RESEARCH AND DEVELOPMENT FINAL PROJECT

PLANT-BASED TEKWAN SOUP

By

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SURABAYA

2022

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Surabaya, October 10th 2022

Laurenz Alan Ricardo Sugianto

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PLANT-BASED TEKWAN SOUP

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PREFACE

First and foremost, praise to the Almighty Jesus Christ for his full blessings which allow me to accomplish my Culinary Innovation and New Product Development Report with the topic of "**PLANT-BASED TEKWAN SOUP**". This Culinary Innovation and New Product Development Report is submitted to fulfill the requirement for a diploma degree of Study Program of Culinary Arts, Ottimmo International Master Gourmet Academy.

I realize that this report is far from perfection and there remains many lacks. I am open to any suggestions and critics upon this report in order to make better work in the future. Hopefully, this report could make a difference in the upcoming generation and benefit for both readers and development in culinary art field.

Surabaya, October 10th 2022

Laurenz Alan Ricardo Sugianto

EXECUTIVE SUMMARY

Tekwan is one of traditional food from South Sumatra, Indonesia. Tekwan is a restructured-fish product, made of fish-meat, flour, egg, water, and seasoning. It is usually served with shrimp-based soup. On the other hand, there is a rising global demand on plant-based diet, where people are shifting from animal to plant-based food due to several reasons. Suppose to follow what is trending globally on plant-based diet, the use of fish-meat and egg in Tekwan are suggestively substituted by mung beans and porang flour.

Mung beans and porang flour are selected since they have similar nutrient content and functional properties to replace fish-meat and egg, in which mung bean is high in protein and porang flour can perform as binder in Plant-Based Tekwan dough. Then, the shrimp-based soup is as well replaced by vegetable-based soup to serve along with the Tekwan. To complete the dish, there are some sides to complement, which are vermicelli, wood-ear mushroom, carrot, and sprinkle of spring onion.

Mung beans and porang flour are Indonesian local resources. Therefore, Plant-Based Tekwan Soup is an innovative product, of which is emerging the alternative usage of both mung beans and porang flour as Indonesian local resources. Moreover, Plant-Based Tekwan Soup is enhancing the opportunity of Indonesian local food to international market.

Keywords : *Tekwan, Plant-Based, Mung beans, Porang flour, Indonesian local food*

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