

RESEARCH AND DEVELOPMENT FINAL PROJECT

(Healthy Nugget made from Jackfruit Seeds)



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Bijiku

(Nuggets from Jackfruit Seed)

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20 August 2019

PREFACE

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 innovative as we have to create a whole new product that never been in Indonesia. One of the reasons why I come up with the idea of making Nuggets with Jackfruit Seed is because I want to create healthier alternative fast food consumption which can be very beneficial to human's health condition.

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

1. My parents who have supported and provided me to achieve good education and as a family role to help me in personally.
2. Ms. Heni as my RnD mentor who have helped me in so many things in order for me to understand the guideline for making this report.
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4. Mr. Zaldy Iskandar as the head Director of Ottimmo International.
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EXECUTIVE SUMMARY

The chicken nugget was invented in the 1950s by Robert C. Baker, a food science professor at Cornell University, and published as unpatented academic work. This bite sized piece of chicken, coated in batter and then deep fried was called the "Chicken Crispie" by Baker and his associates. Dr. Baker's innovations made it possible to form chicken nuggets in any shape. Common problems the meat industry were facing at the time of this invention were being able to hold ground meat together without a skin and producing a batter that could handle being both deep fried and frozen without coming off of the desired meat. Baker was able to solve both problems by first coating the meat in vinegar, salt, grains, and milk powder to make it hold together and secondly using an egg and grain based batter that was able to be fried as well as frozen. The McDonald's versions of Chicken Nuggets are known as Chicken McNuggets. Their recipe was created on commission from McDonald's by Tyson Foods in 1979 and the product was sold beginning in 1980.

Chicken nuggets are generally regarded as a fatty, unhealthy food. A study published in the American Journal of Medicine analyzed the composition of chicken nuggets from two different American fast food chains. The study found that less than half of the material was skeletal muscle with fat occurring in equal or greater quantities. Other components included epithelial tissue, bone, nervous tissue and connective tissue. The authors concluded that "Chicken nuggets" are mostly fat, and their name is a misnomer

And because of all this, Me as a culinary student sees an opportunity that could go for good in the market, substituting the "unhealthy chicken nugget" with jackfruit seeds for a better cause. Nobody would ever realize that there is tons of health benefits crammed in Jack Fruit seeds. Most of us are unaware that these seeds have valuable benefits. We love gorging on the sweet and yummy fruit and prefer to dispose of the seeds without even knowing that they are high in proteins. These seeds

have rich nutritional value. Eating jackfruit seeds benefits people as it is a high source of carbohydrates, dietary fiber and vitamin A, C and B. It is also packed with minerals like calcium, zinc, and phosphorous. Jackfruit seeds fights wrinkles, If you want to lessen the wrinkles on your face, take the seed of a Jack fruit and leave it in cold milk for some time. Then grind it smoothly and apply it on your facial wrinkles. Make sure to do this regularly if you want to reduce wrinkles. This is one of the chief jack fruit seeds benefits that help to keep you looking. Jackfruit seed also soften and makes your complexion glow, eating jackfruit seeds regularly can be beneficial for your well-being. The seed which has high-fiber content helps to prevent constipation. Jackfruit seeds are an excellent detoxifier that helps drive away toxins. Curing constipation is the foremost way for a glowing complexion.

Keyword : Jackfruit Seed, Nugget, Healthy Food, High Protein, Vitamin.

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