

RESEARCH AND DEVELOPMENT FINAL PROJECT

MUNGJAM

(LOW CARBS GREEN BEAN JAM)



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**CULINARY ART STUDY PROGRAM
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**MUNGJAM
(Green Bean Jam)**

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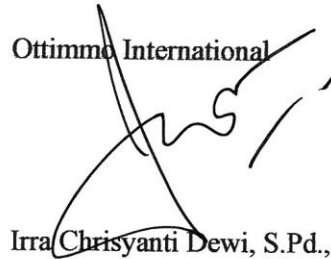
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PREFACE

First of all, thanks to GOD because of the help of god, the writer finished research and development project report the paper entitled " *Mung Jam*" right in the calculated time. The purpose in writing this research and development project report is to fulfill the requirement before entering internship in the next semester that given to each student in the semester 5.

In arranging the report, writer truly faces so many challenges and obstacle but with the help of many individuals, those obstacle could be passed. The writer also realized that are still so many mistakes in the process of making this report.

Because of that, the writer say thank you to all the individuals who helps in the making of this research and development project report. Hopefully GOD replies all the helps and bless you all. The writer realized too that this report still imperfect in arrangement and the content. Then the writer hope all the criticism from the lecturer can help the writer in perfecting the next report. Last but not least hopefully this report can fulfill all the data from my research and development project.

EXECUTIVE SUMMARY

Green bean (*Vigna Radiata*) alternatively known as the moong bean, green gram, or mung. It have been used in many varieties of dishes around the globe, it add so much flavor and texture to dessert and even savory dishes. In Asia mung bean are commonly used in various cuisines, it can be made to paste, porridge, ice cream, pancakes and usually used for filling. These day most product using chemicals for their product to minimize the cost but it can be a problem if you consume it everyday especially in jam. These "*MungJam*" that i created is using any chemical preservative and it can be nutritious at the same time, mung bean are a high source of nutrients including: manganese, potassium, folate, zinc and various B vitamins. They are also high in protein resistant starch and a dietary fiber. Nowadays we can find mung bean in most of our everyday product like dried form like powder and seed, for example in dried powder as whole uncooked beans, bean noodles, and also as sprouted seed while in dried seed may eaten raw, cooked, fermented, milled, or ground into flour. Mung beans are considered useful in defending against several chronic, age-related diseases, including heart disease, cancer, diabetes and obesity.

"*Mung Jam*" using good ingredients around the market we can found, it means we can keep the quality product above the average but we also can compete with market price. For its package will be a jar that will be steriled before used so it can maintain their freshness and prolong the expired date. We will be focusing on middle to low market segment and all kinds of people from children to elderly, people with healthy life style like vegetarian and dietary foods. First we will be launching our product in bazaar, bakery, supermarket but we will support it by advertize it in instagram, facebook page, and online advertizement. For our starter we will price our product for Rp 25.000,00/jar with net weight or you can order it /kg for Rp 150.000,-.

TABLE OF CONTENT

| | |
|---|-----|
| COVER | i |
| PREFACE | ii |
| SIGNATURE PAGE | iii |
| EXECUTIVE SUMMARY | iv |
| TABLE OF CONTENT | v |
| CHAPTER I | 1 |
| 1.1 Background | 1 |
| 1.2 Objective | 2 |
| CHAPTER II | 3 |
| 2.1 Product Description | 3 |
| 2.2 Materials and Equipment | 3 |
| 2.2.1 Mung Bean | 3 |
| 2.2.2 Water | 4 |
| 2.2.3 Sugar | 4 |
| 2.2.4 Cream | 5 |
| 2.2.5 Salt | 5 |
| 2.2.6 Vanilla Extract | 6 |
| 2.2.7 Maizena Flour | 6 |
| 2.2.8 Star Anise | 7 |
| 2.2.9 Ginger | 7 |
| 2.2.10 Cinnamon | 8 |
| 2.2.11 Kitchen Knife | 8 |
| 2.2.12 Cutting Board | 9 |
| 2.2.13 Measurement Cup | 9 |
| 2.2.14 Sauce Pan | 10 |
| 2.2.15 Gas Stove | 10 |
| 2.2.16 Wooden Spatula | 11 |
| 2.2.17 Gastronom | 11 |
| 2.2.18 Strainer | 12 |
| 2.2.19 Blender | 12 |
| 2.2.20 Kitchen Digital Scale | 13 |
| 2.3 Production Method | 13 |
| 2.3.1 Kitchen Layout | 13 |
| 2.3.2 Storage | 14 |
| 2.3.3 Standard Operational Procedures | 14 |
| 2.3.4 Procedure | 15 |
| 2.3.5 Hygiene and Sanitation Procedures | 16 |
| 2.4 Nutrition Value | 16 |
| 2.4.1 Mung Bean | 16 |
| 2.4.2 Sugar | 17 |
| 2.4.3 Cream | 17 |
| 2.4.4 Vanilla Extract | 18 |
| 2.4.5 Cinnamon | 18 |

