

RESEARCH AND DEVELOPMENT FINAL PROJECT

JACKFRUIT COOKIES

(Cookies with High Calories, Vitamin A, Vitamin D and Potassium from Jackfruit – Lower risk of heart disease & Maintains blood pressure)



By:

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**STUDY PROGRAM OF CULINARY ART
AKADEMI KULINER DAN PATISERI OTTIMMO
INTERNASIONAL
SURABAYA**

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EXECUTIVE SUMMARY

The jackfruit (*Artocarpus heterophyllus*), also known as jack tree, fenne or sometimes simply jack or jak. The jackfruit tree is well suited to tropical lowlands. The jackfruit is a multiple fruit, composed of hundreds to thousands of individual flowers, and it is the fleshy petals that are eaten. The jackfruit tree is a widely cultivated and popular food item throughout the tropical regions of the world.

Jackfruit is very popular in Indonesia. It makes for any kind of food, drink or syrup. Process of jackfruit must be step by step for remove the sap from the skin. From that statement the writer tries to create something new with jackfruit, make jackfruit into powder and make the cookies.

The writer use jackfruit as main ingredient for cookies because its contain high calories, high in fiber, vitamin A, vitamin B, vitamin C, potassium and contains as important source of minerals. Which are beneficial maintains blood pressure also lowering risk of heart disease. Furthermore jackfruit is very common used and easy to obtain in everywhere.

The writer is targeting on vegetarian, on diet process, people who like snack food also for big day like Eid Fitri. Above all the price the writer offer is quite affordable, Rp 25.000/pcs. The writer hope with price like that people will buy our product in big amount. The writer basically will begin to promote and supply our product to place that have a vegetarian community like vegetarian store, college student, officer and market in Batam.