

# **RESEARCH AND DEVELOPMENT FINAL PROJECT**

**“PASTA”**

**(Red Rice Pasta)**



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**2020**

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## **PLAGIARISM STATEMENT**

I certify that this assignment/report is my own work, based on my personal study and/or research and that I have acknowledge 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, expect 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 plagiarized the work of other students and/or persons.

On this statement, I am ready to bear the risky/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.

30 June 2020,

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## ACKNOWLEDGEMENT

First of all, praise to the almighty god as I'm finally able to finish this Research and Development Project with title "**Pasta (Red Rice Pasta)**". This project is being conducted as a requirement to finish my diploma study on Culinary Arts and Baking Pastry at Ottimmo International Master Gourmet Academy. After months of trial and error, through thick and thin, I would like to dedicate this project to:

1. I would love to thank myself personally, for everything I went through and still managed to finish everything. It's been a tough journey, but we still keep on going.
2. To my parents and family, look, I finally able to make out of something in food industry, thank you for sticking up with me.
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Finally, The Author hopes that this report may be of help to the parties who are reading this report.

Surabaya, 29 juni 2020

Maximillian.G.Vinsenso

## **EXECUTIVE SUMMARY**

As an agricultural country, Indonesia have produced many different type of rice throughout the con. With the massive plantation, the chances for food waste, specifically Red rice are undeniable Red rice could become a new food source. The dietary fiber content on Red rive can promote regularity, stabilize blood sugar levels, and boost heart health. Red rice also have a high level of antioxidants that can lead to reduce inflammation and protect against chronic conditions, such as heart disease, cancer, and diabetes. By that standard alone, Red rice now can be considered as one of Super Food source.

Amid the growing concern how pasta could lead to potential threat and Red rice could become one of the main ingredient for diet, The Author can see a huge possibility to end both problems. With the right and carefully planned strategy, the banana Red rice in NTT can be used as a export commodities; as a substitute to pasta. This paper could bring more variety of cooking product in the near future and be usable by the gourmet industry or personal use for a better preference.

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