

RESEARCH AND DEVELOPMENT FINAL PROJECT
SHEET O! SHEET
(NUTRITIOUS SHEET FROM DAIKON LEAVES)



Arranged by:

MARIA CANDRA TRIOKTAVIANI

1874130010069

STUDY PROGRAM OF CULINARY ART
OTTIMMO INTERNATIONAL MASTERGOURMET ACADEMY
SURABAYA

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APPROVAL 1

SHEET O! SHEET

(Nutritious Sheet From Daikon Leaves)

Research and development report by:

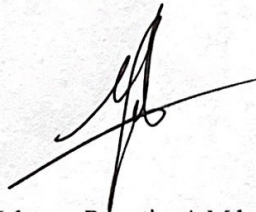
Maria Candra Trioktaviani

1874130010069

This report is ready to presented:

Advisor,

Date:.....



(Yohanna Prasetio, A.Md. Par., S.Sn.)

NIP. 19881018 1701 044

APPROVAL 2

SHEET O! SHEET

(Nutritious Sheet From Daikon Leaves)

Research and development report by:

Maria Candra Trioktaviani

NIM. 1874130010069


This report is already presented and pass the exam on:

Examiners:


Examiner 1: Yohanna Prasetio, ST, A.Md. Par



Examiner 2: Dr. Ir. Fajar Kurnia Hartati, M.P



Examiner 3: Nurul Azizah Choiriyah, S.TP., M.Sc



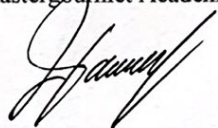
APPROVAL 3

Name : Maria Candra Trioktaviani
Place, Date of Birth : Bandung, 10 Oktober 1992
NIM : 1874130010069
Study Program : Diploma of Culinary Art
Title : SHEET O! SHEET (Nutritious Sheet From Daikon Leaves)

Date:

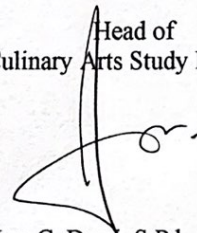
This paper is approved by:

Director of
Culinary Arts Ottimmo International
Mastergourmet Academy



Zaldy Iskandar, B.Sc
NIP. 19731025 1201 001

Head of
Culinary Arts Study Program



Irra C. Dewi, S.Pd., M.S.M
NIP. 19781201 1702 028

Advisor,



Yohana Prasctio, A.Md. Par., S.Sn

NIP. 19881018 1701 044

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PREFACE

First of all, thank you for God who always blessing the Author in every step to make this project and finally able to finish this Research and Development Project with title “Sheet O! Sheet (Nutritious Sheet from Daikon Leaves)”. This project is being conducted as a requirement to complete the Diploma study on Culinary Arts and Baking Pastry Ottimmo International Mastergourmet Academy.

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EXECUTIVE SUMMARY

The daikon leaves or daikon greens have vital nutrients including vitamin C, vitamin A, and minerals such as iron, magnesium, and manganese. They have five times more vitamin C, 1.5 times more iron, five times more calcium than spinach. In Indonesia, many grocers don't realize Daikon greens are edible and remove them before displaying the roots.

Sheet O! Sheet gives you a pleasant and unique way to enjoy daikon leaves. Adapted from the ideas of Japanese Nori sheets and edible paper, the Author can see huge opportunity. This product offered a new way to use food waste as such daikon leaves to become a new source of nutrients. With using vegan friendly ingredients, it's safe to be consumed by vegan and all. In one sheet of Sheet O! Sheet contains around 138.19 kkal of calories, 3.67 grams of fat, 24.64 grams of carbohydrate, and 4.46 grams of protein. This product is a good pair with rice. For example, it could be used as a wrapper for sushi rolls or onigiri, tasty topping on top of a dish, or could be consumed as tasty snack.

Keywords: *daikon leaves, edible sheet.*