

# **RESEARCH AND DEVELOPMENT FINAL PROJECT**

## **PAPRIKA CURD**

**(High Mineral Product for Developing Bones & Connective Tissues)**



**BY**

**DENY CHANDRA  
1574130010061**

**STUDY PROGRAM OF CULINARY ART  
AKADEMI KULINER DAN  
PATISERI OTTIMMO INTERNASIONAL  
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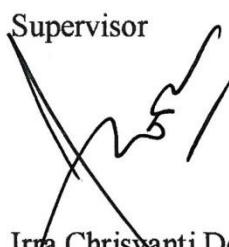
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**“PAPRIKA CURD”**

Arranged by :

DENY CHANDRA (1574130010061)

Approved by:

Supervisor

  
Irma Chrisyanti Dewi,  
S.Pd., M.S.M  
NIP. 197812011702028

Examiner I

  
Heni Adhianata, STP.,  
MSc.  
NIP. 199006131402016

Examiner II

  
Asri P.W, STP., M.Sc  
NIP. 198910261402017

Director Akademi Kuliner  
dan Patiseri OTTIMMO Internasional



Zaldy Iskandar, B.Sc  
NIP. 19731025 1201 001

Head of Study Program  
Culinary Art Akademi Kuliner dan  
Patiseri OTTIMMO Internasional



Irma Chrisyanti Dewi, S.Pd., M.S.M  
NIP. 197812011702028

## **PREFACE**

As a part of the Ottimmo Diploma Curriculum, we are required to do a Research and Development as Final Project. We describe the part of ingredients, production methods, nutrition value, and so on. Besides as a graduation requirements, this project help us to improve our knowledge in Culinary Art. Not only about taste but also considering nutrition value and market section.

Finally, I would like to thank our head lecture Mr. Zaldy Iskandar, Ms. Irra Chrisyanti Dewi, and Mrs Diana for their help in making of this project.

## **EXECUTIVE SUMMARY**

Bell pepper is widely used by people in culinary since long time ago. It is known because of the taste and strong aroma. Bell pepper is categorized as *Capsicum annuum* species and usually we see the green, yellow, and red colour. According to George Mateljan (2007), red bell pepper contains several good amounts of antioxidant, vitamin, and mineral. So in this product, we try to serve it without losing any of the nutrients away because bell pepper can lose some of it if it cooked in particular way.

But what main nutrients we offered from this product is the manganese content both from bell pepper and also chickpeas. The manganese content both in bell pepper and chickpeas are used for mineral absorption and maintain healthy bones which good for kids who in growth period and adults for maintaining healthy bones. Since the ingredients are easy to find, we hope can sell this product with reasonable price. The price will cost around Rp.16.000 each 150 grams and it may different if using different bell pepper colour instead the red one.

## TABLE OF CONTENT

<b>COVER .....</b>	i
<b>SIGNATURE PAGE .....</b>	ii
<b>PREFACE.....</b>	iii
<b>EXECUTIVE SUMMARY.....</b>	iv
<b>TABLE OF CONTENT .....</b>	v
<b>LIST OF PICTURE .....</b>	vii
<b>LIST OF TABLE .....</b>	viii
<b>CHAPTER I.....</b>	1
1.1 Background.....	1
1.2 Objective.....	2
<b>CHAPTER II.....</b>	3
2.1 Product Description .....	3
2.2 Materials and Equipment .....	3
2.2.1 Scale.....	3
2.2.2 Bowl.....	3
2.2.3 Knife .....	4
2.2.4 Cutting Board.....	4
2.2.5 Stove .....	4
2.2.6 Sauce Pan .....	4
2.2.7 Flexible Rubber Spatula.....	5
2.2.8 Blender.....	5
2.2.9 Clean Thin Cloth.....	5
2.2.10 Red Bell Pepper .....	5
2.2.11 Chickpeas .....	6
2.2.12 Chicken Stock .....	6
2.2.13 Salt .....	6
2.3 Production Method.....	7
2.3.1 Standard Operational Procedures (SOP).....	7
2.3.2 Procedure .....	8
2.3.3 Hygiene and Sanitation Procedures .....	9
2.4 Nutrition Value.....	10
2.4.1 Red Bell Pepper .....	10
2.4.2 Chickpeas .....	11
2.4.3 Chicken Stock .....	12
2.4.4 Salt .....	12
2.4.5 Nutrition Value .....	13
2.5 HACCP .....	14
<b>CHAPTER III .....</b>	15
3.1 Marketing Strategy.....	15
3.1.1 Introduction of Industry .....	15
3.1.2 Short Term Objective.....	15
3.1.3 Long Term Objective .....	15
3.1.4 Opportunity .....	15

