

RESEARCH AND DEVELOPMENT FINAL PROJECT

BANANA STEM OTAK-OTAK



BY

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SURABAYA

2022

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Surabaya, January 9th 2023



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from Banana Stem

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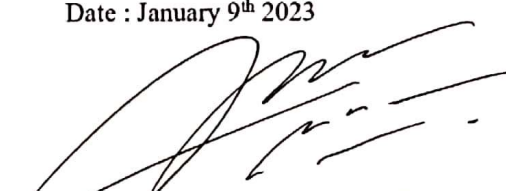
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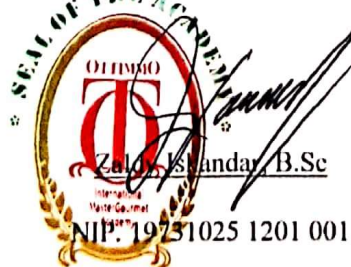
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APPROVAL 2
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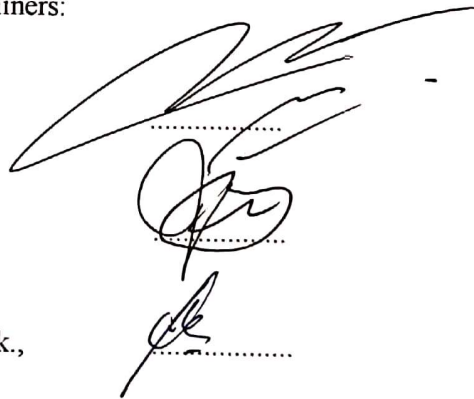
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The image shows three handwritten signatures in black ink, each positioned above a horizontal dotted line. The signatures are written in a cursive style. The top signature is the largest and most prominent, followed by a smaller one in the middle, and a third, smaller one at the bottom.

PREFACE

As for the beginning, I would like to praise and thank God the Almighty for the blessings of his grace and spiritual guidance for me to complete this Research and Development report. The main purpose of this report is to help each student in Ottimmo International to be creative and innovative as we have to create a new product that has never been in Indonesia or the world. The reasons why I come up with the idea of making Otak-otak or fish cake are because I think a lot of people really like to eat otak-otak as a snack or side dish to eat rice, then I realize there is vegetarian fish cake that made from tofu. So I create the new variant of otak-otak with different ingredients and new experience to eat otak-otak but not forget with good nutrition content.

During the process of completing this report, I received so much guidance and support. By this I would like to express my gratitude to the name below:

1. Mr. Michael Valent as my Advisor who always support and give me input about my idea
2. Ms. Nurul Azizah as my Lecture and helped me to find the idea for the product I made.
3. Ms. 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 Lovely Parents who always supported me and advise me to finish my Research and Development as soon as possible
6. My Dearest Friends who always support me and give a lot of suggestion

Surabaya, January 9th 2023



Hilmi Tiko Alharits

EXECUTIVE SUMMARY

Banana is the general name given to large herbaceous plants with large, elongated leaves that grow directly from the stem. Banana stems are soft because they are formed from a layer of soft and long midrib. It turns out that banana stems are edible and I chose this material for my RnD.

Otak-otak is a food made from minced mackerel wrapped in banana leaves, grilled. In my RnD I will make otak-otak that made from banana Stem. Banana stem Otak-otak is basically a vegetarian dish that made from garden waste. Banana stem can be eaten after process it properly. Banana stems are usually thrown away or even left to rot, therefore I want to make food made from banana stems that are delicious but also contains nutrients that are good for the body such as carbohydrates, protein and rich in phosphorus, minerals, potassium, calcium, iron.

Keyword: *Otak-otak, Banana Stem.*

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