 [*]	.864	9	.107
5_menit	.113	9	.200 [*]	.960	9	.799
10_menit	.173	9	.200 [*]	.911	9	.323
15_menit	.139	9	.200 [*]	.978	9	.953
20_menit	.171	9	.200 [*]	.941	9	.594
25_menit	.268	9	.061	.847	9	.070
30_menit	.125	9	.200 [*]	.942	9	.608
35_menit	.188	9	.200 [*]	.951	9	.699
40_menit	.201	9	.200 [*]	.946	9	.644
45_menit	.116	9	.200 [*]	.971	9	.905
50_menit	.265	9	.068	.853	9	.080
55_menit	.197	9	.200 [*]	.926	9	.446
60_menit	.190	9	.200 [*]	.935	9	.532

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

Tests of Normality

waktu	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
vitC_air 0_menit	.151	9	.200 [*]	.971	9	.906
5_menit	.186	9	.200 [*]	.892	9	.208
10_menit	.136	9	.200 [*]	.979	9	.959
15_menit	.251	9	.107	.854	9	.082
20_menit	.206	9	.200 [*]	.860	9	.097
25_menit	.204	9	.200 [*]	.911	9	.324
30_menit	.250	9	.112	.844	9	.063
35_menit	.251	9	.107	.862	9	.100
40_menit	.240	9	.143	.872	9	.131
45_menit	.195	9	.200 [*]	.882	9	.164
50_menit	.183	9	.200 [*]	.919	9	.385
55_menit	.147	9	.200 [*]	.927	9	.453
60_menit	.225	9	.200 [*]	.864	9	.107

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

7.1.2. Aktivitas Antioksidan

Tests of Normality

waktu	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Antioksidan_sayur 0_menit	.190	9	.200*	.926	9	.444
5_menit	.195	9	.200*	.964	9	.836
10_menit	.197	9	.200*	.932	9	.501
15_menit	.195	9	.200*	.933	9	.512
20_menit	.260	9	.080	.920	9	.390
25_menit	.155	9	.200*	.938	9	.556
30_menit	.201	9	.200*	.924	9	.424
35_menit	.117	9	.200*	.989	9	.994
40_menit	.256	9	.091	.932	9	.505
45_menit	.152	9	.200*	.953	9	.722
50_menit	.163	9	.200*	.914	9	.342
55_menit	.236	9	.157	.932	9	.503
60_menit	.246	9	.122	.865	9	.107

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

Tests of Normality

waktu	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Antioksidan_air 0_menit	.125	9	.200*	.981	9	.967
5_menit	.174	9	.200*	.939	9	.574
10_menit	.148	9	.200*	.953	9	.727
15_menit	.211	9	.200*	.941	9	.597
20_menit	.181	9	.200*	.966	9	.862
25_menit	.200	9	.200*	.925	9	.436
30_menit	.256	9	.091	.881	9	.159
35_menit	.146	9	.200*	.958	9	.774
40_menit	.157	9	.200*	.922	9	.409
45_menit	.142	9	.200*	.979	9	.961
50_menit	.233	9	.171	.888	9	.192
55_menit	.215	9	.200*	.926	9	.442
60_menit	.143	9	.200*	.966	9	.858

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

7.1.3. Tekstur

Tests of Normality

waktu	Kolmogorov-Smirnov ^a			Shapiro-Wilk			
	Statistic	df	Sig.	Statistic	df	Sig.	
hardness_daun	0_menit	.218	9	.200*	.873	9	.131
	5_menit	.140	9	.200*	.947	9	.662
	10_menit	.177	9	.200*	.901	9	.261
	15_menit	.171	9	.200*	.930	9	.484
	20_menit	.192	9	.200*	.931	9	.495
	25_menit	.119	9	.200*	.966	9	.861
	30_menit	.172	9	.200*	.922	9	.406
	35_menit	.141	9	.200*	.945	9	.638
	40_menit	.214	9	.200*	.891	9	.204
	45_menit	.163	9	.200*	.963	9	.832
	50_menit	.144	9	.200*	.964	9	.835
	55_menit	.214	9	.200*	.946	9	.651
60_menit	.122	9	.200*	.985	9	.985	

