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# Appendix

| Nutrition Facts | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|---|---|---|---|---|
| 1 servings per container | **Total Fat** 4g | 5% | **Total Carbohydrate** 17g | 6% |
| **Serving size** 1 (125g) | Saturated Fat 0.5g | 3% | Dietary Fiber 0g | 0% |
| | *Trans* Fat 0g | | Total Sugars 0g | |
| | **Cholesterol** 0mg | 0% | Includes 0g Added Sugars | 0% |
| **Calories** per serving **200** | **Sodium** 190mg | 8% | **Protein** 23g | 46% |

Vitamin D 0mcg 0% • Calcium 581mg 45% • Iron 6.406mg 35%
Potassium 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Picture 26. Nutrition on package



Picture 27. Logo

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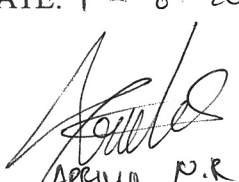
TITLE          : High Calsium Fish Noodles

Ingredients:

- 200 gr — Fish meat
- 1 pinch — Salt
- 1 pinch — White pepper
- 30 g — Tapioca flour
- 10 g — Rice flour

- 25 ml — Cooking oil
- 25 gr — Fish Bone
- 100ml — Water
- 1piece — Piping bag
- 10g — Egg

Steps:

1. First, blend the fish meat using food processer (make sure is smooth), Then roast the fish bone for 2-3 hours.
2. Second is to crush the fish bone into fine powder and boil some water in the pot.
3. In a bowl mix the fish, fish bone, tapioca flour, rice flour, egg, salt, and pepper then after mixing thoroughly put in the piping bag.
4. Pour the oil on the boiling water and stir it before squeezing the fish paste into the pot.
5. Cut the tip of the piping bag about 0.5 – 0.3mm then squeeze it into the pot.
6. After the noodles have float take it out of the pot and let it cool and dry for 15 -30 minutes.
7. After its cooled down, pack it into a vacuum package and put a sticker on it then let it freeze.

| APPROVAL BY ADVISOR | APPROVAL BY LIBRARIAN | APPROVAL BY DIRECTOR ACADEMY |
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| No | Date | Topic Consultation | Name/Signature |
|---|---|---|---|
| 1 | 1/2 2019 | Konsep Produk | |
| 2 | 7/02 2019 | Konsultasi produk | |
| 3 | 15/2 2019 | Konsultasi Produk | |
| 4 | 20/2 2019 | Acc Produk | |
| 5 | | Chapter 1 | |
| 6 | | Chapter 2 | |
| 7 | | Chapter 3 | |

| No | Date | Topic Consultation | Name/Signature |
|---|---|---|---|
| 8 | | Revisi Ulang chapter 1 - 3 | |
| 9 | | Appendix | |
| 10 | | Revisi setelah ujian | |
| 11 | | Revisi terakhir laporan | |
| 12 | | Poster | |
| 13 | 7/9/2019 | Finalisasi | |
| | | | |

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# FORM CONSULTATION
# RESEARCH AND DEVELOPMENT
# FINAL PROJECT

Name : Jovaldo Sorensen

Student Number : 1774130010047

Class : Marzipan

STUDY PROGRAM OF CULINARY ART
OTTIMMO INTERNATIONAL
MASTERGOURMET ACADEMY
SURABAYA

# ECA FISH NOODLES

## Fish and noodles in one packeage

## ABSTRACT

Indonesia is well known for their wide ocean and fish supply, we also know that fish have a high nutritional value because they provide high quality protein, rich in essential amino acids, a good source of complex vitamin B, and contain a wide variety of minerals including phosphorus, magnesium, iron, zinc, and even iodine. In the marine industries fish stands out as one of the most cultivated marine animals in the world. So in order to produce noodles that are nutriotious we want to make the noodles made of fish instead of flour.

## BACKGROUND

Normal noodles consist of high gluten flour and water which consist of a lot carbohydrate and gluten. But our noodles wont be using to much carbohydrate and we wont be usign any gluten. The main ingredient used for this product is the meat of the fish the rest of the important ingredients are tapioca flour, rice flour, and egg.

## METHODOLOGY

1. Blend the fish meat , then dry the fish bone
2. crush the fish bone then boil water in a pot
3. mix all the ingredients then insert into piping bag
4. Pour oil into boiling water and stir it
6. Cut the tip of the piping bag then squeeze it
7. After the noodles have float take it out and let it cool
8. Pack it and put a sticker on it then freeze

## OBJECTIVE

1. To Know whether it's possible to make a fish noodle
2. To know the sequence of fish noodle recipe
3. To Know the nutrition of fish noodle
4. To know the optimum strategic marketing for fish noodle.

**Nutrition Facts**

1 servings per container
Serving size 1 (125g)

Calories per serving **200**

| Amount/serving | | % Daily Value* | Amount/serving | % Daily Value* |
|---|---|---|---|---|
| Total Fat 4g | | 5% | Total Carbohydrate 17g | 6% |
| Saturated Fat 0.5g | | 3% | Dietary Fiber 0g | 0% |
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| Cholesterol 0mg | | 0% | Includes 0g Added Sugars | 0% |
| Sodium 190mg | | 8% | Protein 23g | 46% |
| Vitamin D 0mcg | 0% | Calcium 581mg | 45% Iron 6.406mg | 35% |
| Potassium 0mg | 0% | | | |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## CONCLUSION

As we know right now alot of people is beginning to start living a healthy life. So right now the demand for healthy food products have started to increase. the mindset of people right now is that noodles are food without any health benefis and we want to change that. So by making fish into noodles we would be able to change the mindset of noodles being unhealthy food into health food. By also creating this product we would be able to provide noodles for people with special needs.

By : Jovaldo Sorensen

Adavisor : Aprilia Nurcahyaning Rahyu, S.Pd.,M.Kes

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