

RESEARCH AND DEVELOPMENT FINAL PROJECT

“CSYMBIOTIC”

(Healthy Rich Nutrients Green Grass Jelly Involving Syimbiotic)



Arranged by:

Bernadeth Christa Muliawan

1774130010032

**STUDY PROGRAM OF CULINARY ART
ACADEMY CULINARY AND PÂTISSERIE OTTIMMO
INTERNASIONAL
SURABAYA
2019**

RESEARCH AND DEVELOPMENT FINAL PROJECT

“CSYMBIOTIC”

Healthy Rich Nutrients Green Grass Jelly Involving Syimbiotic


Arranged by:

Bernadeth Christa Muliawan (1774130010032)

Surabaya, 23 Agustus 2019

Approved by:

Aprilia Nurcahyaning Rahayu, S.Pd.,M.Kes 

Dr. Ir. Fadjar Kurnia Hartati, M.P 


Chef Sagita Asih Aldris 

Chef Yohanna Prasetio 

Knowing,

**Director of Akademi Kuliner dan
Patiseri Ottimmo International**

**Head of Study Program of Akademi
Kuliner dan Patiseri Ottimmo
International**


Zaldy Iskandar, B.SC.

NIP: 197310251201001



Irra Chrisyanti Dewi, S.Pd.,M.S.M

NIP.1978120117020

ACKNOWLEDGMENT

Praise and thanks to Almighty God for the successful completion of this report. The researcher can complete the writing of Research and Development Final Project Entitled cSymbiotic. This report is prepared as one of the requirements to complete the Diploma III of Culinary Arts. In the process of completion of this report, the researcher has received much guidance and assistance from various parties. To that end, the researcher express their sincere gratitude to:

1. My parents for providing a thorough support throughout my education years including this project.
2. Ms. Anastasia Cindy Muliawan who had given a wholesome emotional support especially inspirations and suggestions.
3. Miss Aprilia Nurcahyaning Rahayu, as Advisor who has guided, provide guidance and suggestions until the completion of this report.
4. Dr. Ir. Fadjar Kurnia Hartati, M.P as the examiner on the presentation.
5. Miss Sagita Asih Aldris as the examiner on the presentation.
6. Miss Yohanna Prasetio as the examiner on the presentation.
7. Mr. Zaldy Iskandar, B.SC. as Director of OTTIMMO International MasterGourmet Academy Surabaya.
8. Miss Irra Chrisyanti Dewi, S.Pd.,M.S.M as Head of the Culinary Arts Study Programme.
9. My beloved friends, and other parties who's involved in voicing out their opinion throughout the organoleptic sensory test.

Finally, the researcher hope that this report can be useful for the community.

Surabaya, August 7th 2019

Bernadeth Christa Muliawan

PLAGIARISM STATEMENT

I certify that this assignment/report is my own work, based on my personal study and/or research and that I have acknowledged all material and sources used in its preparation, whether they be books, articles, reports, lecture notes, and any other kind of document, electronic or personal communication. I also certify that this assignment/report has not previously been submitted for assessment in any other unit, except where specific permission has been granted from all unit coordinators involved, or at any other time in this unit, and that I have not copied in part or whole or otherwise plagiarised the work of other students and/or persons.

On this statement, I am ready to bear the risk/any sanctions imposed to me in accordance with applicable regulations, if in the future there is a breach of scientific ethics, or you have a claim against the authenticity of my work.

August 7th, 2019



Bernadeth Christa Muliawan

EXECUTIVE SUMMARY

Combination admist two functional foods and the health relation called symbiotic between it resulting the happening of this product by the name of cSymbiotic. Filled with many health benefits, cSymbiotic is a healthy yogurt-based green grass jelly. Symbiotic association in the product lies in the relation between prebiotic or fibre from green grass jelly and probiotic or LAB (Lactic Acid Bacteria) from yogurt. Systematically, procedure on manufacturing cSymbiotic starts from a precise *mise en place* including cleaning, and weighing; pasteurizing; mixing; separation of inedible waste; and lastly putting it into a chilled temperature to let it form. There is no specific market target for this product rather than for people who seek for a healthier lifestyle. And not to mention that cSymbiotic is absolutely affordable with only Rp. 29.000 ,-

Keywords: Symbiotic, Prebiotic, Probiotic, Fibre, Lactic Acid Bacteria (LAB)

