

RESEARCH & DEVELOPMENT FINAL PROJECT
PEEK A FISH (BAKED PEMPEK)
(Baked pempek using fish head as the main ingredients)



By
BRENDA AYU POERWITA
2074130010070

STUDY PROGRAM OF CULINARY ARTS
OTTIMMO INTERNATIONAL
MASTERGOURMET ACADEMY
SURABAYA
2022

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 documents, 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 plagiarised the work of other students and/or person.

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 breath of scientific ethics, or you have a claim against the authenticity of my work.

Surabaya, 10 November 2022



METERAI
PAJAK
Rp. 1000
SERIAL NO. 823434186
Brenda Ayu Puerwita


APPROVAL 1
CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT PROJECT

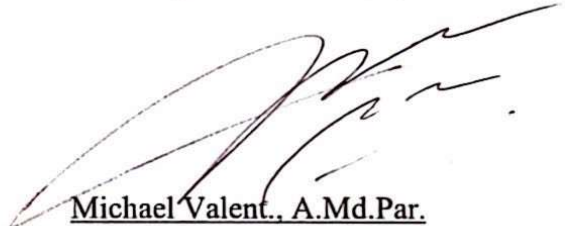
Name : Kimi Michael Adolf Dapu
Place, Date of Birth : Manado, 15 mei 2003
NIM : 2074130010071
Study Program : D3 Seni Kuliner
T I T L E : Dendeng Cakalang

This paper is approved by:

Head of Culinary Arts Study Program
(21 October 2022)

Advisor,
(21 October 2022)


Hilda Tjahjani I., S.E., Ak., C.A., M.M.
NIP. 19691029 2002 072


Michael Valent., A.Md.Par.
NIP. 19950219 2001 074

Director of
Akademi Kuliner dan Patiseri OTTIMMO Internasional
(21 October 2022)


Zafky Iskandar, B.Sc
NIP. 19731025 1201 001

APPROVAL 2

(BAKED FISH HEAD PEMPEK)

Culinary Innovation and New Product Development report by:

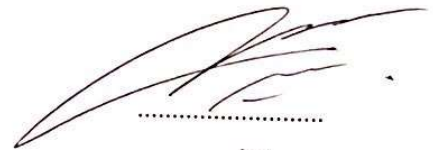
BRENDA AYU POERWITA

2074130010070

This Report is already presented and Pass the Exam on:

Examiners:

Examiner 1 : Michael Valent, Amd. Par



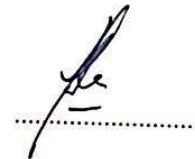
.....

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



.....

Examiner 3 : Hilda Tjahjani Iskandar, S.E., Ak., C.A, M.M



.....

PREFACE

As for the beginning , we give praise and thanksgiving for the presence of God, with His blessing and spiritual guidance the writer able to complete this Research and Development report. We realize without God guidance, assistants and blessing this report not be come true.

Gratitude sending for the for their assist, guidance and support during making process of this report, with their assist and support the name bellow this report can be realize :

1. My parents who alywas give their support for me during making process.
2. Chef Michael Valent, as my advisor who alywas give their assit that very helpfull during making process.
3. To all lecturer in Ottimmo International Academy who give their assist, guidance and share their knowledge that helpful during making process.
4. To all my friends who give their help and support for me during making process

Reaserch and Development report are still have many imperfections. Therefore constructive criticism and suggestion for the perfection of writing further research is acceptable.

Surabaya, 10 November 2022



Brenda Ayu Poerwita

EXECUTIVE SUMMARY

Pempek is Indonesian regional food from Palembang with using mackerel fish as the main ingredients. Baked Fish Head Pempek is new innovation that use special ingredients from fish head and cooked with baked techniques. Fish head is one of food waste category, because rarely for consume when many people dont like it. Fish head contain many bone that is not adible for consume . Seeing manu people throw away fish head that come some idea for produce fish head as a food product that never been before and can inspired many people. Consume fish head can contribute to reduce foodwaste.

