

RESEARCH AND DEVELOPMENT PROJECT

BLACK TOFU

(Antioxidant Red and Black Beans Tofu)



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STUDY PROGRAM OF CULINARY ART

OTTIMMO INTERNATIONAL

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SURABAYA

2019

**RESEARCH AND DEVELOPMENT NEW PRODUCT
FINAL REPORT**

“BLACK TOFU”

Tofu made from red and black beans

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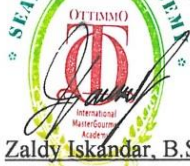
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ACKNOWLEDGEMENT

Praise and thanks to God Almighty for the successful completion of this report. The author can complete the writing of the research and Development final Project entitles “Black Tofu”, 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 author has received much guidance and assistance from various parties. To that end, the authors express their sincere thanks to:.

1. My beloved parents for helping me and giving the support until completion of this report
2. Miss Nia Rochmawati as Advisor, who has guided, provides guidance and suggestion until the completion of this report.
3. Miss Irra Chrisyanti Dewi as Head of the Culinary Arts Studies Progam.
4. Mr. Zaldy Iskandar as Director of Akademi Kuliner and Patiseri OTTIMMO International Surabaya.
5. My dearest friends, Ms. Tiffany Sachio, Ms. Venna Kartika, Ms. Febrina Albionita

Surabaya, August 7th 2019

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EXECUTIVE SUMMARY

Tofu is a food that consumed by many people in Asia especially in Indonesia. Tofu is a white to pale brown colored and the texture is soft. Tofu is usually made from soy beans. The alternative ingredients to make tofu are black beans and red beans, both of them has a many benefit and nutrients in health.

The black tofu have a benefit for maintain heart health, digestion, gastric detoxification, controlling blood pressure, prevent diabetes, prevent cancer, anti aging, maintaining bone health, lose weight, prevent impotence, prevent Alzheimer and Parkinson disease, fetal health, and improve the immunity of the body.

For making this black tofu, the ingredients that need are 500gr red beans tofu, 500gr black beans, 30 ml vinegar, and 2lt water. Red beans and black beans must be washed and thrown away the husk, after that soak the red and black beans in 12 hours until red beans and black beans soft. After soak blend the red and black beans until smooth. Then strain the milk with tofu cloth. The milk must boil in the pan than simmer in the low heat. After that put the vinegar and take the curd with spatula and strain with tofu cloth, after that take the curds on mold and press with heavy object as a mortar.

Based on the calculation, known the nutrition from the black tofu are carbohydrate: 92gr, protein: 34gr, and total fat: 3,5gr. One packaging contains 1 tofu, the price is Rp.9.500.

Target market for new product of black tofu is people on diet and vegetarian. People in diet and vegetarian usually need more protein, this new product has a lot of protein, and vegetarian people is need more protein to suitable of meat protein.

The promotion for this new product will use advertising on media social as a youtube, instagram, and paid promote. It is use to introduce a new product and attract customers to buy this product. The advertising will show a benefit for health, this black tofu will sell online at instagram.

Author wants to make a new product innovation by making tofu from red beans and black beans because both of them has a lot of benefit for health. Black tofu expires 3 days after the date of production, Better if the black tofu kept in cold temperature.

Keywrods: Black beans, Red beans, Tofu

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