| | |
|--|-----------|
| 2.4.6 Ginger | 19 |
| 2.5 HACCP | 20 |
| CHAPTER III | 21 |
| 3.1 Business Analysis | 21 |
| 3.1.1 Introduction of Industry | 21 |
| 3.1.2 Short Term Objective | 21 |
| 3.1.3 Long Term Objective..... | 21 |
| 3.1.4 Opportunity..... | 22 |
| 3.2 Market Environment | 22 |
| 3.2.1 Industrial Analysis | 23 |
| 3.2.1.1 Threat of New Entry | 23 |
| 3.2.1.2 Supplier Power | 23 |
| 3.2.1.3 Buyer Power | 24 |
| 3.2.1.4 Threat of Substution | 24 |
| 3.2.1.5 Competitive Rivalry | 24 |
| 3.3 Marketing Strategies | 25 |
| 3.3.1 Segmentation, Targeting, Positioning | 25 |
| 3.3.2 Marketing Mix | 26 |
| 3.3.2.1 Product..... | 26 |
| 3.3.2.2 Price | 26 |
| 3.3.2.3 Place..... | 26 |
| 3.3.2.4 Promotion | 26 |
| 3.3.2.5 People | 27 |
| 3.3.3 TOWS Matrix | 27 |
| 3.4 Human Resource Management | 28 |
| 3.4.1 Eksternal Influence..... | 29 |
| 3.4.1.1 LU and Government..... | 29 |
| 3.4.1.2 Demographic | 29 |
| 3.4.1.3 Economy | 29 |
| 3.4.1.4 Technology..... | 29 |
| 3.4.2 Internal Influence | 30 |
| 3.4.2.1 Work Precudure | 30 |
| 3.4.2.2 Organization Culure | 30 |
| 3.4.2.3 Working Environment..... | 30 |
| 3.4.3 Task Breakdown..... | 30 |
| 3.4.4 System Operation | 31 |
| 3.4.4.1 Working Hour | 31 |
| 3.4.5 Recruiting, Selecting, and Interview | 31 |
| 3.4.5.1 Recruiting..... | 31 |
| 3.4.5.2 Selecting..... | 32 |
| 3.4.6 Training | 32 |
| 3.4.7 Performance Appraisal..... | 32 |
| 3.4.7.1 Reward | 33 |
| 3.4.7.2 Punishment..... | 33 |
| CHAPTER IV | 34 |
| 4.1 Cost Production..... | 34 |
| 4.1.1 Variable Cost Table | 34 |

| | |
|---|-----------|
| 4.1.2 Overhead Cost | 35 |
| 4.2 Fixed Cost | 35 |
| 4.3 Break Event Point | 36 |
| CHAPTER V | 37 |
| 5.1 Conclusion | 37 |
| 5.2 Suggestion | 37 |
| REFERENCE | 38 |
| APPENDIX | 39 |
| A.1 Original Recipe with Approval Stamp | 40 |

LIST OF PICTURE

| | |
|--|----|
| Picture 1. Mung Bean | 3 |
| Picture 2. Water..... | 4 |
| Picture 3. Sugar | 4 |
| Picture 4. Cream..... | 5 |
| Picture 5. Salt | 5 |
| Picture 6. Vanilla Extract | 6 |
| Picture 7. Maizena Flour | 6 |
| Picture 8. Star Anise..... | 7 |
| Picture 9. Ginger | 7 |
| Picture 10. Cinnamon..... | 8 |
| Picture 11. Kitchen Knife..... | 8 |
| Picture 12. Cutting Board..... | 9 |
| Picture 13. Measurement Cup | 9 |
| Picture 14. Sauce Pan | 10 |
| Picture 15 Gas Stove | 10 |
| Picture 16. Wooden Spatula..... | 11 |
| Picture 17. Gastronom | 11 |
| Picture 18. Strainer | 12 |
| Picture 19. Blender | 12 |
| Picture 20. Kitchen Digital Scale | 13 |
| Picture 21. Kitchen Layout | 13 |
| Picture 22. Storing Procedures | 14 |
| Picture 23. Standar Operasional Procedue | 14 |
| Picture 24. Soaking Mung Bean..... | 15 |
| Picture 25. Boiling Mung Bean..... | 15 |
| Picture 26. Blended Mung Bean | 15 |
| Picture 27. Cooked Mung Jam | 15 |
| Picture 28. Packed Mung Jam..... | 15 |
| Picture 29. Mung Bean Nutrition Fact | 16 |
| Picture 30. Sugar Nutrition Fact..... | 17 |
| Picture 31. Cream Nutrition Fact | 17 |
| Picture 32. Vanilla Nutrition Fact | 18 |
| Picture 33. Cinnamon Nutrition Fact | 18 |
| Picture 34. Ginger Nutrtrion Fact..... | 19 |
| Picture 35. Positioning Charts..... | 26 |
| Picture 36. Product Logo..... | 40 |

LIST OF TABLE

| | |
|--|----|
| Table 1. Mung Jam Nutrition Fact | 19 |
| Table 2. Positioning Charts | 25 |
| Table 3. TOWS Table | 28 |
| Table 4. Task Breakdown | 33 |
| Table 5. Variable Cost Table | 35 |
| Table 6. Overhead Cost..... | 36 |
| Table 7. Fixed Cost | 36 |