

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**Tempe Kolang Kaling Chewy Bars**



**By**

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**SURABAYA**

**2022**

## PLAGIARISM STATEMENT

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## APPROVAL 1

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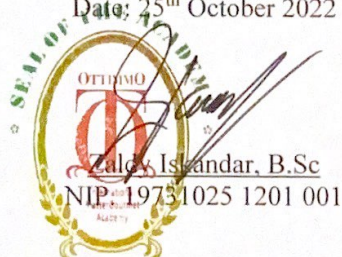
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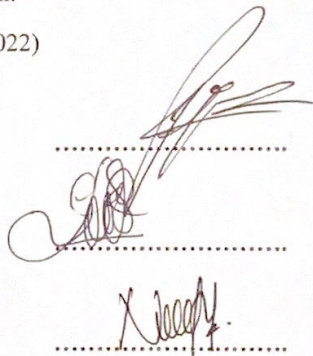
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Examiner 2 : Dahlia Elianami, S.T.P., M.Sc

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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 prominent and appears to be 'Ryan Yeremia Iskandar'. The second signature is smaller and appears to be 'Dahlia Elianami'. The third signature is also smaller and appears to be 'Novi Indah Permata Sari'.

## **PREFACE**

First and foremost, I would like to thank God for guiding me throughout the process of my Research and Development Project. I would also like to thank myself for finishing everything, starting from developing the recipe until being approved smoothly and successfully. This Report has helped me become more creative and innovative with all the resources available locally. I want to create a healthy and delicious snack, mainly targeted towards athletes and anyone who has joint problems because as an ex-athlete myself, this has helped me heal my injuries. The product that I would like to create is Tempe Kolang Kaling Chewy Bars, Kolang Kaling as my main ingredient, which is known for its health benefits.

I would like to mention the people who has helped me throughout the making of this report as below:

1. Chef Ryan Yeremia Iskandar, S.S as my Research and Development mentor, who has helped me and advised me in the making of my product.
2. Ms. Hilda Tjahjani Iskandar as the Head of Study Program at Ottimmo International.
3. Mr. Zaldy Iskandar as the Head Director of Ottimmo International.
4. My Dearest Friend, Ms. Evania Christin who has suggested a few ideas for my product.

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## **EXECUTIVE SUMMARY**

Kolang-Kaling are seeds from palm trees that are made into chewy snacks due to its texture being slippery and gummy. Kolang-kaling are known for one of its benefits of healing and helping joint problems.

Kolang kaling are chosen as the main ingredient because they have many health benefits and can be locally obtained. However, kolang kaling have lack of flavour and don't have the best texture. Therefore, Tempe Kolang Kaling Chewy Bars are produced from processed kolang kaling. Initially, the kolang kaling is fermented into tempe, and then processed into chewy bars.

***Keywords:*** *Kolang Kaling, Tempe, Chewy Bars*