

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**LEEK POWDER**

(Utilization of Leeks in a Powder Form as a Healthy Condiments for Cooking)



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" LEEKS POWDER "**

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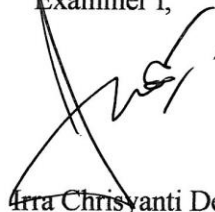


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## **PREFACE**

This report is made to gain knowledge in Culinary Art and as a part of Ottimmo's project that required the writer to make a Research and Development as Final Project before the internship program. In this report, the writer already included all the details about the research from the ingredients until final calculation of the product.

From this report hopefully it can help the reader to understand more about the product. The writer would like to say thank you for the lecture, Mr. Zaldy Iskandar, and Ms. Asri for their help in supervise this product and make this report.

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## EXECUTIVE SUMMARY

Leeks is like garlic and onions, belong to a vegetable family called the Allium vegetables. Leeks are an excellent source of vitamin K. They are very good source of manganese, vitamin B6, copper, iron, folate and vitamin C. Leeks are also a good source of vitamin A. When sliced or chopped, the many antioxidants leeks provide begin converting to allicin.

Allicin provides an abundance of important attributes to the body, such as anti-bacterial, anti-viral and anti-fungal activities, and reducing cholesterol by impeding harmful enzymes in liver cells. Another major benefit is the 52% daily requirement of vitamin K, and a more than 29% daily requirement of vitamin A. Leeks contain healthy amounts of folic acid (needed for proper DNA absorption and cell division), as well as niacin, riboflavin, magnesium for healthy bones, and thiamin. Adequate intake during pregnancy can help prevent neural tube defects in newborns. Because that we choose leeks as our main ingredients because of its health benefits. Leeks is also easy to find in Indonesia, so it's easy to make something that the ingredients is available in Indonesia.

The leeks will be process in several process to make it completely dry so it will takes 5 to 6 hours to make it. Because this is a new product so it will need some strategies and also promotion to sell it. With the affordable price Rp 15.000 and also the best product quality leeks powder can be accepted by the customers from children to elderlies. Leeks powder are a new face of fresh leeks that can be used as spices in dishes or as garnish.