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

Tests of Normality

waktu	Kolmogorov-Smirnov ^a			Shapiro-Wilk			
	Statistic	df	Sig.	Statistic	df	Sig.	
hardness_balang	0_menit	.251	9	.109	.931	9	.493
	5_menit	.147	9	.200*	.954	9	.731
	10_menit	.195	9	.200*	.922	9	.407
	15_menit	.147	9	.200*	.953	9	.720
	20_menit	.238	9	.152	.839	9	.056
	25_menit	.263	9	.074	.861	9	.097
	30_menit	.144	9	.200*	.934	9	.516
	35_menit	.151	9	.200*	.966	9	.854
	40_menit	.202	9	.200*	.892	9	.209
	45_menit	.187	9	.200*	.910	9	.317
	50_menit	.150	9	.200*	.960	9	.801
	55_menit	.146	9	.200*	.935	9	.528
60_menit	.159	9	.200*	.953	9	.718	

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

7.1.4. Warna

Tests of Normality

waktu	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
warna_L 0_menit	.101	45	.200*	.955	45	.076
5_menit	.108	45	.200*	.957	45	.093
10_menit	.131	45	.051	.954	45	.073
15_menit	.115	45	.163	.955	45	.076
20_menit	.128	45	.062	.950	45	.052
25_menit	.071	45	.200*	.971	45	.326
30_menit	.122	45	.088	.956	45	.085
35_menit	.097	45	.200*	.958	45	.102
40_menit	.131	45	.053	.960	45	.118
45_menit	.081	45	.200*	.981	45	.645
50_menit	.105	45	.200*	.962	45	.152
55_menit	.118	45	.133	.964	45	.175
60_menit	.116	45	.153	.973	45	.382

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

Tests of Normality

waktu	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
warna_B 0_menit	.118	45	.131	.956	45	.085
5_menit	.077	45	.200*	.966	45	.201
10_menit	.125	45	.075	.956	45	.088
15_menit	.110	45	.200*	.951	45	.056
20_menit	.127	45	.068	.965	45	.183
25_menit	.095	45	.200*	.951	45	.055
30_menit	.083	45	.200*	.950	45	.052
35_menit	.097	45	.200*	.951	45	.054
40_menit	.111	45	.200*	.976	45	.467
45_menit	.054	45	.200*	.984	45	.777
50_menit	.085	45	.200*	.966	45	.206
55_menit	.068	45	.200*	.970	45	.293
60_menit	.071	45	.200*	.964	45	.169

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

7.1.5. Kadar Air

Tests of Normality

waktu	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
kadar_air						
0_menit	.144	9	.200*	.948	9	.673
5_menit	.233	9	.172	.905	9	.283
10_menit	.146	9	.200*	.960	9	.795
15_menit	.175	9	.200*	.944	9	.621
20_menit	.202	9	.200*	.945	9	.631
25_menit	.125	9	.200*	.951	9	.701
30_menit	.147	9	.200*	.969	9	.886
35_menit	.176	9	.200*	.932	9	.504
40_menit	.172	9	.200*	.914	9	.345
45_menit	.184	9	.200*	.939	9	.571
50_menit	.117	9	.200*	.988	9	.993
55_menit	.220	9	.200*	.937	9	.554
60_menit	.152	9	.200*	.955	9	.750

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

7.2. Uji Homogenitas

7.2.1. Vitamin C

Test of Homogeneity of Variances

vitC sayur

Levene Statistic	df1	df2	Sig.
1.416	12	104	.171

Test of Homogeneity of Variances

vitC air

Levene Statistic	df1	df2	Sig.
1.490	12	104	.139

7.2.2. Aktivitas Antioksidan

Test of Homogeneity of Variances

Antioksidan sayur

Levene Statistic	df1	df2	Sig.
1.822	12	104	.054

Test of Homogeneity of Variances

Antioksidan air

Levene Statistic	df1	df2	Sig.
1.266	12	104	.250

7.2.3. Tekstur

Test of Homogeneity of Variances

hardness daun

Levene Statistic	df1	df2	Sig.
1.780	12	104	.061

Test of Homogeneity of Variances

hardness batang

Levene Statistic	df1	df2	Sig.
1.800	12	104	.057

7.2.4. Warna

Test of Homogeneity of Variances

warna L

Levene Statistic	df1	df2	Sig.
1.633	12	572	.079

Test of Homogeneity of Variances

warna B

Levene Statistic	df1	df2	Sig.
1.660	12	572	.072

7.2.5. Kadar Air

Test of Homogeneity of Variances

kadar air

Levene Statistic	df1	df2	Sig.
1.686	12	104	.080

7.3. Uji One-Way Anova

7.3.1. Vitamin C

ANOVA

vitC sayur

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	199.203	12	16.600	57.409	.000
Within Groups	30.072	104	.289		
Total	229.276	116			

