

RESEARCH AND DEVELOPMENT FINAL PROJECT

KONIG NUGGET (KENIKIR NUGGET)



OTTIMMO

BY

AZ ZAHRA' NUR BASILIYA YASIN

1774130010084

STUDY PROGRAM OF CULINARY ART

OTTIMMO INTERNATIONAL

MASTER GOURMET ACADEMY

SURABAYA

2019

PREFACE

As for the beginning I would like to thank my Holy God, Allah Subhanahu Wa Ta'Ala. 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 reason why I came up with this idea of making nugget from Kenikir leaf because I surrounded by people who have cancer disease and can't eat tasty food for the ordinary, also I want to create a healthier food which can be very profitable 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 motivated me to complete this Research, also provided me everything I need to achieve good education.
2. Mr. Arya Putra Sundjaja as my RnD mentor who helped me in so many things in order to make all the ingredients and component working well in one antother.
3. Ms. Irra Chrisyanti Dewi as the Head of Study Program at Ottimmo International.
4. Mr. Zaldy Iskandar as the Head Director of Ottimmo International.
5. My High school friends, Ms. Rani Ardina, Ms. Jihan Yasmin, Ms. Belle Shafira, and Ms. Sausan Nabilla who always support me by gave their opinion from the first day I start this research.
6. Ms. Sarah Tiffany who always reminds me to do this research, supporting me, be there for me when I need a motivation.
7. My dearest Ottimmo Friends, Ms. Rentta Aprilia, Ms. Shania Salsabila, Ms. Ivana Gabriele, Mr. Marcel Benedict, and Mr. Estevan Edward who helped me by gave lots of supports, motivations, guidance, and suggestions.

Surabaya, June 26th 2019

Az Zahra' Nur Basiliya Yasin

PLAGIARISM STATEMENT

I certify that this report is my own work, based on my personal study and 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 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 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, June 26th 2019

(materai)

Az Zahra' Nur Basiliya Yasin

EXECUTIVE SUMMARY

Start from my family who always love to have their snack such as chips, French fries, toast, during the family time, and I surrounded by people who have to eat Kenikir everyday by only steam / blanch it, so I want to make something new for them which still healthy.

Nowadays people who have disease having many food they can't because those food have bad side effects instead of benefit when they consumption it, such as seafood, and all the food that fried. In other words people who have cancer can't eat lot of tasty food with benefit for their body.

I want to be useful person for people around me, somehow it's hard to see people around me have to eat Kenikir every single day by only blanch / steamed it, with no taste instead of the bitterness from the kenikir itself.

I would to give an opportunities to still consume a tasty food with positive impact for their body. Our product is using kenikir leaves which have many nutrition and benefit for people who have cancer, we make a nugget from kenikir. And for the cooking process we using a baked method instead of fried method that makes our consumer doesn't need to put any oil, which make it healthier but still crunchy.

Because it's easy to find kenikir here in Surabaya, we can find it in traditional market until super market, and it's a low price vegetable with high nutrients.

We create Konig Nugget after knowing there is so many benefit from kenikir that surprisingly it's good for people who have cancer, because it contains high antioxidant agent and fiber, so we have an idea to create a good food with a good taste, Konig Nugget.

By looking the lifestyle of people nowadays who eat everything they want without think about the long term, we came with a solution, Nugget is a very common food in Indonesia, from kids until grandparents would like to eat this.

Konig Nugget will be packaged in plastic container, and will be sell in 1 packet which is 3 plastic container. Because we sell it as a frozen nugget that can be keep in freezer. In each pack will be 20 pieces of Konig Nugget, every packet will be sold for IDR 21.000

Keywords : Antioxidant, Kenikir, Nugget

TABLE OF CONTENT

APPROVAL	i
PREFACE	ii
PLAGIARISM STATEMENT.....	iii
EXECUTIVE SUMMARY	iv
TABLE OF CONTENT	v
LIST OF PICTURES	viii
LIST OF TABLE	x
CHAPTER I INTRODUCTION	1
1.1 Background of Ingredients.....	1
1.2 Objective	3
1.3 Reason for electing ingredients.....	3
1.4 The Contents Nutrients and Health Benefit.....	5
CHAPTER II INGREDIENTS AND UTENSILS OVERVIEW.....	8
2.1 Description of The Material to be used.....	8
2.1.1 Kenikir.....	8
2.1.2 Whole Egg.....	9
2.1.3 Cornstarch.....	9
2.1.4 All Purpose Flour.....	10
2.1.5 Garlic.....	10
2.1.6 Shallots.....	11
2.1.7 Sugar.....	11
2.1.8 Salt.....	11
2.1.9 Pepper.....	12
2.1.10 All Purpose Flour.....	12
2.1.11 Whole Egg.....	12
2.1.12 Bread Crumbs.....	13
2.2 The Tools Used During the Processing.....	13
2.2.1 Glass Bowl.....	13
2.2.2 Digital Scale.....	13
2.2.3 Baking Pan.....	14
2.2.4 Food Processor.....	14

