

RESEARCH AND DEVELOPMENT FINAL PROJECT

“CRUFF The Carrot Creamy Puff”

**(Carrot as The Main Ingredients for Cruff -
Carrot Creamy Puff)**



OTTIMMO

By :

Stefanus Chandra

1774130010001

STUDY PROGRAM OF CULINARY ART

OTTIMMO INTERNATIONAL

MASTER GOURMET ACADEMY

SURABAYA

2019

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Arranged by:

Stefanus Chandra (1774130010001)

Surabaya, 7 Agustus 2019

Approved by:

Advisor,

Examiner I,

Examiner II,

Nia Rochmawati

NIP. 199204081803042

Knowing,

Director of OTTIMMO
International Mastergourmet Academy,

Head of Study Program Culinary Art,
OTTIMMO International
Mastergourmet Academy,

Zaldy Iskandar, B.SC.

NIP. 197310251201001

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

NIP. 19781201170202

ACKNOWLEDGEMENT

First and foremost, I would like to thank God Almighty for giving me the strength, knowledge, ability and opportunity to undertake this research study and to persevere and complete it satisfactorily. Without His blessings, this achievement would not have been possible.

In my journey, I have found a teacher, a friend, an inspiration, a role model and a pillar of support in my mentor, Ms. Heni Adhinata who has helped and guided me until the completion of making this report. She has been there providing her heartfelt support and guidance at all times and has given me invaluable guidance, inspiration and suggestions in my quest for knowledge.

I have great pleasure in acknowledging my gratitude to Mrs. Nia Rochmawati, Mrs. Aprilia Nurcahyaningih, and Mrs. Yusi Erni Wulan for helping me and guided me in making this report. Their support and encouragement has been great contributors in the completion of the thesis.

I give my gratitude to Mrs. Irra Chrisyanti Dewi as the Head of Study Program at Ottimmo International for giving me a chance to pursue my dream and making this possible. I also thank Mr. Zaldy Iskandar as Director of Akademi Kuliner dan Patiseri OTTIMMO International Surabaya for giving me a chance to deepen my passion and push my capability.

My acknowledgement would be incomplete without thanking the biggest source of my strength, my family. The blessings of my parents and the love have all made a tremendous contribution in helping me reach this stage in my life.

Surabaya, August 7th, 2019

Stefanus Chandra

EXECUTIVE SUMMARY

Carrot is a vegetable that contained a lot of nutrients, providing Vitamin A, C, and B-6 and even calcium, iron, and magnesium. The nutrients in carrots are good for health, which can reduce the risk of cancer, lower blood cholesterol, weight loss, and eye health.

The plant probably originated in Persia and was originally cultivated for its leaves and seeds. Carrot is a biennial plant in the umbellifer family Apiaceae. The most commonly eaten part of the plant is the taproot, although the stems and leaves are eaten as well. The domestic carrot has been selectively bred for its greatly enlarged and more palatable, less woody-textured taproot. Carrots are easy to plant and can be planted in any weather- rainy or dry. Eating carrots is good for your health, but there are still so many people that hate and dislike eating vegetables such as carrot because its unique taste. The research mentioned that adolescents are the highest age group that consumes less vegetables and fruit.

By the fact that many young people hate eating vegetables and then become a bad habit as they grow up. People nowadays choose sweet things like puff pastry over vegetables that are not healthy to consume over and over again.

Cruff is a healthy puff made with the main ingredients carrot- a vegetable that many people hate, but combines with the idea of making sweet but healthy products. With the combination of vegetables and sweet products, Cruff is made for young people that want a healthy life but already have a bad habit by hating eat vegetables. Loaded with some vitamins and calcium, Cruff is ready to make young people become healthier.

Keyword : Carrot, Puff, Vegetable

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