vitC_sayur

Duncan^a

waktu	N	Subset for alpha = 0.05								
		1	2	3	4	5	6	7	8	9
60_menit	9	3.1634								
55_menit	9	3.4912	3.4912							
45_menit	9		3.7713	3.7713						
50_menit	9		3.8597	3.8597						
40_menit	9			4.0968	4.0968					
30_menit	9			4.3041	4.3041					
35_menit	9				4.4390					
25_menit	9					4.9563				
20_menit	9					5.1628	5.1628			
10_menit	9						5.5932	5.5932		
15_menit	9							5.9197		
5_menit	9								6.4634	
0_menit	9									7.9897
Sig.		.199	.174	.056	.207	.417	.092	.201	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 9.000.

ANOVA

vitC air

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	23.514	12	1.959	7.280	.000
Within Groups	27.991	104	.269		
Total	51.505	116			

vitC_air

Duncan^a

waktu	N	Subset for alpha = 0.05					
		1	2	3	4	5	6
0_menit	9	1.4354					
5_menit	9	1.5248					
15_menit	9	1.7013	1.7013				
10_menit	9	1.7024	1.7024				
20_menit	9	1.8217	1.8217	1.8217			
25_menit	9	1.9387	1.9387	1.9387	1.9387		
35_menit	9		2.2222	2.2222	2.2222	2.2222	
30_menit	9			2.2818	2.2818	2.2818	
40_menit	9				2.3998	2.3998	2.3998
50_menit	9				2.4297	2.4297	2.4297
45_menit	9					2.5179	2.5179
55_menit	9					2.7396	2.7396
60_menit	9						2.8719
Sig.		.074	.059	.088	.076	.066	.088

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 9.000.

7.3.2. Aktivitas Antioksidan

ANOVA

Antioksidan sayur

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	194.877	12	16.240	17.937	.000
Within Groups	94.158	104	.905		
Total	289.034	116			

Antioksidan_sayur

Duncan^a

waktu	N	Subset for alpha = 0.05					
		1	2	3	4	5	6
60_menit	9	6.6878					
55_menit	9	6.8568	6.8568				
50_menit	9	7.2353	7.2353				
45_menit	9	7.5577	7.5577	7.5577			
40_menit	9	7.6235	7.6235	7.6235			
30_menit	9		7.6998	7.6998			
35_menit	9		7.7335	7.7335			
25_menit	9			8.3651	8.3651		
20_menit	9			8.3857	8.3857		
15_menit	9				9.1004	9.1004	
5_menit	9					9.4631	
10_menit	9					9.5422	
0_menit	9						11.5558
Sig.		.064	.090	.110	.125	.358	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 9.000.

ANOVA

Antioksidan air

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	168.629	12	14.052	50.652	.000
Within Groups	28.853	104	.277		
Total	197.482	116			

Antioksidan_air

Duncan^a

waktu	N	Subset for alpha = 0.05								
		1	2	3	4	5	6	7	8	9
0_menit	9	3.7695								
5_menit	9		4.6269							
15_menit	9		5.0101	5.0101						
10_menit	9		5.1276	5.1276						
20_menit	9			5.4161	5.4161					
25_menit	9				5.7540	5.7540				
30_menit	9					6.1003	6.1003			
35_menit	9						6.3224	6.3224		
40_menit	9							6.6940		
50_menit	9								7.2427	
45_menit	9								7.3471	
55_menit	9								7.5317	7.5317
60_menit	9									7.8663
Sig.		1.000	.058	.126	.177	.166	.373	.138	.277	.181

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 9.000.