This baked fish head pempek highlight the classic flavor of pempek that has fresh fish aroma with combination of tapioca flour, and mushroom, and also the fish head except the fish meat aren't used. We choose very ripe and frozen banana peels. Presto and the fishhead enables to soften the fish head and the fish bone being soft.

The first process of making this fish head baked pempek is presto the fish head with limewater until smooth, then blend the fishhead until smooth, mix the pempek dough ingredients until smooth, cook the dough, shaping, then baked in the oven for 40 minutes, the pancake ready to serve. This fish head baked pempek contain 420 calories in 1 cup portion. This product can be ordered online, for Surabaya and surroundings. This product's will be made by request for national from our website or e commerce.

Keywords: *Pempek, Fish Head, Baked.*

TABLE OF CONTENTS

PLAGIARISM STATEMENT	i
APPROVAL 1	ii
APPROVAL 2	iii
PREFACE	iv
EXECUTIVE SUMMARY	v
LIST OF TABLE	viii
LIST OF FIGURE	ix
CHAPTER 1	1
INTRODUCTION	1
1.1 Background of the Study	1
1.2 Objective Of The Study	2
CHAPTER 2.....	3
PRODUCT OVERVIEW.....	3
2.1 Description of the ingredients to be used.....	3
2.2 The Utensil Used During The Process.....	4
2.3 Product Processing Sequence Using Flowchart.....	4
2.4 Product processing methods with pictures.....	5
CHAPTER 3.....	12
NUTRITION AND FOOD SAFETY	12
3.1 Nutritional Fact of the Finished Product.....	12
3.2 Food Safety	12
CHAPTER 4.....	13
FINANCIAL ASPECT	13
4.1 Product Cost.....	13
4.2 Product Selling Price	15
4.3 SWOT Analysis.....	16
4.4 Product Competitive Advantage	17
CHAPTER 5.....	18
CONCLUSIONS AND SUGGESTIONS.....	18
5.1 General Summary of The End Product.....	18
5.2 Suggestion for Future Development.....	19

5.3 Benefit of study	19
BIBLIOGRAPHY	20
Appendix 1. Desain & Logo	21
Appendix 2. Supplier list	23
Appendix 3. Scanned Approved Recipe	24
Appendix 4. Sensory Analysis	27
Appendix 5. Cosnsultation Form	28

LIST OF TABLE

Table 1. Ingridients List (5 Pax).....	3
Table 2. Utensil list.....	4
Table 3. Variabel Cost	13
Table 4. Fixed Cost.....	14
Table 5. Overhead Cost.....	14
Table 6. Start Up Cost.....	14

LIST OF FIGURE

Figure 1. Utensil	5
Figure 2. Ingridients.....	5
Figure 3. Wash The fish head.....	5
Figure 4. Fish Head Presto	6
Figure 5. Fish Head Presto Processing	6
Figure 6. Mushroom Cooking	6
Figure 7. Fish Head Blending Process.....	7
Figure 8. Flour Mixing.....	7
Figure 9. Blended fish head and mushroom mixing.....	7
Figure 10. Oil and Egg Mixing.....	8
Figure 11. Water Mixing.....	8
Figure 12. Dough Mixing.....	8
Figure 13. Dough Cooking.....	9
Figure 14. Pempek Shapping.....	9
Figure 15. Pempek Boiling Process.....	9
Figure 16. Pempek Baking Process	10
Figure 17. Spices Blending	10
Figure 18. Sugar and Spices Boiling	10
Figure 19. Seasonings Added.....	11
Figure 20. Ready Serve Pempek.....	11
Figure 21. Nutrition Label.....	12
Figure 22. Logo	21
Figure 23. Packaging Sticker.....	22
Figure 24. Packed Product	22
Figure 25. Recipe.....	24
Figure 26. Cooking Methods.....	25
Figure 27. Approved Recipe	26
Figure 28. Approved Sensory Test.....	27
Figure 29. Consultation Form.....	28