

RESEARCH AND DEVELOPMENT FINAL PROJECT
“GATOT FLOUR”
(Gatot Flour as The Main Ingredients for Widaran BOO)



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RESEARCH AND DEVELOPMENT FINAL PROJECT
“ANGKAK FLOUR”
(Angkak Flour as The Main Ingredients for N’Crepes)

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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 Widaran is because I want to create a healthier and unique version of Widaran which is one of the snack 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 :

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Surabaya, August 6th 2019

Irwan Karwinata

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.

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Surabaya, 8 Oktober 2019



Irwan Karwinata

EXECUTIVE SUMMARY

Gatot is a traditional food typical of Gunung Kidul, Yogyakarta. The term gatot, seems very funny if someone else has just heard. Gatot is made from cassava. Boiled cassava is then dried in the sun, not until it is completely dry. However, there are those who allow cassava to turn black. Cassava which turned blackish, cleaned, then processed into traditional food. but I chose gatot in making bidaran because bidaran is made from tapioca flour made from sweet potatoes. therefore I chose Gatot as a substitute for tapioca flour.

Most people in the Gunung Kidul area, Yogyakarta, consume gatot as a staple food. The area is in the mountains, so rice is very expensive and the bias is said to be difficult to reach, residents there use cassava which is then processed into gatot. My goal is to choose Gatot in bidaran production because Gatot has a lot of fiber, so it is good for human health.

Gatot has a lot of nutritional content that is not inferior to other staples such as rice, tiwel, and corn rice, the amino acid or protein content in gatot is greater than the ingredients used in making it (cassava). Therefore gatot is very good in making bidaran.

Key Word : Gatot, Bidaran, Cassava

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