7.3.3. Tekstur

ANOVA

hardness daun

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	667116.418	12	55593.035	15.864	.000
Within Groups	364458.317	104	3504.407		
Total	1031574.734	116			

hardness_daun

Duncan^a

waktu	N	Subset for alpha = 0.05						
		1	2	3	4	5	6	7
60_menit	9	203.1257						
50_menit	9	213.7459	213.7459					
55_menit	9	227.4567	227.4567					
45_menit	9	252.7288	252.7288	252.7288				
35_menit	9	263.3306	263.3306	263.3306	263.3306			
40_menit	9	264.8317	264.8317	264.8317	264.8317			
30_menit	9		273.6795	273.6795	273.6795			
25_menit	9			298.3252	298.3252	298.3252		
15_menit	9			311.9797	311.9797	311.9797		
20_menit	9				324.9655	324.9655		
10_menit	9					336.8159		
5_menit	9						394.1148	
0_menit	9							488.9657
Sig.		.054	.061	.065	.054	.214	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 9.000.

ANOVA

hardness batang

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	4.366E7	12	3638245.521	23.071	.000
Within Groups	1.640E7	104	157701.114		
Total	6.006E7	116			

hardness_batang

Duncan^a

waktu	N	Subset for alpha = 0.05											
		1	2	3	4	5	6	7	8	9			
60_menit	9	2073.4717											
55_menit	9	2127.5422	2127.5422										
50_menit	9	2172.6086	2172.6086	2172.6086									
40_menit	9		2505.3221	2505.3221	2505.3221								
45_menit	9			2535.4009	2535.4009								
35_menit	9				2711.8645	2711.8645							
20_menit	9					2942.4229	2942.4229						
30_menit	9					2942.4517	2942.4517						
25_menit	9					3070.3868	3070.3868						
15_menit	9						3203.7536	3203.7536					
10_menit	9							3563.7553	3563.7553				
5_menit	9								3834.6221	3834.6221			
0_menit	9										4030.9220	4030.9220	
Sig.		.622	.058	.069	.303	.083	.209	.057	.151		.297		

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 9.000.

7.3.4. Warna

ANOVA

warna L

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	7655.911	12	637.993	150.286	.000
Within Groups	2428.257	572	4.245		
Total	10084.168	584			

warna_L

Duncan^a

waktu	N	Subset for alpha = 0.05											
		1	2	3	4	5	6	7	8	9	10	11	
5_menit	45	65.3347											
0_menit	45		66.4298										
10_menit	45			67.8258									
15_menit	45				68.7607								
20_menit	45					70.5967							
25_menit	45					70.9311							
30_menit	45						72.2260						
35_menit	45						72.6809	72.6809					
40_menit	45							73.4467	73.4467				
50_menit	45								74.2582	74.2582			
45_menit	45									74.8922	74.8922		
55_menit	45										76.5069	76.5069	
60_menit	45											77.3836	77.3836
Sig.		1.000	1.000	1.000	1.000	.442	.295	.078	.062	.145	1.000	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 45.000.

ANOVA

warna_B

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	251.358	12	20.946	1.618	.082
Within Groups	7403.167	572	12.943		
Total	7654.525	584			

warna_B

Duncan^a

waktu	N	Subset for alpha = 0.05		
		1	2	3
0_menit	45	33.6740		
5_menit	45	34.3164	34.3164	
20_menit	45	34.4529	34.4529	34.4529
15_menit	45	34.5433	34.5433	34.5433
10_menit	45	34.8767	34.8767	34.8767
40_menit	45	35.0573	35.0573	35.0573
35_menit	45	35.1849	35.1849	35.1849
25_menit	45	35.2438	35.2438	35.2438
30_menit	45	35.3936	35.3936	35.3936
50_menit	45		35.4678	35.4678
45_menit	45		35.7078	35.7078
55_menit	45		35.8253	35.8253
60_menit	45			36.1140
Sig.		.055	.101	.069

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 45.000.