3.2 Market Environment Analysis .....	16
3.2.1 Industrial Analysis .....	16
3.2.1.1 Threat of New Entry.....	16
3.2.1.2 Supplier Power .....	16
3.2.1.3 Buyer Power.....	16
3.2.1.4 Threat of Substitution.....	16
3.2.1.5 Competitive Rivalry .....	17
3.3 Marketing Strategies .....	17
3.3.1 Segmentation, Targeting, Positioning.....	17
3.3.2 Marketing Mix .....	18
3.3.2.1 Product .....	18
3.3.2.2 Price.....	18
3.3.2.3 Promotion.....	19
3.3.2.4 Productivity .....	19
3.3.3 TOWS Matrix .....	19
3.3.4 Competitive Advantage .....	20
3.4 Human Resource Management .....	20
3.4.1 External Influence .....	20
3.4.1.1 LU and government.....	20
3.4.1.2 Demographic .....	20
3.4.1.3 Economy.....	20
3.4.2 Internal Influence .....	21
3.4.2.1 Work Procedure.....	21
3.4.2.2 Organization Culture .....	21
3.4.2.3 Working Environment.....	21
<b>CHAPTER IV .....</b>	<b>22</b>
4.1 Cost of Production .....	22
4.1.1 Variable Cost .....	22
4.1.2 Overhead Cost.....	23
4.2 Fixed Cost .....	23
4.3 Break Even Point (BEP).....	23
<b>CHAPTER V .....</b>	<b>25</b>
5.1 Conclusion .....	25
5.2 Suggestion .....	25
<b>REFERENCE .....</b>	<b>26</b>
<b>APPENDIX .....</b>	<b>27</b>
A. Packaging & Logo Product .....	27
B. Recipe .....	28

## **LIST OF PICTURE**

Picture 1. Paprika Curd .....	3
Picture 2. Digital Scale.....	3
Picture 3. Stainless Bowl .....	3
Picture 4. Knife .....	4
Picture 5. Cutting Board.....	4
Picture 6. Stove .....	4
Picture 7. Sauce Pan.....	4
Picture 8. Rubber Spatula.....	5
Picture 9. Belnder.....	5
Picture 10. Thin Cloth.....	5
Picture 11. Red Bell Pepper .....	5
Picture 12. Chickpeas.....	6
Picture 13. Chicken Stock .....	6
Picture 14. Salt .....	6
Picture 15. Standard Operational Procedures Chart.....	7
Picture 16. Soaked Chickpeas .....	8
Picture 17. Separating the pulp and liquid .....	8
Picture 18. The Pulp.....	8
Picture 19. Thickening the liquid .....	9
Picture 20. Final Product.....	9
Picture 21. Red Bell Pepper Nutrition Facts .....	10
Picture 22. Chickpeas Nutrition Facts.....	11
Picture 23. Chicken Stock Nutrition Facts .....	12
Picture 24. Salt Nutrition Facts .....	12
Picture 25. Positioning Map.....	18
Picture 26. TOWS Matrix .....	19
Picture 27. Packaging.....	26
Picture 28. Logo .....	26

## **LIST OF TABLE**

Table 1. Each 100g ingredients nutrition fact.....	13
Table 2. Nutrition fact for each recipe.....	13
Table 3. Nutrition fact for each 100g of product.....	14
Table 4. Variable Cost.....	21
Table 5. Overhead Cost.....	22
Table 6. Fixed Cost.....	22