

**CULINARY INNOVATION AND NEW PRODUCT  
DEVELOPMENT REPORT**

**SUGAR FREE SWEET POTATO  
(*IPOMEA BATATAS (L.) LAM*)  
AND  
PEANUT (*ARACHIS HYPOGAEA*) FLAKES  
USING BAKED METHOD**



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2023**

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Surabaya, September 7<sup>th</sup> 2023



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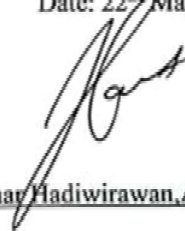
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## **PREFACE**

First and foremost, praise to the Almighty Jesus Christ for his full blessings which allow me to accomplish my Culinary innovation and New Product Development Report with the topic of “ Sugar Free Cilembu Sweet Potato and Peanut Ceral Using Baked Method “. This Culinary Innovation and New Product Development Report is submitted to fulfill the requirement for a diploma degree of Study Program of Culinary Arts, Ottimmo Internasional Master Gourmet Academy.

I realize that this report is far from perfect and there are still many shortcomings. I am open to suggestions and criticism on this report to make it better work in the future. Hopefully, this report can make a difference in the future generation and benefits for readers and development in the field of culinary arts.

Surabaya, September 7<sup>th</sup> 2023



Stella Ardelia Fredrick

## ABSTRACT

This research aims to create cereal without additional sweeteners but still delicious to consume because currently there are many enthusiasts of ready-to-eat food, one of which is cereal. However, in the nutrition table for cereal products, generally made from cereals, there is added sugar in the second or third row, which is a bad sign. Therefore Cilembu sweet potato can be the main ingredient in making cereals because it has a high carbohydrate content and has a high natural sugar content compared to other sweet potatoes. In addition, Cilembu sweet potato is one of the potential vegetable resources as a substitute for raw materials that are generally used because of its high carbohydrate content. However, the protein content in Cilembu sweet potato is low. So it is necessary to substitute materials that have high protein content such as peanuts which have the second highest protein content after soybeans which are often processed into various types of food preparations. The use of Cilembu sweet potatoes and peanuts can increase the use of nutritious local food products and diversify food products that can support food security.

In the process of making cereal this time there are 3 main processes, namely baking for the process of ripening raw Cilembu sweet potato and cereal mixture, dehydrator for drying process of roasted Cilembu sweet potato meat which will then be refined to make flour, and finally the process of filtering Cilembu sweet potato meat which has been mashed with 80 mesh sieve. There were 3 trials in the manufacture of Cilembu sweet potato flour which still had a sweet content and the third experiment was chosen by handling the baked Cilembu sweet potato at the beginning of the flour-making process. Nutrition facts in Cilembu sweet potato cereal and peanuts per 100g contain 340 kcal, 15g total fat, 100mg Sodium, 7g Protein, 62g total carbohydrates consisting of 52g fiber and 8g sugar. Because the materials used in the manufacture of cereals are materials that easily absorb moisture, one of which is a high starch content, causing the need for packaging that has low permeability to water and gases (especially oxygen, light, and flavor). Multi-layer flexible packaging consisting of a first layer of LDPE plastic, a second

layer of aluminum foil, and the last layer of PET plastic is the choice for packing Cilembu sweet potato cereal and peanuts. This cereal will be produced in the amount of 1,500 packs / month with a product price of IDR 12,500 / pack and a 50% profit percentage is taken to produce a product selling price of IDR 19,000 / pack.

**Keyword:** Cilembu sweet potato, Peanut, Flakes, Baking

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