7.3.5. Kadar Air

ANOVA

kadar_air

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	5.856	12	.488	11.487	.000
Within Groups	4.418	104	.042		
Total	10.274	116			

kadar_air

Duncan^a

waktu	N	Subset for alpha = 0.05			
		1	2	3	4
0_menit	9	96.6867			
5_menit	9	96.8489			
10_menit	9		97.0444		
15_menit	9		97.0600		
20_menit	9		97.0711		
30_menit	9		97.1956	97.1956	
25_menit	9		97.2044	97.2044	
50_menit	9			97.2844	97.2844
35_menit	9			97.3156	97.3156
40_menit	9			97.3400	97.3400
45_menit	9			97.3644	97.3644
55_menit	9				97.4378
60_menit	9				97.4911
Sig.		.098	.147	.133	.064

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 9.000.

7.4. Uji Beda (*Independent-Sample T-test*)

Vitamin C, aktivitas antioksidan, tekstur, dan kadar air sawi putih

Group Statistics

	perlakuan	N	Mean	Std. Deviation	Std. Error Mean
vitC_sayur	"segar"	9	13.0774	.77279	.25760
	"0_menit"	9	7.9897	.74168	.24723
AO_sayur	"segar"	9	14.9510	.85157	.28386
	"0_menit"	9	11.5558	1.13418	.37806
tekstur_batang	"segar"	9	5009.7036	360.52552	120.17517
	"0_menit"	9	4030.9220	295.96860	98.65620
tekstur_daun	"segar"	9	775.3332	219.10085	73.03362
	"0_menit"	9	488.9657	75.60307	25.20102
kadar_air	"segar"	9	95.7089	.49387	.16462
	"0_menit"	9	96.6867	.24187	.08062

		Independent Samples Test								
		Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
vitC_sayur	Equal variances assumed	.108	.747	14.250	16	.000	5.08778	.35704	4.33089	5.84467
	Equal variances not assumed			14.250	15.973	.000	5.08778	.35704	4.33078	5.84477
AO_sayur	Equal variances assumed	1.326	.266	7.181	16	.000	3.39514	.47276	2.39293	4.39736
	Equal variances not assumed			7.181	14.845	.000	3.39514	.47276	2.38655	4.40374
tekstur_batang	Equal variances assumed	.123	.731	6.295	16	.000	978.78159	155.48350	649.17130	1308.39188
	Equal variances not assumed			6.295	15.415	.000	978.78159	155.48350	648.15196	1309.41122
tekstur_daun	Equal variances assumed	10.100	.006	3.707	16	.002	286.36746	77.25931	122.58504	450.14987
	Equal variances not assumed			3.707	9.878	.004	286.36746	77.25931	113.93542	458.79949
kadar_air	Equal variances assumed	4.653	.047	-5.334	16	.000	-.97778	.18331	-1.36637	-.58919
	Equal variances not assumed			-5.334	11.629	.000	-.97778	.18331	-1.37859	-.57697