TABLE OF CONTENTS

APPROVAL.....	ii
ACKNOWLEDGMENT	iii
PLAGIARISM STATEMENT.....	iv
EXECUTIVE SUMMARY.....	v
TABLE OF CONTENTS.....	vi
LIST OF TABLE	viii
LIST OF FIGURES	ix
CHAPTER I INTRODUCTION	1
1.1. Background of Ingredients.....	1
1.2. Objectives	3
CHAPTER II INGREDIENTS And UTENSILS.....	4
2.1. Ingredients.....	4
2.1.1. Green Grass Jelly Leaves.....	4
2.1.2. Yogurt.....	6
2.1.3. Gelatin	8
2.1.4. Water	9
2.2. Utensils.....	10
2.2.1. Saucepan	10
2.2.2. Stove	10
2.2.3. Metal Plate.....	11
2.2.4. Digital Scale.....	11
2.2.5. Fine Mesh Strainer	12
2.2.6. Blender.....	12
2.2.7. Bowl	13
2.2.8. Tongs	13
2.2.9. Measuring Cup.....	14
2.2.10. Spoon.....	14
CHAPTER III PRODUCT PROCESSING SEQUENCE.....	15
3.1 Production Method.....	15
3.1.1 Production Method Using Flowchart	15
3.1.2 Production Method Using Pictures	16
3.2 Hygiene and Sanitation.....	20
3.3 Final Recipe	20
CHAPTER IV NEW PRODUCT OVERVIEW.....	21
4.1 Sensory Evaluation.....	21
4.1.1 Results.....	21
a. Color	21
b. Scent.....	22
c. Texture	23
d. Taste	23
4.2 Nutrition Fact.....	25

4.3	Product Characteristic	25
CHAPTER V PRODUCT PROCESSING SEQUENCE		26
5.1.	SWOT Analysis	26
5.2.	Marketing Aspect	27
5.2.1	Target Market Overview.....	27
5.2.2	Marketing Concept.....	27
5.3	Technical Aspect.....	28
5.3.1	Location.....	28
5.3.2	Production Capacity	29
5.4	Legal Aspect.....	29
5.5	Financial Aspect.....	29
5.5.1	Variable Cost.....	29
5.5.1	Overhead Cost.....	30
5.5.2	Fixed Cost.....	31
5.5.3	Breakeven Point.....	31
CHAPTER VI CONCLUSION		33
6.1	Conclusion.....	33
6.2	Suggestion.....	34
Reference		35
Appendix.....		38
	Logo.....	38
	Packaging.....	38
	Ingrident Supplier	39
	Organoleptic samples	39

LIST OF TABLE

Table 1. Green Grass Jelly Nutrition Facts per 100g.....	5
Table 2. Gelatin Powder Nutrition Facts per 5g	8
Table 3. Bottled Water Nutrition Facts per 331ml.....	9
Table 4. cSymbiotic Nutrition Facts	25
Table 5. Variable Cost.....	29
Table 6. Overheard Cost	30
Table 7. Fixed Cost	31

LIST OF FIGURES

Figure 1. Green Grass Jelly Perdu Leaves (<i>Premna oblogifolia</i> Merr).....	4
Figure 2. Yogurt.....	6
Figure 3. Yogurt Nutrition Facts.....	7
Figure 4. Gelatin Powder.....	8
Figure 5. Water.....	9
Figure 6. Saucepan.....	10
Figure 7. Gas Stove.....	10
Figure 8. Metal Plate.....	11
Figure 9. Digital Scale.....	11
Figure 10. Fine Mesh Strainer.....	12
Figure 11. Blender.....	12
Figure 12. Bowl.....	13
Figure 13. Tongs.....	13
Figure 14. Measuring Cup.....	14
Figure 15. Spoon.....	14
Figure 16. Step 1a.....	16
Figure 17. Step 1b.....	16
Figure 18. Step 2.....	17
Figure 20 Step 4.....	17
Figure 19. Step 3.....	17
Figure 21. Step 5.....	18
Figure 22. Step 6.....	18
Figure 23. Step 7.....	18
Figure 24. Step 8.....	19
Figure 25. Step 9.....	19
Figure 26. Color Category Organoleptic Sensory Evaluation Result Chart.....	22
Figure 27. Scent Category Organoleptic Sensory Evaluation Result Chart Result Chart.....	22
Figure 28. Texture Category Organoleptic Sensory Evaluation Result Chart.....	23
Figure 29. Taste Category Organoleptic Sensory Evaluation Result Chart.....	24