

RESEARCH AND DEVELOPMENT FINAL PROJECT

RED LENTILS BALLS

Red Lentils Balls as A Healthy Food with High Protein and Rich in Fiber



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OTTIMMO INTERNASIONAL

PROGRAM STUDI SENI KULINER

SURABAYA

2018

**OTTIMMO INTERNATIONAL
MASTERGOURMET ACADEMY**

**RESEARCH AND DEVELOPMENT OF
RED LENTILS BALLS**

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AUGUST

2018

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ACKNOWLEDGMENT

Praise and thanks to God Almighty for the successful completion of this report. The author can complete the writing of a Research and Development Final Project entitled “Red lentils balls”. This report is prepared as one of the requirements to complete the Diploma III of culinary arts.

In the process of completion of this report, the Author has received much guidance and assistance from various parties. To the end, the authors express their sincere thanks to:

1. Miss Tri R. Ambarwatie, S.S,M.Si as Advisor who has guided, provided guidance and suggestions until the complete of this report.
2. Mr. Ryan Yeremia Iskandar, SS and Mrs. Dr. Ir. Fadjar Kurnia Hartati, MP as the examiner on the presentation
3. Miss Irra Charisyanti Dewi, S. pd, as Head of the Culinary Arts Studies Program
4. Mr. Zaldy Iskandar, B. S.C as director of Academy kuliner dan patiseri OTTIMMO Internasional Surabaya.
5. Other parties who wish to be referred to as parents and colleagues, etc. dst.

Finally, the author hope that this report can be useful for us all.

Surabaya, August 13th 2018

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EXECUTIVE SUMMARY

Red lentils balls are meatballs that come from vegetarian. This red lentils balls still new in Indonesia. Because the author found fact, Indonesia people never know what is red lentils. Red lentils balls cook quickly and don't need washed too long in the water. Also, red lentils balls have many nutrition such as vitamin B, fiber, and high in protein.

The citizen need know about red lentils balls history. Red lentils are an edible pulse. It is a bushy annual plant of the legume family, known for its lens-shape seeds. It is about 40 cm (16 in) tall, and the seeds grow in pods, usually with two seeds in each. In South Asian cuisine, split lentils (often with their hulls removed) are known as *dal*. Usually eaten with rice and bread, the lentil is a dietary staple throughout regions of India, Sri Lanka, Pakistan, Bangladesh, and Nepal. As a food crop, the majority of world production comes from Canada, India, and Australia.

Red lentils are known to be rich in protein, so it is ranked third in protein content by weight of all types of nuts, after soybeans and hemp. The proteins contained include the essential amino acids of isoleucine and lysine. Lentils are a cheap source of protein, Lentils do not contain two essential amino acids, namely methionine and cysteine. Lentils are a good source of iron, capable of providing more than an adult's daily needs in just one cup.

There are hundreds of varieties of lentils, with as many as fifty or more cultivated for food. They come in a variety of colors, with red, brown, and green being the most popular. Lentils have an earthy, nutty flavor, and some varieties lend a slight peppery touch to the palate. Lentils grow best in cool weather usually it takes 2 or 3 weeks to grow.

Red lentils balls have simple recipe, it is not difficult to make but need right recipe and right ingredients. So, the taste will be accepted by people. because like the writer says, Indonesian people never eat this red lentils balls, first if they consume these red lentils balls the taste will be strange and maybe the consumer need time to consume again this red lentils balls.

Red lentils balls will sell in Surabaya, not in expensive place but ordinary with cheap place. Because to sell red lentils balls is still hard and many people don't want to eat this red lentil balls every day. Even though red lentils are imported beans but, right now many supermarkets have been selling in Indonesia.

Red lentils balls are unique beans, red lentils balls will be turn white color after cooked and red lentils balls will be little hard or solid because red lentils very stick to the water. Because if the red lentils balls still have red color it means not really cooked well and the taste will be not good to consume to people.