

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT REPORT**

**UTILIZING OF KEPOK BANANA (*Musa Paradisiaca fa. typica*)
STARCH USING ISOLATING METHOD IN MAKING OF
PEMPEK**



BY

SHIVA MEIRAFAYOLA

2174130010046

**CULINARY ART STUDY PROGRAM
OTTIMMO INTERNATIONAL
MASTERGOURMET ACADEMY
SURABAYA**

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Shiva Meirafayola

APPROVAL 1

CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT REPORT

Name : Shiva Meirafayola
Place, Date of Birth : Surabaya, September 22nd 2003
NIM : 2174130010046
Study Program : D3 Culinary Arts
TITLE : Utilizing of Kepok Banana (*Musa Paradisiaca* fa. *typica*) Starch Using Isolating Method in Making of Pemppek

This paper is approved by:

Head Culinary Arts Study Program Advisor

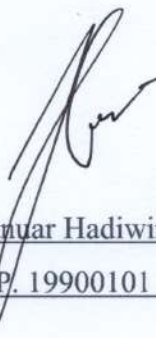
Date:

Date:



Heni Adhinata, S.TP.,M.Sc

NIP. 19900613 1402 016



Gilbert Yanuar Hadiwirawan, A.Md.Par

NIP. 19900101 1701 041

Director of

Akademi Kuliner dan Patiseri OTTIMMO Internasional

Date:




Zaidy Iskandar, B.Sc

NIP 19731025 1201 001

APPROVAL 2

UTILIZING OF KEPOK BANANA (*Musa Paradisiaca* fa. *Typica*) STARCH USING ISOLATING METHOD IN MAKING OF PEMPEK

Culinary Innovation and New Product Development report by:

SHIVA MEIRAFAYOLA

2174130010046

This report is already presented and pass the exam on :
August 2nd 2023

Examiners:

Examiner 1 : Gilbert Yanuar H, A.Md.Par

Examiner 2 : Elinar, SST. Par., M.Si.Par

Examiner 3 : Ryan Yeremia Iskandar, SS



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PREFACE

All praise and thanks be to Allah SWT, who has bestowed His mercy and guidance so that the authors can accomplish this Culinary Innovation and New Product Development Report with the topic “UTILIZING OF KEPOK BANANA (*Musa Paradisiaca* fa. *typica*) STARCH USING ISOLATING METHOD IN MAKING OF PEMPEK”. The purpose of writing this report is to fulfill the requirements for obtaining a diploma degree of Culinary Art Study Program, Ottimmo International Master Gourmet Academy.

I realize that this report is far from perfect and there are still weaknesses. Therefore, the author hopes for criticism and suggestions for the improvement of the work to come. The author apologizes if there are mistakes in words that are less pleasing. Hopefully, this report could make a difference in the upcoming generation and benefit for both readers and development in culinary art field.

Surabaya, 14th July 2023



Shiva Meirafayola

ABSTRACT

Pempek is one of the traditional foods from South Sumatra, Indonesia. Pempek is made from ground fish meat, starch as a binder, salt and garlic to add flavor, and water to dilute. In the pempek dough, starch is needed to give chewiness to pempek. One of the starches that have been used commercially is tapioca starch. Meanwhile there are many other unused starch sources such as banana starch. In 2018, East Java produces the highest amount of banana.

Kepok banana is one of the fruits that have a high starch content. This fruit was chosen because it has the potential to be used as a source of starch in food. From 2 kg of unripe kepok bananas, 130 grams of dry starch is obtained. In addition, kepok bananas have a higher resistant starch content compared to other starch sources. Foods with a high content of resistant starch are safe for consumption by diabetic patients because they can control blood sugar.

Pempek Papi is made of kepok banana starch, spanish mackarel, sago flour, water, egg white, and seasoning. Pempek Papi is sold at IDR 42,000 which contains 6 pieces of small pempek lenjer and 100 ml of cuko pempek. The use of banana starch in pempek is a new innovation for Indonesian cuisine. Processing bananas into starch in the form of flour can also increase the selling value of kepok bananas.

Keywords: Pempek, kepok banana starch

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