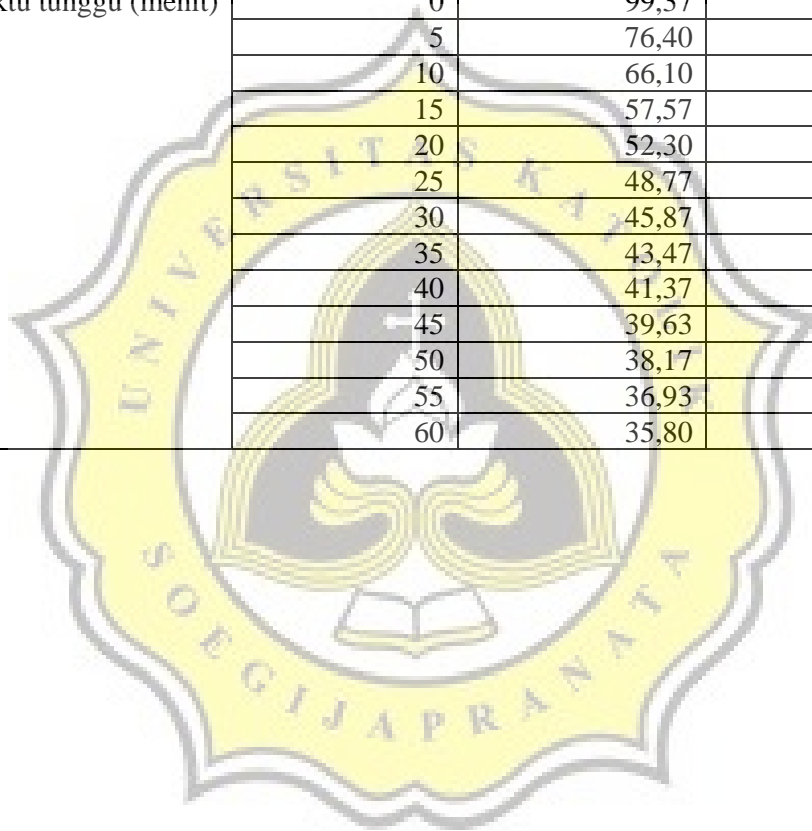
Warna sawi putih

Group Statistics					
perlakuan 1		N	Mean	Std. Deviation	Std. Error Mean
warna_L	"segar"	45	81.5102	1.24478	.18556
	"0_menit"	45	66.4298	2.11707	.31559
warna_b	"segar"	45	22.1624	2.28405	.34049
	"0_menit"	45	33.6740	4.31577	.64336

		Independent Samples Test								
		Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
warna_L	Equal variances assumed	11.411	.001	41.192	88	.000	15.08044	.36610	14.35289	15.80800
	Equal variances not assumed			41.192	71.175	.000	15.08044	.36610	14.35048	15.81041
warna_b	Equal variances assumed	21.983	.000	-15.815	88	.000	-11.51156	.72790	-12.95810	-10.06501
	Equal variances not assumed			-15.815	66.855	.000	-11.51156	.72790	-12.96451	-10.05860

LAMPIRAN 2. Tabel suhu perebusan

		Rata-rata suhu (°C)	Standar deviasi
	air mendidih	99,67	0,06
	air+sayur	91,30	0,26
Waktu perebusan (menit)	1	98,93	0,15
	2	99,17	0,06
	3	99,27	0,06
	4	99,30	0,10
	5	99,37	0,06
Waktu tunggu (menit)	0	99,37	0,06
	5	76,40	1,18
	10	66,10	1,28
	15	57,57	2,74
	20	52,30	1,30
	25	48,77	0,85
	30	45,87	1,27
	35	43,47	1,20
	40	41,37	1,00
	45	39,63	0,95
	50	38,17	0,90
	55	36,93	0,76
	60	35,80	0,79



LAMPIRAN 3. Hasil observasi cara pemasakan

Tempat	Jenis Pemasakan	Jenis Sayur	Ukuran Pemotongan	Jumlah Sayur	Jumlah Air	Waktu Pemasakan
RM. Bakso Lapangan Tembak, Mall Ciputra	Perebusan Cap cay kuah	-Sawi putih -Sawi hijau -Sayuran lain (wortel, jagung muda, kembang kol)	-dipotong melintang menjadi 2 bagian kemudian dipotong membujur ± 3 cm ± 4 cm	± 6 gr/ jenis sayur hingga ± 72 gr	± 500 ml	5 menit
RM. Bintang Laut, Jl. Brumbungan no. 74	Penumisan -Ca sawi putih -Ca sawi hijau	-Sawi putih -Sawi hijau	-dipotong melintang menjadi 2 bagian kemudian dipotong membujur ± 5 cm ± 5cm	± 150 gr ± 180 gr	± 500 ml	5 menit
Steamboat, DP Mall	Perebusan -Steamboat	-Sawi putih -Sawi sendok -Kembang kol	± 4 cm ± 4 – 5 cm ± 3,5 cm	± 30 gr ± 100 gr ± 30 gr	± 500 ml	4-5 menit
RM. Kelapa Gading, Jl. Gajah Mada no. 85A	Perebusan -Cap cay kuah	-Sawi putih	-dipotong melintang menjadi 2 bagian kemudian	± 40 gr/ jenis sayur	± 600 ml	2-3 menit

		-Sawi hijau -Sayuran lain (kembang kol, kubis, brokoli)	dipotong membujur ± 5 cm ± 5 cm			
RM. Tio Chiu 77, Jl. Gang Warung no. 110 – 112	Perebusan -Cap cay kuah	-Sawi putih -Sawi hijau -Sayuran lain (kembang kol, kubis, wortel)	-dipotong melintang menjadi 2 bagian kemudian dipotong membujur ± 3 cm ± 4 cm	± 10 gr/ jenis sayur hingga ± 120 gr	± 500 ml	2-3 menit







