

RESEARCH AND DEVELOPMENT FINAL PROJECT

OXXIE COOKIES

**"BUTTER COOKIES MADE FROM *JUWET* FLOUR WITH
HIGH ANTIOXIDANT"**



ARRANGED BY:

FAREL RABBANI ANDRIAN (1774130010029)

CULINARY ARTS STUDY PROGRAM

OTTIMMO INTERNATIONAL MASTERGOURMET

ACADEMY

SURABAYA

2019

RESEARCH AND DEVELOPMENT FINAL PROJECT

Oxxie Butter Cookies

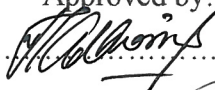
(Cookies Made From *Juwet* Flour)

Arranged by:

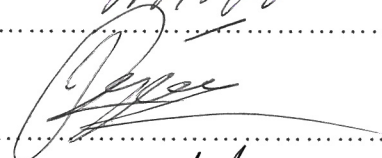
Farel Rabbani Andrian (1774130010029)


Surabaya, 27 Agustus 2019

Approved by:

Heni Adhianata, STP., M.Sc. 

Dr. Ir. Fadjar Kurnia Hartati, M.P 

Chef Ryan Yeremia Iskandar 

Chef Albert Aldo Kurniawan 


Knowing,

Director of Akademi Kuliner dan
Patiseri Ottimmo International

Head of Study Program of Akademi
Kuliner dan Patiseri Ottimmo
International



Zaldy Iskandar B.SC.
NIP: 197310251201001


Irra Chrisyanti Dewi, S.Pd, M.S.M.
NIP: 19781201170

ACKNOWLEDGEMENT

Praise and thanks to the Allah Almighty for the successful completion of this report. The Author can complete the writing of Research and Development Final Project entitled "**OXXIE COOKIES: COOKIES MADE FROM JUWET FLOUR**". This report is prepared as one of the requirements to complete the Diploma III of Culinary Arts.

In the process of completion of this report, the Author has received much guidance and assistance from various parties. To that end, the Author express their sincere thanks to:

1. Ms. Heni Adhianata as Advisor who has guided, provide guidance, and suggestions until the completion of this report.
2. Mr. Dr. Ir. Fadjar Kurnia Hartati, M.P as the examiner on the presentation
3. Chef Ryan Yeremia Iskandar as the examiner on the presentation
4. Chef Albert Aldo Kurniawan as the examiner on the presentation
5. Chef Zaldy Iskandar as Director of OTTIMMO International Mastergourmet Academy Surabaya.
6. Ms. Irra Chrisyanti Dewi as Head of the Culinary Arts Study Programme.
7. My parents, Mr. Feby Andrian and Mrs. Rully Ernitasari who have given me support and love so that I can be what I am now.
8. Aulia Adriana, who has become my #1 support system.
9. Kevin Hoogie, Reza Renaldy, Ferdinand Kennard, and Nazareno H. who have become my brothers.
10. Satrio Wicaksono, Tangguh Rian, Farizy Z., and Feyzar Defan as known as "Selang Kanan"

Finally, the Authors hope that this final project could be useful in future.

Surabaya,

Farel R.A.

EXECUTIVE SUMMARY

The decline in *juwet* fruit enthusiasts and the diminishing *juwet* fruit in the market was very alarming. In fact, *juwet* has variety of vitamins and minerals that are very useful for the body as well as the benefits and properties of various diseases. Also, *juwet* fruit contains very high antioxidant.

Juwet themselves contain little vitamins A and E and contain lots of vitamin C and B complex. Inside the *juwet* there are levels of vitamin B1 (thiamine), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic acid), B6 (pyridoxine) and folic acid or B9 in relatively high levels. *Juwet* also contains various minerals such as calcium, magnesium, manganese and potassium which are beneficial for cardiovascular health. The content of calcium and potassium in this fruit is quite high.

In addition, in this fruit there are also a number of phytochemical components such as anthocyanin, kaempferol, tannine, flavonoids, sterols, phenolic acids and several other antioxidant phytochemical components. Also contained fiber content consisting of soluble fiber components and insoluble fiber.

As mentioned earlier, *juwets* are very useful for health. *Juwet* fruit is beneficial for skin health because it contains vitamin C which is high enough and its antioxidant which prevents the effects of premature aging.

For reasons that already mentioned above, the Author decided to process *juwet* into flour and apply the flour to "Oxxie Cookies", so that everyone could take benefit from *juwet*, but in a more modern form.

Our target market is all ages. Because we believe that cookies are a food for all ages, coupled with the many benefits that these cookies have. We plan to sell well-quality hand-made cookies prices Rp. 60.000.

