

RESEARCH AND DEVELOPMENT FINAL PROJECT

“ THE VEGETARIAN “

(Vegetarian Mango Tofu Cheese Cake)

Mango and Tofu as Main Source of Dietary Fiber, Vitamins and Minerals



By :

Digna Thea Damara Gunawan

1574 1300 100 018

AKADEMI KULINER DAN PATISERI

OTTIMMO INTERNASIONAL

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Arranged by :

Digna Thea Damara Gunawan

Approved by :

Examiner I

Heni Adhianata, STP.,
M.Sc
NIP. 19900613 014 016

Examiner II

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

Supervisor

Asri P.W, STP., M.Sc
NIP. 19891025 1402 015

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

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

Director Academy
Akademi Kuliner dan Patiseri
OTTIMMO Internasional

Zaldy Iskandar, B. Sc
NIP. 19731025 1201 001

PREFACE

As a part of the Diploma Curriculum and in order to gain practical knowledge in the field of Patisserie, we are required to make a Research and Development as Final Project. In this project report we have included detail of ingredients, cooking methods, nutrition facts, marketing strategy, and also product calculation.

Doing this project report helped us to calculate our knowledge regarding the work in the attitude of consumer towards this new product, whether it can be acceptable or not.

Finally, we would like to thank our lecture Mr. Zaldy Iskandar, and Ms . Diana for their help in supervise our product and making this report.

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EXECUTIVE SUMMARY

Mango fruit is rich in pre-biotic dietary fiber, vitamins, minerals, and *poly-phenolic flavonoid* antioxidant compounds. Mango fruit also an excellent source of Vitamin-A. Consumption of natural fruits rich in carotenes is known to protect from lung and oral cavity cancers. It is also an excellent source of vitamin-B6 (pyridoxine), vitamin-C and vitamin-E. Consumption of foods rich in vitamin-C helps the body develop resistance against infectious agents and scavenge harmful oxygen-free radicals. Vitamin B-6 or pyridoxine required for GABA hormone production within the brain. It also controls homocysteine levels within the blood, which may otherwise be harmful to blood vessels resulting in coronary artery disease (CAD), and stroke.

We also use Silky Tofu for our main ingredients. Cause tofu is a good source of protein and contains all eight essential amino acids. It is also an excellent source of iron and calcium and the minerals manganese, selenium and phosphorous. In addition, tofu is a good source of magnesium, copper, zinc and vitamin B1. Tofu is an excellent food from a nutritional and health perspective. It is thought to provide the same sort of protection against cancer and heart disease as soya beans.

On this occasion we want to create a high nutritious cake and especially can be consumed for vegetarians. Because cheese cake is a cake that is known by all of the people, we strive to create cheesecake that is delicious but also highly nutritious. Tofu and mango become our main staple for creating new products. Since we do not use eggs, milk or butter then using tofu can create soft texture cheese cake soft and does not damage the original texture. Here we also cultivate mango seeds which are usually thrown into flour which can be used to make crust cheesecake, and mango meat itself to produce a strong taste in our cheesecake.

Because we are currently reviewing both parents and adolescents who adopt a healthy lifestyle, this is a great opportunity for our business by marketing this "*Vegetarian Cheesecake*". We will market our products in cafes and restaurants around Surabaya especially those selling healthy foods, also we accept online ordering and delivery services so that for people who do not have time still can enjoy our products. One pan of our "*Vegetarian Cheesecake*" we sell for Rp 84.000, this price is very affordable so that can be enjoyed from middle to upper class to above. To capture the interest of our consumers will give a little garnished on it and with an neat and eye catching packaging.

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