

RESEARCH AND DEVELOPMENT FINAL PROJECT

THE GOLDEN SNAIL

(High Protein Rice Field Snail “Kreco” in Oil)



By

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**STUDY PROGRAM OF CULINARY ART
OTTIMMO INTERNATIONAL
MASTER GOURMET ACADEMY
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2019**

APPROVAL

“The Golden Snail”

High Protein Rice Field Snail “Kreco” in Oil

Arranged by:

Jessica Berylia Santoso

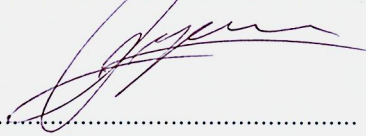
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Surabaya, August 19th, 2019

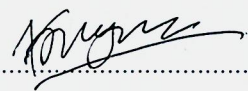
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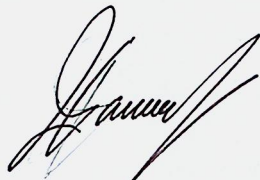
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PREFACE

First of all, I would like to thank God Almighty, Jesus Christ for His blessings and guidance for me to complete this Research and Development Final Project report. The main purpose of this report is to help each student in Ottimmo International to be creative and innovative as we have to create a new product that never been invented in Indonesia. One of the reasons why I come up with the idea of making “The Golden Snail” is because I want to create a healthier alternative travel-pack food which can be very beneficial for people’s eating habits while traveling.

During this process of completing this report, I’ve received so much guidance and support. By this, I would like to express my gratitude to the names below:

1. My family who have supported and provided me with everything I needed to achieve the best education.
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Surabaya, August 7th, 2019.

Jessica Berylia Santoso

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 this 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 student 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.

Surabaya, August 7th, 2019

Jessica Berylia Santoso

EXECUTIVE SUMMARY

“The Golden Snail” is a product of healthy travel-pack food that made out of rice field snail (kreco) as the main ingredient. It has a lot of benefits, such as: high in calcium, high in protein, lots of vitamins (vitamin A, E, niacin and folat), treating hair loss; brain development (contains omega 3 and 6), treating hemorrhoids, treating diabetes (low sugar), controlling cholestrol (low fat, contains omega 9), and it’s cheap because kreco is common in Indonesia.

There will be four steps of processing. First is the “washing” step. There will be boiling, separating the meat, and washing the meat with kapur sirih water. Second, the preservation step. The rice field snail meat will be soaked in generous amount of salt. Then, it’s the cooking step. The rice field snail meat will be cooked together with other condiments such as: shallots, garlic, and chili. The last step is the packaging process. The dish will be packed in a glass jar.

“The Golden Snail” will be packed in a glass jar and will be sealed in plastic tape. Each jar there will be approximately 195 grams of rice field snail, condiments, and oil. Every pack will be sold for IDR 78.000.

Q-word: rice field snail, protein, healthy

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