

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**BONYUR (ABON SAYUR)**

(Abon High in Fiber made from Vegetables)



**By :**

**Tiffany Sachio**

**1774130010002**

**STUDY PROGRAM OF CULINARY ART**

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# RESEARCH AND DEVELOPMENT NEW PRODUCT

## FINAL REPORT

### “BONYUR (ABON SAYUR)”

Abon High in Fiber made from Vegetables

Arranged by :

TIFFANY SACHIO (1774130010002)

Surabaya, 27 Agustus 2019

Approved by :

Nia Rochmawati, S. TP., M.P .....

Dr. Ir. Fadjar Kurnia Hartati, M.P .....

Chef Sagita Asih Aldris .....

Chef Kresna Bayu Pranata .....

Knowing,

Director of OTTIMMO  
International Mastergourmet Academy,

  
Zaldy Iskandar, B.Sc.

NIP. 197310251201001

Head of Study Program Culinary  
Arts, OTTIMMO International  
Mastergourmet Academy,

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

NIP. 197812011702028

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As for the beginning, I would like to thank my Holy God, Jesus Christ for his blessings and spiritual guidance in order for me to complete this Research and Development report. The main purpose for this report is to help each student in Ottimmo to be creative and innovate as we have to create a whole new product that never been in Indonesia even in another country. The reasons why I come up with the idea of making BonYur is because I want to create a new product which everyone can eat it include vegetarian people and I want to create a healthier alternative consumption which can be very beneficial to human's health condition.

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Surabaya, August 6<sup>th</sup>, 2019.



Tiffany Sachio

## 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 plagiarized the work of other students and/or persons.

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Tiffany Sachio

## EXECUTIVE SUMMARY

Meat floss or in Indonesia called Abon is the one of popular food in Indonesia, they usually made from meat or fish. Even though there are other ingredients to make abon, for example for vegetarians we can make abon from vegetables. This is the reason why the author want to create Abon from vegetables called BonYur or Abon Sayur.

BonYur can prevent of cancer and also can be consume for vegetarian. BonYur is high in fiber. For the people who in diet program, BonYur is a good choices to consume cause rich in vitamins, fiber, minerals and other nutrients but low in carbohydrates and calories.

For making this BonYur, the ingredients that needed are 150 grams cabbage, 150 grams lettuce, 100 grams carrots, 50 grams onions, 75 grams corns, 75 grams tomatoes, 30 grams shallots, 20 grams garlics, 3 grams gingers, 3 grams lemongrass, 3 grams galangal, 10 grams peanuts, 150 grams rice flour, 20 grams salt, 4 grams pepper and 4 grams seasoning powder. The vegetables must be washed, peel and cut into small pieces. Pour 15 grams of salt into the vegetables and squeeze it and it must be washed in running water until it cleans and squeeze again until it dry. Blend the spices until smooth and mix it into the vegetables mixture. After that, sift the rice flour and mix into the spices and vegetables mixture. And than, fry them until it turning brown and leave it until the oil is reduced. Prepare the peanuts and roasted until the colour is brown. Take the fried vegetables and pestle them. After that, roasted the fried vegetables and the peanuts together and let it cool. Prepare the packaging and put the Abon into the packaging and seal them.

Based on the calculation, known the nutrition from the BonYur are carbohydrates : 259,06 kcal, protein : 36,76 kcal, fat : 135,675 and total energy : 431,495 kcal. One packaging of BonYur contains 200 grams and the price is Rp. 20.000.

Our target are kids and vegetarians. Because we sold Abon Sayur people who can't eat meat and fish and want to try abon can try this abon and for the kids who don't want eat vegetables can eat it because the taste is not bitter like usually when we eat the vegetables.

The promotion for the new product will use advertising on social media like Instagram. It is used to introduce this new product and attract customers to buy the product. The advertisement will show all the benefits from the product. BonYur will be selling by online shopping at Instagram in hope of being able to compete with the other regular abon which is made from meat or fish.

The suggestion from the author are realizing that the author is not perfect, in the future author will be more focused and detailed in explaining the paper with more resources that certainly can be accounted for criticism and suggestions from readers are highly expected for the perfection paper writing in the future, need for further research methods on the benefits and nutrients of Abon made from Vegetables.

*Keyword : Abon, High in Fiber, Kids, Vegetables, Vegetarians.*

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