

# **RESEARCH AND DEVELOPMENT FINAL PROJECT BLACK RICE FLOUR NOODLE**

(Flat Rice Noodle Made From Black Rice With Many Healthy Benefits)



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**STUDY PROGRAM OF CULINARY ART  
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MASTER GOURMET ACADEMY  
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**RESEARCH AND DEVELOPMENT NEW PRODUCT**

**FINAL REPORT**

**“Black Rice Flat Noodle”**

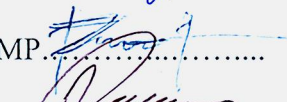
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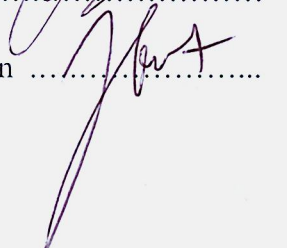
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## **PREFACE**

Being a student of OTTIMMO INTERNATIONAL CULINARY ACADEMY I am extremely happy to submit this project report. This book is the result of a study of a new product that started approximately 1 years ago. This main purpose for this report is to help each student in Ottimmo to be creative and innovative as we have to create a whole new product that never been created before. The reason why I decide to make Black Rice Flour Noodle is because I want to create a healthier alternative people who consume flat fried noodle which have so many benefit to human's health condition. Several persons have contributed to it's development and refinements in one way and other. In this preface, I would like to take the opportunity to thank them.

To begin with, I would like to thank my Holy God, Jesus Christ for his blessing and his spiritual guidance in order for me to complete this Research and Development report.

Next, I would like to express my gratitude to the name below:

1. My parents who have supported me and lead me to experiment more each day to make this perfect products.
2. Ms. April as my RnD mentor who has helped me in so many things in order for me to understand the guideline for making this report.
3. Ms. Irra Chrisyanti Dewi as the Head of Study Program at Ottimmo International .
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6. Ms. Wulandari Wuri for helping me with my Nutrition Facts

Surabaya, July 7, 2019

Cellina Jovinandi

## **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 plagiarised 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, 7<sup>th</sup> August , 2019

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## **Executive summary**

Black rice flat noodle is a product of healthier flat fried noodle that made out from Black Rice as the main ingredients. It also has a lot of benefits in health condition. It fights cancer, rich source of antioxidant, reduce inflammations, protecting hearth health and many more which it become more healthier than the original one (white rice flat noodle). By a simple move of replacing white rice with black rice, we have improved the quality of our body's health. It's also better at preventing obesity than refined grains. It is very important for those with prediabetes, diabetes, or other forms of metabolic syndrome and insulin resistance to consume 100 percent whole grains, as opposed to processed "white" types that lack fiber. the same can be said for those who struggle with losing weight, since the fiber and nutrients in whole grain rice help shut off hunger signals and prevent overeating.

There will be 8 steps of processing. First, we must make the black rice flour by grind the black rice until fine powder consistency, the next process is making rice noodle mixture by mixing all ingredients, the third process, pour the mixture to flat bottom tray and put it to the steamer, it takes about 4 minutes until the mixture become transparent. Then, release the rice noodle from the tray, brush it with oil, roll it and cut it according to the size you want. And the last process is the packaging process.

Black Rice Flat Noodle will packed in transparent container and it wrapped with plastic wrap and there are label sticker on top of it. In each pack will be approximately 250 grams of Black Rice Flat Noodle. Every pack will sold for IDR 15.000.

Keyword: Black Rice,Healthy, Flat Noodle

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