Keywords: ***Juwet*, Cookies, *Juwet* Cookies, Antioxidant**

TABLE OF CONTENT

COVER	Error! Bookmark not defined.
PREFACE	2
ACKNOWLEDGEMENT	3
PLAGIARISM STATEMENT	4
EXECUTIVE SUMMARY	5
TABLE OF CONTENT	6
LIST OF PICTURES	8
LIST OF TABLES.....	10
CHAPTER I	Error! Bookmark not defined.
1.1 Background	Error! Bookmark not defined.
1.2 The Content of Nutrients and Health Benefit	Error! Bookmark not defined.
1.2.1 <i>Juwet</i> fruit.....	Error! Bookmark not defined.
1.2.2 Purple Sweet Potato	Error! Bookmark not defined.
1.2.3 Salt.....	Error! Bookmark not defined.
1.2.4 Milk.....	Error! Bookmark not defined.
1.2.5 Whole egg	Error! Bookmark not defined.
1.2.6 Vanilla Essence.....	Error! Bookmark not defined.
1.2.7 Butter.....	Error! Bookmark not defined.
1.2.8 Sugar	Error! Bookmark not defined.
1.3 Description of New Product Features	Error! Bookmark not defined.
CHAPTER II	Error! Bookmark not defined.
2.1 Description of The Material To Be Used	Error! Bookmark not defined.
2.1.1 <i>Juwet</i> Fruit.....	Error! Bookmark not defined.
2.1.2 Purple Sweet Potato Flour.....	Error! Bookmark not defined.
2.1.3 Salt.....	Error! Bookmark not defined.
2.1.4 Milk	Error! Bookmark not defined.
2.1.5 Egg	Error! Bookmark not defined.
2.1.6 Vanilla Essence.....	Error! Bookmark not defined.
2.1.7 Butter.....	Error! Bookmark not defined.
2.1.8 Sugar	Error! Bookmark not defined.
2.2 The Tools Used During The Processing.....	Error! Bookmark not defined.
2.2.1 Oven	Error! Bookmark not defined.
2.2.2 Hand Mixer	Error! Bookmark not defined.
2.2.3 Spatula.....	Error! Bookmark not defined.
2.2.4 Gastronom Bowl	Error! Bookmark not defined.
2.2.5 Strainer	Error! Bookmark not defined.
2.2.6 Chiller.....	Error! Bookmark not defined.
2.2.7 Digital Kitchen Scale	Error! Bookmark not defined.
2.2.8 Dough Roller.....	Error! Bookmark not defined.
2.2.9 Dough Shaper.....	Error! Bookmark not defined.
2.2.10 Fork	Error! Bookmark not defined.
2.2.11 Plastic Wrap.....	Error! Bookmark not defined.
2.2.12 Blender	Error! Bookmark not defined.
CHAPTER III.....	Error! Bookmark not defined.

3.1 Procedure.....	Error! Bookmark not defined.
3.2 The Recipe of Juwet Butter Cookies.....	Error! Bookmark not defined.
CHAPTER IV	Error! Bookmark not defined.
4.1 The Facts of Nutrition	Error! Bookmark not defined.
4.1.1 <i>Juwet</i> fruit.....	Error! Bookmark not defined.
4.1.2 Purple sweet potato flour	Error! Bookmark not defined.
4.1.3 Milk.....	Error! Bookmark not defined.
4.1.4 Chicken egg.....	Error! Bookmark not defined.
4.1.5 Butter.....	Error! Bookmark not defined.
4.1.6 Sugar	Error! Bookmark not defined.
4.1.7 Vanilla extract.....	Error! Bookmark not defined.
4.1.8 Salt.....	Error! Bookmark not defined.
4.2 New Product Characteristic.....	Error! Bookmark not defined.
CHAPTER V	Error! Bookmark not defined.
5.1 Identification of Investment Opportunities ..	Error! Bookmark not defined.
5.2 Marketing Aspects.....	Error! Bookmark not defined.
5.2.1 The Company and Its Location	Error! Bookmark not defined.
5.2.2 Product	Error! Bookmark not defined.
5.2.3 Target Market Analysis	Error! Bookmark not defined.
5.2.4 Market Segmentation	Error! Bookmark not defined.
5.2.5 Market Environment Analysis.....	Error! Bookmark not defined.
5.2.6 Marketing Mix	Error! Bookmark not defined.
5.3 Technical Aspects.....	Error! Bookmark not defined.
5.3.1 Kitchen Layout.....	Error! Bookmark not defined.
5.3.2 Standard Operation Procedure (SOP) ...	Error! Bookmark not defined.
5.4 Legal Aspects	Error! Bookmark not defined.
5.5 Financial Aspects	Error! Bookmark not defined.
5.5.1 Variable Cost	Error! Bookmark not defined.
5.5.2 Overhead Cost.....	Error! Bookmark not defined.
5.5.3 Fixed Cost	Error! Bookmark not defined.
5.5.4 Break Even Point (BEP).....	Error! Bookmark not defined.
CHAPTER VI	Error! Bookmark not defined.
6.1 Conclusion.....	Error! Bookmark not defined.
6.2 Suggestion.....	Error! Bookmark not defined.
BIBLIOGRAPHY	Error! Bookmark not defined.
APPENDIX	Error! Bookmark not defined.

