

RESEARCH AND DEVELOPMENT FINAL PROJECT

“JACK’S” INSTANT MASHED JACKFRUIT SEEDS



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STUDY PROGRAM OF CULINARY ART

OTTIMO INTERNATIONAL

MASTERGOURMET ACADEMY

SURABAYA

2018

**OTTIMO INTERNATIONAL
MASTERGOURMET ACADEMY**

**RESEARCH AND DEVELOPMENT OF INSTANT MASHED
JACKFRUIT SEEDS
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ACKNOWLEDGEMENT

Thanks to God, the researcher expresses his highest gratitude to God for his blessing, love, opportunity, health, and mercy to complete this research. This research entitled “Research and Development of Instant Mashed Jackfruit Seeds” is submitted as the final requirement in accomplishing undergraduate degree at Ottimo International Master Gourmet Academy.

In arranging this research, a lot of people have provided motivation, advice, and support for the researcher. In this valuable chance, the researcher intended to express his gratitude and appreciation to all of them. First, the researcher’s deepest appreciation goes to his beloved parents, for the endless love, pray, and support. Also I am very grateful to have some close friends who always support me and become a good listener for every problem I faced.

The researcher presents his sincere appreciation to Chef Zaldy Iskandar as the dean of Ottimo International Master Gourmet Academy. Also this thesis would not have been possible without the help, support and patience of my first advisor Ms. Nia Rochmawati for his supervision, advice, and guidance from the very early stage until the completion of this research. I also thanked the examiner for the advice, supervision, and crucial contribution in the improvement of the result of this research.

Finally, I would like to thank everybody who was important to the successful realization of this undergraduate research. This undergraduate research is far from perfect, but it is expected that it will be useful not only for the researcher, but also for the readers. For this reason, constructive thoughtful suggestion and critics are welcomed.

EXECUTIVE SUMMARY

Jackfruit seed is one of organic waste that hasn't used optimally. Whereas jackfruit seed has many benefit for body and rich delicious taste. Its similar with tubers also has soft and mushy texture with sweet taste. Jackfruit seeds are rich on protein, carbohydrates, fiber, vitamins A, C, and B; also contain calcium, zinc, and phosphorus. Jackfruit seeds are also known for their phytonutrients such as lignans, isoflavones, and saponins they are antioxidants that help prevent cancer. To keep the nutrient contains, Jackfruit seeds should be processed carefully. By processed it into instant mashed jackfruit seeds is the healthier way to keep the nutrients because in the process oil doesn't needed hence low in fat and also by processed in to powder easiest the consumer to consume it.

To making instant mashed jackfruit seed there are several procedures to do. The first step on making instant mashed jackfruit seed is washed the jackfruit seeds on rainy water. After that, the jackfruit seeds are boiled with coconut shell briquette to remove the jackfruit seeds odor until mushy. Next, peeled the jackfruit seeds and mashed it used blender. Then, used pastry rolling the jackfruit seeds flatted on the tray that has been covered with aluminum foil. The process continues with dried process. There are two drying methods, the first method is using heat from sunlight and the second method used an oven. Dried used sunlight heat take 1 day while used oven take about 2 hours with 60°C temperatures. Dried with oven is more effective because saving time and more hygiene. The dried jackfruit seeds crushed used blender to form powder. Then the powdered jackfruit seeds are sifted used flour sifted until 3 times. In the packaging process, the instant mashed jackfruit seeds inserted in packaging. The flavor ingredients also added but separated with powdered mashed jackfruit seeds.

Instant mashed jackfruit seeds are present in powder form which has ivory color. The softness of the powder is similar with wheat flour but it greasier and moist. While the texture of instant mashed jackfruit seed is mushy and soft but it a little bit sandy. And the taste is salty and savory with combination of white pepper, salt and powdered mushroom broth flavors. Instant mashed jackfruit seeds are high quality product with many nutritional contain. This product contains 530 energies, 13,44 proteins, 0,32 fats, 117,4 carbohydrates, 105,6 calcium, 640 phosphors, 3,2 iron, 0,64 Vitamin B1, 32 Vitamin C and 0,599 sodium.

This product is pricing Rp.15.000 for each 80 grams which is considered as affordable price. Market target of the product is people who has strict diet and housewife who has high demand on food ingredients. This product will distribute in the mini market and traditional market at Makassar. Beside distribute the product in stores, the product also could purchase by online through shopping apps.

Keywords: Jackfruit seed, Mashed, Instant, Powder.

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