

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT REPORT**

**PEANUT TEMPEH MILK AS AN ALTERNATIVE DRINK
FOR LACTOSE INTOLERANCE**



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SURABAYA
2024**

PLAGIARISM STATEMENT

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Surabaya, August 28th 2024



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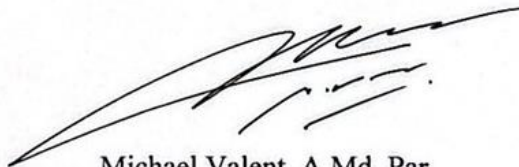
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The image shows three handwritten signatures, each positioned above a horizontal dotted line. The top signature is the most prominent and appears to be in black ink. The middle signature is smaller and less legible. The bottom signature is also smaller and less legible.

PREFACE

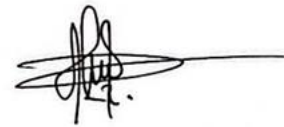
Praise be to God Almighty because on this occasion I was able to complete this report. Completion of this report intended to fulfil the requirements for participating in an internship.

I also take this opportunity to express my gratitude to:

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2. Michael Valent, A.Md. Par as advisor.
3. Heni Adhianata, S.TP.,M.Sc as head of Culinary art study program.
4. My parents who always support and help me in personally and providing moral & material support for me.
5. My friend who has supported the progress of thus report from beginning to end.

That is all I can say, I apologize if there are errors or inconsistence in the use of words or sentences. Hopefully, the following report is helpful for the readers. Thank you.

Surabaya, August 28th2024



Yeni Souisa

ABSTRACT

Tempeh, a traditional Indonesian food produced from fermented soybeans or several other ingredients. This fermentation uses microorganisms such as *Rhizopus* mold, which changes the chemical composition of soybean seeds into food that is more easily digested and has better nutritional quality. The texture of tempeh is also compact because of the mold *mycelia* that connect the soybean seeds. The production process of peanut tempeh milk encompasses several essential steps, including soaking, boiling, fermenting, steaming, blending, straining, and cooking the ingredients to achieve the desired consistency and flavor profile. The distinctive aroma and taste of tempeh is formed due to the degradation of the components in tempeh during the fermentation process. Since normal tempeh or soymilk is already lactose free for this exploration, peanut tempeh emerges as a highly nutritious and easily digestible beverage option that caters specifically to the needs of those with lactose intolerance, offering a promising alternative to conventional dairy-based drinks. The resulting product is rich and thick milk with a distinctive taste and meets nutritional needs. The utilization of specific ingredients, tools, and adherence to precise processing methods are crucial in maintaining the quality and safety standards of the peanut tempeh milk. Peanut Tempeh Milk has a fairly good shelf life and can be stored under the right conditions to maintain its quality. In addition, the cost analysis carried out includes the costs of raw materials, packaging and total costs, with a selling price of IDR 10,000 which ensures an appropriate and economical profit margin.

Keyword : *Alternative beverage, Lactose intolerance, Nutritious, Peanut tempeh milk, Tempeh.*

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