

RESEARCH AND DEVELOPMENT FINAL PROJECT

CRISPY AVSKIN

(Avocado Skin Chips)



By

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STUDY PROGRAM OF CULINARY ART

OTTIMMO INTERNATIONAL

MASTERGOURMET ACADEMY

SURABAYA

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Surabaya, August 24, 2018

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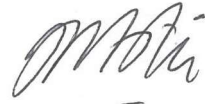


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Table Of Contents

TITTLE	i
ACKNOWLEDGEMENT	ii
APPROVAL	iii
TABLE OF CONTENTS	iv
LIST OF PICTURES	v
LIST OF TABLES	vi
EXECUTIVE SUMMARY	vii
CHAPTER I	
INTRODUCTION	1
1.1 Background	1
1.2 Objective	2
CHAPTER II	
PRODUCT	3
2.1 Product Description.....	3
2.2 Materials.....	3
2.3 Utensils.....	9
CHAPTER III	
PROCESSING METHOD	14
3.1 Standard Operating Procedures	14
3.1.1 Hygiene & Sanitation.....	15
3.2 Recipe and Process.....	16
3.2.1 Processing Method.....	17
3.3 Shelf Life.....	18
CHAPTER IV	
NUTRITION FACTS	19
4.1 Nutrition Informations.....	19
4.2 New Product Characteristic.....	19
CHAPTER V	
BUSINESS PLAN	20
5.1 Identification Of Investment Market.....	20
5.1.1 Strengths	20
5.1.2 Weaknesses	20
5.1.3 Opportunities	20
5.1.4 Threats	20
5.2 Target Market.....	20
5.3 Market Place.....	21
5.4 Marketing Communication Strategy	21
5.5 Cost Production	22
5.6 Break Event Point.....	25
CHAPTER VI	
CONCLUSION	27
6.1 Conclutions.....	27
6.2 Suggestions.....	27
BIBLIOGRAPHY	28
APPENDIX	30
Nutrition Fact Formula.....	31
Approved Recipe	
Form Consultation Research And Development	

List Of Pictures

Picture 1 Avocado Skin.....	3
Picture 2 Salt	4
Picture 3 Sugar	4
Picture 4 Garlic	5
Picture 5 Turmeric.....	6
Picture 6 Coriander	6
Picture 7 Water.....	7
Picture 8 Oil	8
Picture 9 Pot.....	9
Picture 10 Strainer.....	9
Picture 11 Pan	10
Picture 12 Tong.....	10
Picture 13 Stove	11
Picture 14 Baking Tray	11
Picture 15 Knife	12
Picture 16 Spoon	12
Picture 17 Scale.....	13
Picture 18 Paper Packaging.....	13
Picture 19 Processing Method.....	17
Picture 20 Avskin Logo	30
Picture 21 Avskin Front Packaging Design	30
Picture 22 Avskin Back Packaging Design.....	31

List Of Tables

Table 1 Avocado Skin Nutrition Facts.....	19
Table 2 Askin Nutrition Facts	19
Table 3 Variable Cost.....	22
Table 4 Overhead Cost.....	23
Table 5 Fixed Cost	24

EXECUTIVE SUMMARY

Avocados have a green-skinned, fleshy body that may be pear-shaped, egg-shaped, or spherical. Usually, avocado ripen after harvesting. Avocado trees are partially self-pollinating and are often propagated through grafting to maintain a predictable quality and quantity of the fruit.

Avocados can be propagated by seed, taking roughly four to six years to bear fruit, although in some cases seedlings can take 10 years to come into bearing.

The fruit of horticultural cultivars has a markedly higher fat content than most other fruit, mostly monounsaturated fat, and as such serves as an important staple in the diet of consumers who have limited access to other fatty foods (high-fat meats and fish, dairy products). Having a high smoke point, avocado oil is expensive compared to common salad and cooking oils, and mostly used for salads or dips.

Avocado skin is not edible and has nutrients and there has been no study that has suggested any particular benefit with regards to the skin. On the other, avocado itself and its seed have been written about and researched for decades and have been recommended for its antioxidant properties and its anti-inflammatory benefits