

RESEARCH AND DEVELOPMENT FINAL PROJECT
MIANA LEAVES & MEATBALL ANALOGUE
VEGETARIAN PIE



BY
GLADYS TRIANA TANRI
074130010025

STUDY PROGRAM OF CULINARY ART
OTTIMMO INTERNATIONAL
MASTERGOURMET ACADEMY
SURABAYA
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Surabaya, 1st of September 2022



Gladys Triana Tanri

APPROVAL 1

CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT PROJECT

Name : Gladys Triana Tanri
Place, Date of Birth : Makassar, October 12, 2002
NIM : 2074130010025
Study Program : D3 Seni Kuliner
TITLE : Miana Leaves & Meatball Analogue
Vegetarian Pie

This paper is approved by:

Head of Culinary Arts Study Program,
Date: November 18, 2022

Advisor,
Date: November 18, 2022




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



Novi Indah Permata Sari, ST., M.Sc
NIP. 19940225 2002 070

Director of
Academi Kuliner dan Patiseri OTTIMMO Internasional
Date: November 18, 2022



Zaldy Iskandar, B.Sc.
NIP. 19731025 1201 001

APPROVAL 2

**MIANA LEAVES & MEATBALL ANALOGUE
VEGETARIAN PIE**

Culinary Innovation and New Product Development report by:

GLADYS TRIANA TANRI

2074130010025


This report is already presented and

pass the exam on:

November 15th, 2022

Examiners:

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


.....

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


.....

Examiner 3 : Ryan Yeremia Iskandar, SS


.....

PREFACE

Praise and gratitude to Almighty God for all of the graces and blessings that provide health, knowledge, and opportunity to the writer, so that the writer has been finally able to accomplish the report. This project report has been prepared in partial fulfillment of the writer's research and development final project requirement in order to complete her practical studies of the programme D3 education at Ottimmo International Master Gourmet Academy.

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Surabaya, 6th of September 2022



Gladys Triana Tanri

EXECUTIVE SUMMARY

In Indonesia, Miana (*Coleus scutellaroides (L.) Benth*) is widely known for their beautiful colors and their good benefits for human health. Many people mostly use Miana as a decoration plant that is planted in the yard of the house. Consuming extracts from these leaves is also a common thing for the locals. Even so, the use of miana leaves as an ingredient in cooking still seems to be very rarely known to the public in general. If it is processed properly, Miana leaves are very delicious to eat with a soft texture and are different from the usual vegetables. We personally want to introduce Miana as a cooking ingredient to enhance a new and different kind of savory pie to many people.

For the protein of the pie, we decided to make vegetarian meatball with Soy Textured Vegetable Protein (TVP) and shiitake mushroom stalks as the base. This vegetarian meatball is very low in saturated fat and high in protein, therefore it can lower the consumption of saturated fat better than other meat pie products.

Our product will come in a box consist of 4 mini pies in plastic packaging. The selling price for this product is Rp. 34,000/container and the target market is teenager, adult, and vegetarians.

Keywords: *Miana leaves, soy textured vegetable protein, vegetarian*

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