

RESEARCH AND DEVELOPMENT FINAL PROJECT

“U - Pan the Ube Pancake”

(Yellow Sweet Potato Flour as The Main Ingredients for U - Pan)



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YELLOW SWEET POTATO FLOUR

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PREFACE

Firstly, I want to thank God for his blessings and guidance so that I can finish this Research and Development report. The main purpose of 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.

During the process of completing of this report, I have received much guidance and support. To that end, I would to express my sincere thanks to the names below :

1. My parents who have supported and provided me to achieve the best education and as a family role that always encourage me 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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4. Mr. Zaldy Iskandar as Director of Akademi Kuliner dan Patiseri OTTIMMO International Surabaya.
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Surabaya, August 6th 2019

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 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 plagiarised to other student and/or person.

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August 6th 2019

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EXECUTIVE SUMMARY

Sweet potatoes come in many different colors. The skin can be white, yellow, red, purple or brown, and the flesh can be white, yellow, orange or purple. All sweet potato varieties generally have the same shape and size, they are tapered at the ends and much smaller than yams.

Compared with yams, sweet potatoes are lower in calories and have far more beta-carotene (11.5 compared with 0.07 milligrams for each one-half cup), an antioxidant nutrient thought to guard against certain cancers.

Sweet potatoes are root vegetables that are high in many different nutrients, including beta-carotene, anthocyanins, B vitamins, vitamin C, potassium, and other minerals. These nutrients give delicious sweet potatoes some amazing benefits for skin, hair, and nail.

U - Pan is a product of one cup dessert which consist some bite-sized pancake served with ice cream. Usually pancakes were made this pancake used yellow sweet potatoes as its main ingredients. The raw yellow sweet potatos were processed into flour and with that flour we can produced pancakes. Compare to the original pancake that made out of all purpose flour, U - Pan contains more vitamin. This product is much more healthier and safe for everyone including child and elderly.

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