

RESEARCH AND DEVELOPMENT FINAL PROJECT

Cookies with Lotus Seed Flour

(Gluten Free Healthy Cookie)



BY

KEVIN JULIO WONG

2074130010019

STUDY OF CULINARY ART

**OTTIMMO INTERNATIONAL MASTERGOURMET
ACADEMY SURABAYA**

2022

APPROVAL 1
CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT PROJECT

Name : Kevin Julio Wong
Place, Date of Birth : Kupang, 6 July 2002
NIM : 2074130010019
Study Program : D3 Culinary Arts and Baking Pastry
Title : Gluten Free Healthy Cookies

This paper is approved by:

Head of Culinary Arts Study Program

15th November 2022



Hilda Tjahjani I., S.E., Ak., CA., MM Novi Indah Permata S., S.T.P., M.Sc.

NIP. 19691029 2002 072

Advisor,

15th November 2022

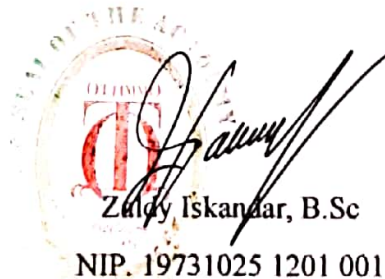


NIP. 19921124 2102 073

Director of

Akademi Kuliner dan Patiseri OTTIMMO International

15th November 2022



Zuldy Iskandar, B.Sc
NIP. 19731025 1201 001

APPROVAL 2
COOKIES WITH LOTUS SEED FLOUR

Culinary innovation and new product development report by:

KEVIN JULIO WONG

2074130010019

This report is already presented and pass the exam on:

(1st November 2022)

Examiners:

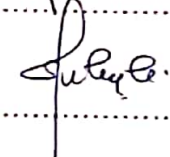
Examiner 1 : Novi Indah Permata Sari, S.T.P., M.Sc



Examiner 2 : Fransisca Romana Titis Suniati, S.T.P., M.Sc



Examiner 3: Arya Putra Sundjaja, S.E.



PLAGIARISM STATEMENT

I certify that this assignment/report is my own work, based on my personal study and/or research and that I have acknowledged all material and sources used in its preparation, whether they be books, articles, reports, lecture notes, and any other kind of document, electronic or personal communication. I also certify that this assignment/report has not previously been submitted for assessment in any other unit, except 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 plagiarized the work of other students and/or person.

With this statement, I am ready to bear the risk/any sanctions imposed to me in accordance with applicable regulations, if in the future there is a breach of scientific ethics, or you have a claim against the authenticity of my work.

Surabaya, 5th October 2022



Kevin Julio Wong

PREFACE

First of all, thanks to God because His grace and power this paper can be completed properly for research and development report. The main pupose for this report is to help each student in ottimmo to be creative and innovative as we have create a whole new product that never been in indonesia one of the reasons why I come up with this idea cookies with lotus seed flour because I want to make a healthy snack with healthy benefit.

These few lines of sentences hopefully can make my place to say thank you to:

1. Mrs. Novi Indah Permata Sari, S.TP, .M.Sc current advisor who has helped me in a lot of things for me to understand the guidelines for making this report.
2. Mrs. Nurul Azizah Choiriah, S. TP, .M.Sc as my First advisor who has helped me to determine the product and the ingredients
3. Mrs. Hilda Tjahjani Iskandar as the Head of Study Program at Ottimmo International.
4. Mr. Zaldy Iskandar as the Head Director of Ottimmo International.
5. My friend Jason Ricardo who has helped me to provide a place for baking

EXECUTIVE SUMMARY

Cookies with Lotus Seed Flour is a gluten free healthy cookies. This cookie product is perfect for people who want to find a cookie with low calories which is 140 kkal/serving. This cookie product used lotus seed flour as substitution of gluten which will give many health benefits for consumers. Besides, the raw materials of this cookies are avocado as a substitute for margarine or fat, rice bran oil, coconut sugar, flaxseed, and almonds.

By offering healthy products, this cookie also has cheap price which is Rp.55.000 that will be Packaged in a glass jar. Each jar will contain 120gr with 12 cookies each. later this product can be found at shop, bakery, or social media.

Keywords: *Lotus Seed Flour, Healthy Cookies, Gluten Free Healthy Cookie.*

TABLE OF CONTENTS

APPROVAL 1.....	i
APPROVAL 2.....	ii
PLAGIARISM STATEMENT	iii
Preface.....	iv
EXECUTIVE SUMMARY.....	v
LIST OF PICTURE	viii
LIST OF TABLE	ix
CHAPTER 1	1
INTRODUCTION	1
1.1 BACKGROUND OF THE STUDY.....	1
1.2 THE OBJECTIVE OF THE STUDY.....	2
CHAPTER 2	3
PRODUCT OVERVIEW.....	3
2.1 DESCRIPTION OF THE INGREDIENTS.....	3
2.2 THE UTENSIL USED DURING THE PROCESS	4
2.3 APPROVED AND REVISED RECIPE.....	7
2.4 PRODUCT PROCESSING SEQUENCE USING FLOW CHART	11
2.5 PRODUCT PROCESSING METHOD WITH PICTURE.....	13
CHAPTER 3	15
NUTRITION AND FOOD SAFETY	15
3.1 NUTRITIONAL FACT OF THE FINISHED PRODUCT	15
3.2 CALORIE COUNT & NUTRITION FACT.....	16
3.3 PRODUCT PROCESSING AND STORAGE TEMPERATURE.....	17
3.4 PRODUCT SHELF LIFE.....	17
3.5 PRODUCT PACKAGING.....	17
CHAPTER 4	18
FINANCIAL ASPECT	18
4.1 PRODUCT COST	18
4.2 SELLING PRICE	19
4.3 START UP CAPITAL	20

4.4 PRODUCT COMPETITIVE ADVANTAGES	20
CHAPTER 5	21
CONCLUSION AND SUGESTION	21
5.1 CONCLUSION	21
5.2 SUGGESTIONS FOR FUTHER DEVELOPMENT.....	21
5.3 BENEFIT FROM THIS STUDY	21
BIBLIOGRAPHY	22

LIST OF PICTURE

Picture 1. The Ingredients for Cookies	3
Picture 2 Stainless Bowl	4
Picture 3 Whisk	4
Picture 4 Baking Tray	4
Picture 5 Spoon	5
Picture 6 Knife	5
Picture 7 Cutting board	5
Picture 8 Spatula	6
Picture 9 Oven.....	6
Picture 10 Approved Recipe	7
Picture 11 Approved recipe.....	8
Picture 12 How to Make Lotus Seed Flour.....	11
Picture 13 How To Make Cookies With Lotus Seed Flour	12
Picture 14 Avocado, coconut sugar, egg, and rice bran oil after get mix	13
Picture 15 lotus seed flour, Cocoa powder and corn starch	13
Picture 16 The Final Cookies Dough.....	13
Picture 17 cookies ready for bake	14
Picture 18 Cookies in Oven	14
Picture 19 Cookies	14
Picture 20 Nutrition Label.....	16
Picture 21 Packaging Of Product	17

LIST OF TABLE

Table 1 Nutrition of product	15
Table 2 Product Cost.....	18
Table 3 Cost Of Goods Sold(HPP)	19
Table 4 Start up Capital	20