

RESEARCH AND DEVELOPMENT FINAL PROJECT

“ANGKAK FLOUR”

(Angkak Flour as The Main Ingredients for N’Crepes)



By :

Natassia Chendra

1774130010044

STUDY PROGRAM OF CULINARY ART

OTTIMMO INTERNATIONAL

MASTER GOURMET ACADEMIC

SURABAYA

2019

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Arranged by:

Natassia Chendra (1774130010044)

Surabaya, 6 Agustus 2019

Approved by:

Advisor,

Examiner I,

Examiner II,

Aprillia Nurcahyaning
Rahayu, S.Pd., M.Kes
NIP. 199204081803042

Knowing,

Director of OTTIMMO
International Mastergourmet Academy,
Mastergourmet

Head of Study Program Culinary Art,
OTTIMMO International
Academy,

Zaldy Iskandar, B.SC.
NIP: 197310251201001

Irra Chrisyanti Dewi, S.Pd.,M.S.M
NIP. 197812011702028

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 Crepes is because I want to create a healthier and unique version of Crepes 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. Aprillia as my RnD mentor who has help and guided me until the completion of making this report.
3. Mrs. Irra Chrisyanti Dewi as the Head of Study Program at Ottimmo International.
4. Mr. Zaldy Iskandar as Director of Akademi Kuliner dan Patiseri OTTIMMO International Surabaya.
5. My dearest friends, Ms. Vallerie Nurhalim, Ms. Vannia Callista, Ms. Elizabeth and Mr. Irwan Karwinata who all help me by a lot of guidance and suggestions.

Surabaya, August 6th 2019

Natassia Chendra

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, 8 Oktober 2019



Natassia Chendra

EXECUTIVE SUMMARY

Angkak red fermented rice, red kojic rice, red koji rice, or ang-kak, which is a certain type of white rice that is bred with a special kind of yeast for several days so that it changes the color of rice to red. Angkak has been known by the Chinese population for hundreds of years, and is commonly used by the Chinese as part of a mixture of cooking spices and health herbs. In America, red yeast rice known as Red Yeast Rice is now gaining popularity and is sold in capsules as a powerful natural cholesterol-lowering agent. So it would be nice if you use Angkak rice flour in making crepes, so that they can become healthy crepes.

The most important ingredient is HMG-CoA (monacolin / lovastatin / statins) which is said to be very effective for reducing bad LDL cholesterol and triglycerides. When blood cholesterol levels rise, doctors generally prescribe statin drugs such as Lipitor and Zocor which can inhibit cholesterol production but it is unfortunate that these drugs have side effects that jeopardize human liver and muscle function.

The effectiveness of red yeast rice to reduce cholesterol has been clinically tested by more than 17 studies in China. Whereas UCLA Medical University in America has also conducted research that concludes consumption of 2.4 grams of red yeast rice per day can significantly reduce levels of total cholesterol and LDL in 12 weeks.

Key Word : Angkak, Crepes, Rice

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