LIST OF PICTURES

Picture 1. <i>Juwet</i> Fruit	Error! Bookmark not defined.
Picture 2. Purple Sweet Potato Flour	Error! Bookmark not defined.
Picture 3. Salt	Error! Bookmark not defined.
Picture 4. Milk.....	Error! Bookmark not defined.
Picture 5. Egg.....	Error! Bookmark not defined.
Picture 6. Vanilla Essence	Error! Bookmark not defined.
Picture 7. Butter	Error! Bookmark not defined.
Picture 8. Sugar	Error! Bookmark not defined.
Picture 9. Oven.....	Error! Bookmark not defined.
Picture 10. Hand Mixer	Error! Bookmark not defined.
Picture 11. Spatula.....	Error! Bookmark not defined.
Picture 12. Gastronom Bowl.....	Error! Bookmark not defined.
Picture 13. Strainer.....	Error! Bookmark not defined.
Picture 14. Chiller	Error! Bookmark not defined.
Picture 15. Digital Kitchen Scale	Error! Bookmark not defined.
Picture 16. Dough Roller.....	Error! Bookmark not defined.
Picture 17. Dough Shaper	Error! Bookmark not defined.
Picture 18. Fork.....	Error! Bookmark not defined.
Picture 19. Plastic Wrap	Error! Bookmark not defined.
Picture 20. Blender.....	Error! Bookmark not defined.
Picture 21. Procedure	Error! Bookmark not defined.
Picture 22. <i>Juwet</i> Flour	Error! Bookmark not defined.
Picture 23. Purple Sweet Potato Flour	Error! Bookmark not defined.
Picture 24. Butter	Error! Bookmark not defined.
Picture 25. Sugar	Error! Bookmark not defined.
Picture 26. Milk.....	Error! Bookmark not defined.
Picture 27. Whole egg 1	Error! Bookmark not defined.
Picture 28. Vanilla Essence	Error! Bookmark not defined.
Picture 29. Butter and Sugar Mix.....	Error! Bookmark not defined.
Picture 30. Dough Mixture with Egg.....	Error! Bookmark not defined.
Picture 31. Dough with Vanilla Essence	Error! Bookmark not defined.
Picture 32. Dough with Whole Milk	Error! Bookmark not defined.
Picture 33. Dough with <i>Juwet</i> Flour	Error! Bookmark not defined.
Picture 34. Dough with Sweet Potato Flour.....	Error! Bookmark not defined.
Picture 35. Dough Rolled.....	Error! Bookmark not defined.
Picture 36. Cookies	Error! Bookmark not defined.
Picture 37. Nutrition Facts of Salt.....	Error! Bookmark not defined.
Picture 38. Kitchen Layout	Error! Bookmark not defined.
Picture 39. Standard Operation Procedure	Error! Bookmark not defined.
Picture 40. Nutrition Facts Oxxie Cookies	Error! Bookmark not defined.
Picture 41. Oxxie Cookies Logo	Error! Bookmark not defined.
Picture 42. Product.....	Error! Bookmark not defined.
Picture 43. Original Recipe	Error! Bookmark not defined.

Picture 44. Consultation Card (Front).....**Error! Bookmark not defined.**
Picture 45. Consultation Card**Error! Bookmark not defined.**

LIST OF TABLES

Table 1. Nutrition Facts of Purple Sweet Potato Flour	Error! Bookmark not defined.
Table 2. Nutrition Facts of Milk.....	Error! Bookmark not defined.
Table 3. Nutrition Facts of Whole Chicken Eggs...	Error! Bookmark not defined.
Table 4. Nutrition Facts of Butter	Error! Bookmark not defined.
Table 5. Nutrition Facts of Sugar	Error! Bookmark not defined.
Table 6. Nutrition Fact of Vanilla Extract	Error! Bookmark not defined.
Table 7. Nutrition Facts of Oxxie Cookies (1 pcs).	Error! Bookmark not defined.
Table 8. SWOT.....	Error! Bookmark not defined.
Table 9. Variable Cost	Error! Bookmark not defined.
Table 10. Overhead Cost.....	Error! Bookmark not defined.
Table 11. Fixed Cost.....	Error! Bookmark not defined.