

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT REPORT**

**DEVELOPMENT OF GLUTEN FREE MACKEREL
FISH NUGGET USING TARO FLOUR**



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SURABAYA
2025**

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Surabaya, September 17th, 2025



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Culinary Innovation and New Product Development report
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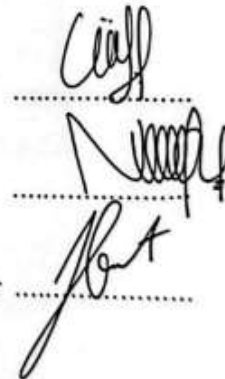
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PREFACE

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

I also take this opportunity to express my gratitude to:

1. Zaldy Iskandar, B. Sc as director of Ottimmo International Culinary Art and Patisserie Academy.
2. Windi Habsari S.T., M.T 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 inconsistency in the use of words or sentences. Hopefully, the following report is helpful for the readers. Thank you.

Surabaya, September 17st, 2025



Leoneill Dave Gunawan

ABSTRACT

Gluten-free mackerel nuggets are made from minced mackerel, taro flour, and seasonings, steamed and then fried to achieve a tender inside with a crispy coating. Unlike regular nuggets that commonly use wheat flour and chicken meat, the substitution of taro flour offers a healthier, gluten-free alternative while maintaining an appealing taste and texture. Taro flour, derived from local tubers, is rich in complex carbohydrates and fibre, making it a suitable binding agent and a nutritious replacement for wheat flour. The use of mackerel adds high-quality protein and omega-3 fatty acids, supporting a balanced diet. The study showed that the product achieved good appearance, aroma, and flavour, although the texture tended to be slightly dense due to excess taro flour; this was improved by adjusting its proportion. After processing, the nutritional value indicated approximately 233 kcal per serving (100 g), with 12.3 g protein and 10.5 g fat. Moreover, the selling price of gluten-free mackerel nuggets was estimated at Rp31,000 per 250 g pack, making it an affordable and nutritious snack option for consumers seeking gluten-free and locally sourced products.

Keywords: *mackerel nuggets, taro flour, gluten-free, food innovation, shelf life*

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