

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT REPORT**

**THE UTILIZING OF LACTOFERMENTED PROCESS IN THE
MAKING OF VEGETABLE KETCHUP FOR
HEALTHIER COIS**



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2024**

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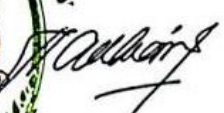

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APPROVAL 1
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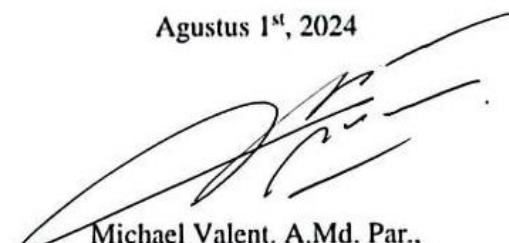
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ABSTRACT

Ketchup, a staple in many cuisines, is traditionally made from tomato. This study utilizes lacto-fermented ingredients, mainly pineapple with carrot, Food Coloring, onion, champignon mushroom and garlic, as an alternative of tomato-based ketchup. Pineapple, fruit with high bromelain which helps or body to fight and inflammation also has a unique taste that makes it crucial in many recipes in culinary. Lacto-fermentation not only longer the shelf life of the ingredients, but also give additional nutritional value to the ingredients. The process involves lacto-fermentation process to make the pineapple ketchup. The lacto-fermentation process resulting pineapple ketchup has a tanginess that can be used as a substitute for traditional tomato ketchup that can be applied to various cuisines. The nutrition value of Pineapple Ketchup stated that it has 25 Cal/serving with a serving size of 10ml. In addition, the selling price of Pineapple Ketchup is Rp. 48,600/pcs.

Keywords : *Lactofermented Vegetable Ketchup, Health Benefits of Lactofermentation, Fermentation Process in Ketchup Production, Probiotic-rich Condiments*

PREFACE

Praise to God, for giving me strength and letting me through all the difficulties so I was able to finish this Culinary Innovation and New Product Development Report.

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