

**RESEARCH AND DEVELOPMENT FINAL  
PROJECT**

**BANANA SKIN SORBET**



**OTTIMMO**

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**STUDY PROGRAM OF CULINARY ART  
AKADEMI KULINER DAN PATISERI OTTIMMO  
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This report is entitled “Banana skins sorbet”. The submission of this report is required to complete the Diploma III Culinary Arts and Baking & Pastry Arts. Research and Development is a form of learning outcome for 3 years in OTTIMMO. This report contains the purpose of the product, nutritional facts from the ingredients, steps required to make the product and marketing strategy for the product.

The writer apologize for mistakes in this Research and Development report, and open to any critics and suggestion. Hopefully this report can be used as reference and guidelines for whomever who reads.

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## **Executive summary**

Bananas are one of the fruits that are often consumed in Indonesia, these fruits can grow easily in the Indonesian plain, thus making the price of this fruit fairly cheap, the Indonesian people's hobby of consuming bananas makes this fruit modified into various foods such as steamed, fried, boiled, as well as being burned, examples of food are kolak pisang, es palu butung, nogosari, fried banana with chocolate and cheese, and banana chips.

There are so many benefits found in bananas that are useful for preventing disease and for treating the skin, these are magnesium, potassium, vitamins, and fiber. When compared to apples, the carbohydrate in bananas is 2 times more, and 5 times more vitamins, making bananas rich in nutrients.

In this paper I will make an innovation of banana products in the form of ice products, namely Sorbet. Sorbet is an ice processed product that is given fruits and sugar so that it makes it sweet and fresh. Unlike ice cream and gelato, sorbet does not use milk or cream in its manufacture.

In making this banana skin sorbet using only simple ingredients that are easy to get on the market, bananas used this time are cavendish bananas or white Ambon bananas, and the tools used are also affordable and can be owned by everyone, and when making sorbet this is approximately 3-4 hours.

The indulgence of the Indonesian people to consume ice processed products is fairly crowded, because the temperature and climate of the city in Indonesia are hot, this can be a special attraction in this product.