

RESEARCH AND DEVELOPMENT FINAL PROJECT

RED BEAN TEMPEH BALLS



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STUDY OF CULINARY ART

OTTIMMO INTERNATIONAL MASTER GOURMET

ACADEMY

SURABAYA

2022

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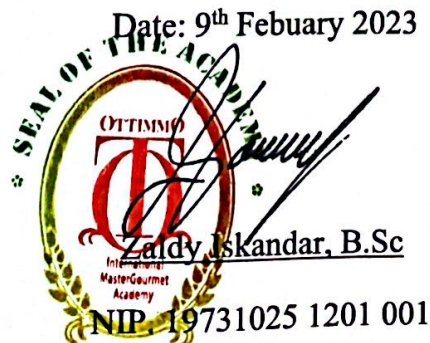
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EXECUTIVE SUMMARY

Tempeh or tempe is a traditional Indonesian food made from fermented soybeans. It is made by a natural culturing and controlled fermentation process that binds soybeans into a cake form. A fungus, *Rhizopus oligosporus* or *Rhizopus oryzae*, is used in the fermentation process and is also known as tempeh starter.

Red bean paste or red bean jam, also called adzuki bean paste or anko, is a paste made of red beans, used in East Asian cuisine. The paste is prepared by boiling the beans, then mashing or grinding them. At this stage, the paste can be sweetened or left as it is.

The fermentation process of tempeh increases the nutritional values of some nutrients, and the development of vitamins, phytochemicals and antioxidative constituents . Isoflavone levels in tempeh are relatively high as compared with other soybean products such as tofu and soy beverages. Other benefits of the fermentation process of tempeh are a decrease in the level of phytic acid and enhancement of the bioavailabilities of minerals, such as calcium, zinc and iron.

Keywords: red bean , tempeh

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