

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT**

**“FERMENTED SENNA LEAF AND REED EXTRACT AS A
PROBIOTIC DRINK”**



ARRANGED BY

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2023

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Surabaya, May 25th 2023



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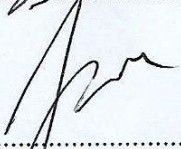
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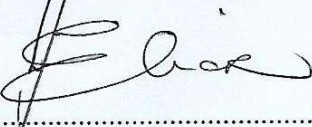
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PREFACE

Praise be to the almighty God because, because of his blessings and power, I was able to complete the Culinary Innovation and New Product Development Report with the topic of "A Fermented Drink Made From Senna Leaf and Reed Extract As A Probiotic".

This Culinary Innovation and New Product Development Report is submitted to fulfill the requirements for a diploma degree in the Study Program of Culinary Arts at Ottimmo International Master Gourmet Academy.

I also realized that there are still many mistakes in the process of writing this paper. I am open to any suggestions and criticisms of this report to make it better in the future.

I would also like to thank the honorable:

1. Mr. Zaldy Iskandar. B.Sc, as the head Director of Ottimmo International.
2. Michael Valent, A.Md.Par. as my CnD advisor that helped me through this project.
3. My parents that have supported and prayed for me so that this CnD project will run smoothly and be completed on time.

Surabaya, May 25th 2023



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ABSTRACT

Senna leaves and reed are plants that have very good functions for the body, these plants are also often used as herbal medicine or traditional medicine for the locals.

One of the benefits of Senna leaf is that it is used as a medicine and in traditional herbal medicine to relieve constipation. This is because Senna leaves have laxative compounds called anthraquinone glycosides, which are proven to be able to initiate defecation, while reed are believed to be used as a medicine to treat blood pressure. Because this plant is known to have active substances that play a role in controlling fat and cholesterol. Reeds are currently rarely used as a food ingredient because they can only be used through the extraction process, but reeds have very good health benefits like reducing the risk of digestive disorders, reducing the risk of cancer growth, reducing inflammation, reducing heart and blood vessel disorders.

By fermenting, we add probiotic bacteria that give better results and get a drink that is not only delicious but full of health benefits. Fermenting also gives a unique sour flavor and fizzy texture when drink. but it must be remembered because if it is consumed in excess at one time it will give side effects such as diarrhea.

Keywords : *Senna Leaves, Reeds, Fermentation*

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