

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**BREADFRUIT CURRY**



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**2020**

**APPROVAL 2**

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The image shows three handwritten signatures in black ink, each positioned above a horizontal dotted line. The signatures are written in a cursive style. The first signature is the most legible, appearing to be 'M. P.' followed by a flourish. The second signature is more stylized and less legible. The third signature is also stylized and less legible.

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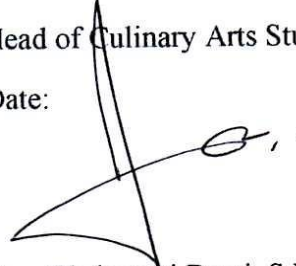
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## **PLAGIARISM STATEMENT**

I certify that this report is written by me and in my own words, based on my personal study and research and that I have acknowledge all materials and sources used in its preparation. I certified that this report has not previously been submitted for assessment and that I have not copied in part or whole or otherwise plagiarized the work of other student and/or person according to the Ottimmo International Master Gourmet Academy regulations.

Surabaya, March 19<sup>th</sup> 2020



**Audrey Arthania Golden**

## PREFACE

First of all, I want to thank Jesus Christ because of His blessing and guidance that I can finish this research and development report entitled “breadfruit curry”. The purpose of writing this report is to encourage students to be creative and innovative by creating new product and introduce the product to the market.

I would like to express my gratitude to the names below:

1. Mr. Zaldy Iskandar as the Head of Ottimmo International Master Gourmet Academy
2. Ms. Irra C. Dewi as the Head of Study Program at Ottimmo International Master Gourmet Academy
3. Ms. Latifahtur as my RnD advisor.
4. My parents and family who have supported and provided education for me.

I realized that this report is far from perfect in term of the arrangement and content, so I hope readers can give critics and suggestions.

Finally, I expect this report can be useful to help readers expand their knowledge about breadfruit curry.

Surabaya, March 19<sup>th</sup> 2020



Audrey Arthania Golden

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## **EXECUTIVE SUMMARY**

Breadfruit is widely known as a food with medicinal and health benefits. Breadfruit is packed with carbohydrates and a good supply of antioxidants, calcium, carotenoids, copper, nutritional fiber, energy, iron, magnesium, niacin, omega 3, omega 6, phosphorus, potassium, protein, thiamine, vitamin A and vitamin C. It also contains some carotenoids and lutein that is neither present in rice nor white potato. A half cup of breadfruit provides a quarter of the recommended daily allowance for fiber and 5 to 10% of the recommended daily allowance for protein, magnesium and potassium.

Our product is a dish of vegan healthy curry that is made out of breadfruit. There will be three steps of process to be a finished product. The first step is to clean all the ingredients. The second step is mise en place. Then cooking or making the curry itself. Finally, the last process is serving or packaging process.

Our serving suggestion for this breadfruit curry is to be served on top of rice, noodle, or mashed potato. It will be sold in plastic food grade container. Every serve will be sold for Rp 26.000,00.

Key words: breadfruit, curry, healthy