

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT REPORT
PRODUCT DEVELOPMENT OF CARICA FRUIT AS A
FLAVOUR AND TOPPING FOR YOGHURT USING THE
FERMENTATION METHOD**



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2023**

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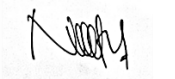
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PREFACE

Praise be to the Almighty Jesus Christ for his abundant favors, which have enabled me to complete my Culinary Innovation and New Product Development Report on "Product Development of Carica Fruit as a Yogurt Flavor Using the Fermentation Method." This Culinary Innovation and New Product Development Report is submitted in fulfillment of the diploma degree requirement for the Culinary Arts Study Program at Ottimmo International Master Gourmet Academy.

I am aware that this report is not flawless and contains numerous flaws. In order to produce better work in the future, I welcome suggestions and criticisms regarding this report. Hopefully, this report will have a positive impact on the next generation as well as on the development of the culinary arts field.

Surabaya, August 8th 2023



Ruth Selasih Immagodei

ABSTRACT

Yoghurt is a fermented milk-based food with thermophilic and homofermentative starter microorganism strains of *Lactobacillus bulgaricus* and *Streptococcus thermophilus* (Meybodi et al., 2020). Yoghurt is a beverage that comes in a variety of forms, from liquid yoghurt to solid Greek yoghurt. Currently, many varieties of yoghurt are transitioning to sachet packaging, which makes them simpler for consumers to ingest immediately. This research aims to develop a new flavor variant of Carica Dieng fruit in response to the growing market demand for yoghurt varieties with new flavor varieties. This study's selection of yoghurt drinks seeks to provide healthy drink delights on the broad market. This study's selection of yoghurt drinks seeks to provide healthy drink delights on the broad market. The yogurt contains 130 calories per package and a probiotic content that aids digestion for those who consume it.

Carica Dieng is a fruit that is exclusive to the Dieng Plateau; it is a distinguishing feature of the Dieng Plateau. Unfortunately, the use of carica fruit is still quite limited; most people only use it to make candies, preserves, and crisps. This is the rationale behind selecting carica fruit as a novel flavor option for yoghurt. In addition to enhancing the advantages of refining carica, it is anticipated that this research will boost the commerce of the Dieng community.

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