RESEARCH AND DEVELOPMENT FINAL PROJECT

“FERMENTED BEET AND LEMON JUICE FOR HEALTHY DIGESTIVE SYSTEM AND HEALTH BOOST”

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STUDY PROGRAM OF CULINARY ART
OTTIMMO INTERNATIONAL MASTERGOURMET ACADEMY
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RESEARCH AND DEVELOPMENT NEW PRODUCT

FINAL REPORT

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Praise and thankfulness be offered to GOD for His mercy and blessings, so this paper can be completed as one of the tasks of the requirement to complete the Diploma III of Culinary Arts Program of ACADEMY CULINARY AND PATTISSERIE OTTIMMO INTERNATIONAL.

This purpose of this paper is to help student to be creative and innovative, with the ever changing economic condition of the world so the student can make creative product that can be marketed on global market. As one of the reasons the author come up with this idea are for to creating healthier product that can be consumed on daily basis to improve health.

During the process in completing this paper, the author received so much guidance and support. With this, the author would like to express the gratitude to :

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5. All my friend
6. All staff of Ottimmo International

Surabaya, 02 September 2019

Yerimia Layono, S.E.
PLAGIARISM STATEMENT

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Surabaya, 02 September 2019

Yerimia Layono, S.E.
EXECUTIVE SUMMARY

Fermented Beet and Lemon Juice made from beet root and lemon juice then fermented in water for few days. It has a lot of benefit for health improvement, with high source of folate and manganese, beet root proven in reducing blood pressure, improving endurance exercise performance and also detoxing liver.

There are 4 steps process until finished product. First is preparation which sanitize all the tools with hot water, then cut the beet root and put it in sanitized jar and put water in with ratio 1:4. Step 2, fermenting process which last for 2-3 days until beet root extracted. Step 3, filtering which separate the juice from beet root then filter the juice from scum to have clean finished product. Step 4, maturing which put sugar to let the yeast improve the taste of the product.

Finished product will be packed in 1 liter food grade container, with the target market are people who health conscious and people who want natural medication.

Keywords : Fermented Drink, Beetroot, Lemon, Healthy digestive system, Health Booster.
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