2.2.5 Ring Cutter.....	15
2.2.6 Spatula.....	15
2.2.7 Baking Paper.....	16
2.2.8 Strainer.....	16
2.2.9 Knife.....	17
2.2.10 Oven.....	17
CHAPTER III NEW PRODUCT PROCESSING SEQUENCE.....	18
3.1 The Processing Product by Using Flowchart.....	18
3.2 The Processing Product.....	19
3.2.1 Making the Nugget Batter untill ready to bake.....	19
3.2.2 Packaging Process.....	26
3.3. Complete Recipe Attached	27
CHAPTER IV NEW PRODUCT OVERVIEW.....	29
4.1 The Facts of Nutrition.....	29
4.1.1 Nutrition Facts of Kenikir.....	29
4.1.2 Nutrition Facts of Whole Egg.....	30
4.1.3 Nutrition Facts of Cornstarch.....	30
4.1.4 Nutrition Facts of All Purpose Flour.....	31
4.1.5 Nutrition Facts of Garlic.....	31
4.1.6 Nutrition Facts of Shallots.....	32
4.1.7 Complete Nutrition Facts of Konig Nugget.....	32
4.2 New Product Characteristic.....	33
CHAPTER V BUSINESS PLAN.....	34
5.1 Identification of Investments Opportunities.....	34
5.1.1 SWOT Analysis.....	34
5.1.2 Marketing Aspect.....	35
5.1.3 Technical Aspect.....	37
5.1.4 Legal Aspect.....	37

5.1.5 Financial Aspect.....	38
CHAPTER VI CONCLUSION.....	42
6.1 Conclusion	42
6.2 Suggestion.....	43
BIBLIOGRAPHY.....	44
APPENDIX.....	47

LIST OF PICTURE

Picture 1. Kenikir.....	8
Picture 2. Whole Egg	9
Picture 3. Cornstarch	9
Picture 4. All Purpose	10
Picture 5. Garlic	10
Picture 6. Shallots	11
Picture 7. Sugar	11
Picture 8. Salt	11
Picture 9. Pepper	12
Picture 10. All Purpose Flour	12
Picture 11. Whole Egg	12
Picture 12. Bread Crumbs	13
Picture 13. Glass Bowl	13
Picture 14. Digital Scale.....	13
Picture 15. Baking Pan.....	14
Picture 16. Food Processor	14
Picture 17. Ring Cutter	15
Picture 18. Spatula	15
Picture 18. Baking Paper	16
Picture 19. Strainer	16
Picture 20. Knife	17
Picture 21. Oven	17
Picture 22. Clean Kenikir leaf ready to be ground	19

Picture 23. Ground Kenikir in a glass bowl.....	19
Picture 24. Squeezed out ground Kenikir.....	20
Picture 25. Shallots and Garlic ready to be softened.....	20
Picture 26. Softened Garlic and Shallots.....	21
Picture 27. 15 gram of Egg.....	21
Picture 28. Ground Kenikir and Egg.....	22
Picture 29. Cornstarch.....	22
Picture 30. All Purpose Flour.....	23
Picture 31. Shaped Kenikir.....	23
Picture 32. Kenikir Coated with all Purpose Flour.....	24
Picture 33. Kenikir Coated with Egg.....	24
Picture 34. Kenikir Coated with Bread Crumbs.....	25
Picture 35. Kenikir Ready to Bake.....	25
Picture 36. Baked Kenikir.....	26
Picture 37. Kenikir in a plastic container as a Packaging.....	26
Picture 38. Nutrition Facts of Egg.....	30
Picture 39. Nutrition Facts of Cornstarch.....	30
Picture 40. Nutrition Facts of All Purpose Flour.....	31
Picture 41. Nutrition Facts of Garlic.....	31
Picture 42. Nutrition Facts of Shallots.....	32
Picture 43. Complete Nutrition Facts of Konig Nugget	32
Picture 44. Packaging Sticker	47
Picture 43. Packaging Product	47
Picture 43. Product Logo	48

LIST OF TABLE

Table 1. Nutrition Facts of Kenikir.....	32
Table 2. Table of Variable Cost in Food Cost and Packaging Cost.....	35
Table 3. Table of Fixed Cost with Depreciation Cost.....	36
Table 4. Table of Overhead Cost.....	36
Table 5. Table of Cost of Production.....	36