

RESEARCH AND DEVELOPMENT FINAL PROJECT

BEAN SPROUT POWDER

**(Utilization of Bean Sprout Powder as a Healthy and Rich of Vitamins for
Cooking)**



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STUDY PROGRAM OF CULINARY ART

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Preface

In order to gain more student's practical knowledge in this Diploma Curriculum of Culinary Art we are required to make a research and development project as our Diploma of Culinary Art final project.

I would like to give my special gratitude to our lecturer Zaldy Iskandar, B.Sc. that have been provided us the examples and simulated this final project also always encouraging us to make this final project. I also would like to give my gratitude for my assistant lecturer Irra Chrisyanti Dewi, S.Pd.,M.S.M who helped me to guide me during the process of making this final report.

This final project is very helpful for us as a student to be able to understand about the customer interest about the product that will be launched in the future. Furthermore, we expect that someday in the future this product will be helpful for all of the people.

Executive Summary

Bean sprout is a famous ingredient across the world. In Asian cuisine bean sprout is very popular among Asian people. Bean sprout can be added to any kind of food such as soup, stir fried food, steam food, and many more. The bean sprout containing a lot of vitamins that are very useful for all of us. Our product is simple and it has not been invented yet by anyone, it is Bean Sprouts Powder. Basically it is bean sprout that transformed into the form of powder, by transforming it into the form of powder it is definitely helping a lot of people in the way of consuming because it is more practical. The materials and equipment that we use to produce this bean sprout powder are: bean sprouts, baking tray, baking sheet, oven, food processor, gastronom bowl, cooling rack, kitchen digital scale, and the packaging.

There are several steps during the process of producing our bean sprouts powder. The first step is washing the bean sprouts to remove all of the dirt from the soil, then separate the bean sprout with its skin that may contain small dirt that could not be wash away and after that re wash it again then wipe it using special wipe until it dry. After the bean sprouts are washed and ready, put it into the oven using baking tray that already equipped with baking sheet and bake it in the low heat temperature to prevent it away from being burnt. After the bean sprouts are dried, pull it outside from the oven and let it cool down for a moment and then put it into the food processor to make it become smoother than before or we can say it become powder form. The last step is putting the bean sprout powder into the packaging and then it is ready to be delivered to the customer in the market.

Bean sprout are famous for their vitamins. Bean sprout contains a lot of Vitamin C, Vitamin A, Calcium, Iron, and Magnesium. Overall this product is very useful for a lot of people due its practically and health benefits because of it contain lot of vitamins that are good for the body. This product helps people who is busy and do not have much time for a proper meal, it can help them because it is a healthful product that is good for body. The vitamins that contain in the product is very beneficial for our health and our metabolism. Also, this product this product could be consumed by everyone from babies up to elderlies.