

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT**

**THE UTILIZATION OF EGGPLANT, TOFU, OYSTER
MUSHROOMS AND ENOKI MUSHROOMS TO MAKE
VEGETARIAN NUGGET ANALOGS**



ARRANGED BY

JORDAN OLIVER SOETIKNO

2174130010058

CULINARY ARTS STUDY PROGRAM

OTTIMMO INTERNATIONAL

MASTER GOURMET ACADEMY

SURABAYA

2023

PLAGIARISM STATEMENT

I certify that this report is based on my own work, based on my personal study and research and I have acknowledged all material and all the sources that are used in making this report. Whether it is in the form of books, articles, reports, lectures, notes and any other kind. And I also certify that this report has not previously been submitted for assessment in any other unit, except where specific permission has been granted from all unit coordinators involved, or at any other time in this unit, and that I have not copied in part or whole or otherwise plagiarized the work of other student and/or person.

With this statement, I am ready to bear the risk/ any sanctions imposed to me in accordance with applicable regulations, if in the future there is a breach of scientific ethics, or there is a claim against the authenticity of my work

Surabaya, October 17th 2023



Jordan Oliver Soetikno

APPROVAL I
CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT
PROJECT

Name : Jordan Oliver Soetikno
Place, Date of Birth : Jakarta, 26 Agustus 2000
NIM : 2174130010058
Study Program : D3 Culinary Art
TITLE : The utilization of eggplants, tofu, oyster mushrooms and enoki mushrooms to make vegetarian nugget analogs.

This paper is approved by:

Head Culinary Arts Study Program,

Advisor,

Date: October 17th 2023

Date : October 17th 2023



Heni Adhianata, S.TP., M.Sc

NIP : 19900613 1402 016



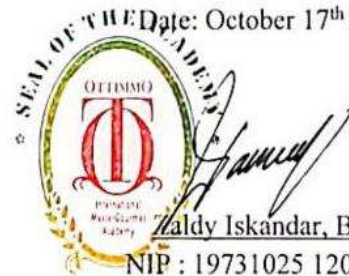
Michael Valent, A.Md.Par.

NIP : 19950219 2001 074

Director of

Akademi Kuliner dan Patiseri OTTIMMO International

Date: October 17th 2023



Raldy Iskandar, B.Sc
NIP : 19731025 1201 001

APPROVAL 2
(THE USE OF VEGETARIAN INGREDIENTS TO REPLACE
MEAT PRODUCTS TO MAKE VEGETARIAN NUGGET)

Culinary Innovation and New Product Development report by:

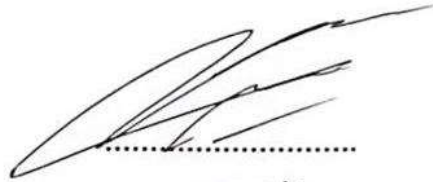
JORDAN OLIVER SOETIKNO

2174130010058

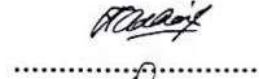
This report is already presented and pass the exam on :
(October 5th 2023)

Examiners:

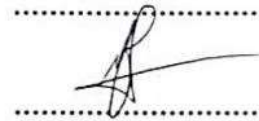
Examiner 1 : Michael ValentA.Md.Par.



Examiner 2 : Heni Adhianata, S.TP.,M.Sc.



Examiner 3 : Yohanna Prasetio, S.Sn,A.Md. Par




PREFACE

Praise to God Almighty for the blessings because on this occasion I was able to complete my Culinary Innovation and New Product Development report with the topic of "The use of vegetarian ingredients to replace meat products to make vegetarian nuggets.". The completion of this Culinary Innovation and New Product Development report is intended to fulfil the requirements for participating in the internship program.

