

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**“NASTE The Ube Nastar”**

(Purple Sweet Potato Flour as The Main Ingredients for NASTE)



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## **PREFACE**

First of all, I want to thank God for his blessings and guidance so that I can finish this Research and Development report. The main purpose for this report is to help students in Ottimmo to be creative and innovative as we have to create a new recipe / a new product that never been in Indonesia. One reason why I come up with the idea of making Naste is because I want to create a healthier and unique version of nastar which is one of the food that are very popular for Indonesian citizens and outside Indonesia even in the world.

In the process of completion of this report, I has received much guidance and support. To that end, I would to express my sincere thanks to :

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 Adhianata as my RnD mentor who has help and guided me until the completion of making this report.
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Surabaya, August 7<sup>th</sup>, 2019

Vannia Callista Wibisono

## 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.

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, 8th October 2019



Vannia Callista

## TABLE OF CONTENT

<b>COVER PAGE</b> .....	<b>i</b>
<b>SIGNATURE PAGE</b> .....	<b>ii</b>
<b>PREFACE</b> .....	<b>ii</b>
<b>EXECUTIVE SUMMARY</b> .....	<b>ii</b>
<b>TABLE OF CONTENT</b> .....	<b>iii</b>
<b>LIST OF PICTURE</b> .....	<b>viii</b>
<b>CHAPTER I INTRODUCTION</b>	
1.1 Background Of Ingredients .....	1
1.2 Reason For Selection Ingredients .....	4
<b>CHAPTER II INGRIDIENTS AND UTENSIL OVERVIEW</b>	
2.1 Ingredients and Utensils Overview .....	5
2.1.1 Purple Sweet Potato .....	5
2.1.2 Confectioners Sugar .....	5
2.1.3 Unsalted Butter .....	6
2.1.4 Egg Yolk .....	6
2.1.5 Salt .....	6
2.1.6 Vanilla Extract .....	7
2.1.7 Margarine .....	7
2.1.8 Milk Powder .....	8
2.1.9 Cheese .....	8
2.1.10 Granulated Sugar .....	9

2.1.11 Cornstarch .....	9
2.2 Equipments .....	10
2.2.1 Spoon .....	10
2.2.2 Knife .....	10
2.2.3 Digital Scale .....	11
2.2.4 Fry Pan .....	11
2.2.5 Bowl .....	12
2.2.6 Cutting Board .....	12
2.2.7 Mixer .....	13
2.2.8 Oven .....	13
2.2.9 Gas Stove .....	14
2.2.10 Baking Tray .....	14
2.2.11 Silicon Brush .....	15
2.2.12 Steamer .....	15
2.2.13 Food Processor .....	16
2.2.14 Grater .....	16

### **CHAPTER III NEW PRODUCT PROCESSING SEQUENCE**

3.1 The Processing Using Flowchart .....	17
3.2 The Processing Product .....	18
3.3 Complete Recipe Attached .....	29

### **CHAPTER IV NEW PRODUCT OVERVIEW**

4.1 The Facts of Nutrition .....	31
4.1.1 Purple Sweet Potato .....	31

4.1.2 Confectioners Sugar .....	32
4.1.3 Unsalted Butter .....	32
4.1.4 Egg Yolk .....	33
4.1.5 Salt .....	34
4.1.6 Vanilla Extract .....	34
4.1.7 Margarine .....	35
4.1.8 Milk Powder .....	35
4.1.9 Cheese .....	36
4.1.10 Granulated Sugar .....	36
4.1.11 Cornstarch .....	37
4.2 Nutrition Facts Calculation .....	37
4.2.1 Table 1. ....	38

## **CHAPTER V BUSINESS PLAN**

5.1 Identification Of Investment Opportunities .....	38
5.1.1 Introduction of Industry.....	38
5.1.2 Short Term Objective .....	39
5.1.3 Long Term Objective .....	39
5.1.4 Opportunity .....	40
5.2 Market Environment Analysis .....	40
5.2.1 Threat Of New Entry .....	40
5.2.2 Supplier Power .....	40
5.2.3 Buyer Power .....	40
5.2.4 Threat of Substitution .....	41

5.2.5 Competitive Rivalry .....	41
5.3 Marketing Strategies .....	41
5.3.1 Target Marketing .....	41
5.3.2 Product .....	41
5.3.3 People .....	41
5.3.4 Price .....	42
5.3.5 Place .....	42
5.3.6 Promotion .....	42
5.3.7 Process .....	42
5.3.8 Productivity .....	42
5.4 SWOT Analysis .....	43
5.5 Marketing Aspect .....	44
5.6 Technical Aspect .....	44
5.7 Human Resource Management .....	44
5.7.1 Team .....	44
5.7.2 Task Breakdown .....	45
5.7.3 System Operation .....	45
5.7.3.1 Person In Charge .....	46
5.7.3.2 Working Hour .....	46
5.7.4 Recruiting, Selecting, and Interview .....	46
5.7.5 Training .....	46
5.5.6 Performance Appraisal .....	46
5.5.6.1 Salary and Compensation .....	46



5.8 Financial Aspect .....	46
5.8.1 Variable Cost .....	47
5.8.2 Fixed Cost .....	49
<b>CHAPTER VI CONCLUSION</b>	
6.1 Conclusion .....	51
6.2 Suggestion .....	52
<b>REFERENCES</b> .....	53
<b>APPENDIX</b> .....	62
Appendix 1. Packaging Design.....	64
Appendix 2. Supplier List .....	66
Appendix 3. Product Logo .....	66
<b>APPROVE RECIPE ATTACHED</b> .....	67
<b>FORM CONSULTATION</b> .....	68
<b>POSTER</b> .....	69

## **EXECUTIVE SUMMARY**

Sweet potatoes are a type of cultivated plant. The part that is used is the roots that form tubers with high levels of nutrition (carbohydrate). In Africa, sweet potato bulbs are one of the important food sources. In Asia, besides being used for the tuber, young sweet potato leaves are also made vegetables.

Purple sweet potato is a type of sweet potato that has a strong sweet taste compared to the type of sweet potato or white yam. Although many people don't really like it because the taste of the flesh is too soft. However, it turns out that the nutrients and compounds found in purple sweet potatoes exceed those of other types of sweet potatoes. Purple sweet potato is very good to support your health.

As a direct relative of the orange-fleshed variety, purple sweet potatoes are rich in essential vitamins (including vitamin A/beta carotene, which makes this crop even more important in commonly deficient areas in Africa) and minerals, as well as a large amount of fiber, which helps provide the sensation of fullness and satiety.

Naste is a product of premium nastar that made out from purple sweet potatoes. The purple sweet potatoes will be processed into flour and after that will be processed into nastar. Loaded with rich in essential vitamins and minerals, making Naste a more healthier snack and use other premium ingredients for everybody to consume.

Keyword : Naste, Purple Sweet Potato, Nastar, Purple Sweet Potato Flour