

RESEARCH and DEVELOPMENT FINAL PROJECT

RIND JAM

Watermelon Rind Waste as Filler in Jam Making



By

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APPROVAL

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(Watermelon Rind Waste as Filler in Jam Making)

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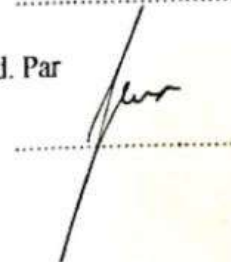
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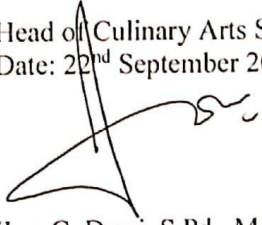


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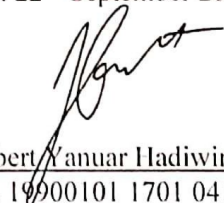
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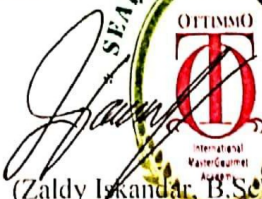

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PREFACE

First of all, I would like to thank Jesus Christ, for only by His blessings and grace I could complete my Research and Development report on time. This report has been prepared as a final project of my study in OTTIMMO International MasterGourmet Academy. The purpose of this Research and Development project is to help every students in OTTIMMO to be creative and critical in order to help make a innovative and helping products in culinary industry. That's why I decided to made the watermelon rind strawberry jam.

During the process of making this report, I've received so much help, advice, and support through so many people. I would especially say thank you to:

1. My parents who have supported me fully and providing feedbacks during my products trials, giving so many advices and ideas.
2. Chef Gilbert Yanuar Hadiwirawan as my RnD advisor who have helped me in giving ideas and solutions for my project.
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EXECUTIVE SUMMARY

Rind Jam is the way of utilizing watermelon rind waste as filler in jam making. The overflowing amount of watermelon rind as a waste is one of the reason why watermelon rind is chosen as the main ingredient. Watermelon rind is usually being thrown out after people had done eating the fruit, but in reality the rind part contain lots of nutrients and benefits such as potassium that can help in neutralizing blood pressure, antioxidant including beta-carotene, vitamin C, and phenolic helping in keeping the body's cell stay healthy.

The processing of the jam is separated into 3 parts. First is the preparing and cooking process of the rind. The watermelon rind will be cut into small pieces and simmered for 2 hours until it's soft and transparent in color. The second part is blending the watermelon rind until soft and porridge-like. The last part is the cooking process, the watermelon rind is being cooked together with the strawberry and sugar until the right consistency of jam is formed.

The Rind Jam will be packed in a glass jar. Each jar will consist of 250 gr of products and will cost Rp 28,500.