I also like to express my gratitude to all my lecturers, parents, and friends that has supported me from beginning to end. I apologize if there are any errors in the use of words or sentences in this report. I hope that this report could be useful for the future of food industry. Thank you,

Surabaya, October 17th 2023



Jordan Oliver Soetikno

ABSTRACT

The concept of vegetarian nuggets has gained significant popularity in recent years, with an increasing number of individuals embracing plant-based diets for various reasons, including health and environmental concerns. This essay explores the creation of vegetarian nuggets using tofu, eggplants, enoki mushrooms, and oyster mushrooms as the primary ingredients. The combination of these ingredients not only provides a delicious and satisfying alternative to traditional chicken nuggets but also offers a nutritious and sustainable choice for those seeking meatless options. Tofu a versatile plant-based protein that can imitate the texture and mouthfeel of meat similarly, is the first ingredient for the mixture of the nugget. The second ingredient, eggplants, complement the tofu by adding unique flavor and enhancing the texture of the nuggets. Both of these result in savory and flavorful taste. The remaining ingredients, the enoki and oyster mushrooms bring to life the richness of umami to the nuggets, increasing the satisfaction of the flavor. Diversity of flavors and textures will result from the combination of these four essential ingredients. In conclusion, vegetarian nuggets made from tofu, eggplants, enoki mushrooms, and oyster mushrooms offer a delicious, nutritious, and sustainable alternative to traditional meat-based nuggets. These nuggets are rich in plant-based protein, making them suitable for those following vegetarian or vegan diets. By using a combination of these ingredients, it is possible to create a flavorful and satisfying dish that appeals to a wide range of palates and promotes the adoption of more sustainable eating choices in our modern world.

Keyword: Umami, Vegetarian, Nugget

TABLE OF CONTENTS

Cover	i
Approval 1	iii
Approval 2	iv
Preface	v
Abstract	vi
Table Of Content	vii
List Of Figures	ix
List Of Tables	x
Chapter I Introduction	1
1.1. Background Of Study.....	1
1.2 The Objective Of The Study	2
Chapter II Literature Review	3
2.1 Ingredient Review	3
2.1.1 Oyster Mushroom.....	3
2.1.2 Enoki Mushroom.....	3
2.1.3 Eggplant	4
2.1.4 Tofu.....	5
2.2 Product Review	5
2.3 Process Review	6
2.3.1 Steaming.....	6
2.3.2 Freezing.....	6
2.3.3 Frying	7
Chapter III Methods	8
3.1 Time And Place.....	8
3.2 Ingredients And Utensils.....	8
3.3. Processing Methods	9
3.4 134	
Chapter IV Result and Discussion	15
4.1 Product Result.....	15
4.2 Nutrient Facts.....	15

4.2.1 Nutrition Table.....	15
4.2.2 Nutrition Calculation.....	17
4.2.3 Nutrition Label.....	18
4.3 Food Safety and Packaging.....	19
4.3.1 Processing and Storage Tempt.....	20
4.3.2 Shelf Life.....	21
4.3.3 Product Packaging.....	21
4.4 Financial Aspects	22
4.4.1 Product Cast	22
4.4.2 Selling Price	25
Chapter V Conclusion and Suggestion	26
5.1 Conclusion.....	26
5.2 Suggestion.....	27
Bibliography	
Appendix	

LIST OF FIGURES

Figure 3. 1 Flowchart	14
Figure 4. 1 Nutrition Facts of Vegetarian nugget.....	19
Figure 4. 2 High-Density Polyethylene plastic packaging (12x24)	21
Figure 4. 3 Logo	22

LIST OF TABLES

Table 3. 1 Ingredient.....	11
Table 3. 2 Utensils.....	12
Table 4. 1 Nutritional value of Oyster Mushroom per 100gr.....	15
Table 4. 2 Nutrition Value of Enoki mushroom per 100 gr	16
Table 4. 3 <i>Nutritional value of Eggplant per 100gr</i>	16
Table 4. 4 Nutritional value of Tofu per 100gr	17
Table 4. 5 Nutritional Value of Ingredients used	17
Table 4. 6 Start-Up Capital.....	23
Table 4. 7 Packaging Cost.....	23
Table 4. 8 Utility Cost	23
Table 4. 9 Raw Material Cost.....	24