

## Training for The Making of Singkong Leaves and Lele Fish for Communities in The Region of New Benda Kelurahan Pamulang-Tangerang Selatan

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### ABSTRACT

*To increase community empowerment in the Benda Baru sub-district, Pamulang sub-district, South Tangerang City, in the form of product diversification of cassava leaves and catfish so that community welfare is created through optimizing the potential of cassava, processing various processed products of mashed beef jerky from cassava leaves and catfish that are varied, of high quality, nutritious and has a high selling value. This Community Service Program is aimed at the community as many as 16 mothers. The goal is to enable the community to plan and manage the potential of cassava to form/develop a group of people who are economically independent and prosperous. Outputs: (1) Products of cassava leaf jerky and catfish jerky (2) Publication of the activity of making pulverized cassava leaves and catfish jerky on YouTube. The method used in this activity is the provision of material, direct practice, and assistance. The presentation of the material was carried out in the local hall, with material on diversification of local food ingredients to introduce various alternative food sources and to introduce several examples of diversification of food based on existing local ingredients. The technique of making cassava leaves and catfish jerky is mentoring as well as the practice of making ground beef jerky and catfish jerky.*

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## **INTRODUCTION**

South Tangerang is a city located in Tatar Pasundan, Banten Province. This city is the result of the division of the city of Tangerang, which developed into a satellite city. located west of Jakarta and is the largest city in Banten Province and the third-largest in the Greater Jakarta Area after Jakarta and Bekasi in the West Java region. The area is 164.54 km<sup>2</sup>. As a buffer city for Jakarta, the development of the city of South Tangerang is very fast. Based on the 2010 Central Bureau of Statistics census data, the number of sub-districts is thirteen out of one hundred and four (104) wards. It has a total population of 1,798,601 with a density level of 11.00 / km<sup>2</sup>. The people who live in this area are very varied, not only Sundanese but also Betawi and immigrants. As a buffer city of Jakarta, South Tangerang is a residential area for urbanites.

Processing processes are increasingly developing in the food sector, resulting in increasingly diverse processed products that are widely circulating in the market. Some of the processed products that are very popular with consumers are Dendeng Mashed Cassava Leaves and Catfish. Dendeng Mashed Cassava Leaves and Catfish is ground beef jerky that is ground in a thin sheet and seasoned, then dried. (Rini, Ayu, 2011) Dendeng is very popular with the community, especially adults and children. There is also a lot of jerky on the market, with different brands. To increase community empowerment in the Benda Baru sub-district, Pamulang sub-district, South Tangerang City, and improve daily food products in the family, breakthroughs are needed, both in the variety of dishes, improving the quality of processing, presentation methods.

Many processed catfish products are very popular with the public, including jerky. Processed fish products such as ground beef jerky are very popular foods in Indonesia. In general, beef jerky is in sheet form, but nowadays jerky is getting more and more varied. Dendeng is made from finely ground catfish mixed with spices, fillers, and other additives and then dried. The diversification of biological products as an extender to improve the quality of processed catfish products is increasingly growing today. Substitution with vegetable ingredients is quite popular because it has several advantages that can be utilized by processed catfish products.

Besides being made from catfish, jerky can also be made from cassava leaves (vegetarian) such as vegetables. This jerky made from vegetables (vegetarian) is also an effort to increase the interest of consumers, especially children who do not like vegetables. This processed product is also a separate choice for vegetarian consumers, namely consumers who do not consume meat and fish. This vegetable jerky is also very nutritious because in the vegetables there are many nutrients such as vitamins and minerals (Alamsyah, 2007).

The advantages that can be taken through the substitution of biological ingredients include improving nutrition and increasing the preferred value of these processed products. The use of vegetable products combined with processed meat products such as beef jerky is an interesting side to research. A vegetable product that is well known for its high nutritional value is cassava leaves. The nutrients contained in cassava leaves can be used to increase the nutritional value contained in jerky products.

The solution expected from this activity is to assist in training on the use of local food ingredients to increase community empowerment. This activity is carried out by utilizing local food ingredients in the local area by involving various professional culinary skills activities in the community in processing and serving potential food as well as socializing community empowerment who is active, creative, and has an independent business spirit to improve community welfare.

The expected target of this activity is a plan, goals and objectives, description, aspirations, and hopes to create a better condition in a certain time (sustainable) so that potential areas are realized through optimization of local foodstuffs into high-quality processed products. , is nutritious, attractive, and has a high selling value as well as the realization of an independent, creative, intelligent, and prosperous community economy.

## **LITERATURE REVIEW**

A citizen means a citizen or member of an organization called a state. According to the Big Indonesian Dictionary (KBBI) is the population of a country or nation based on descent, place of birth, and so on. Citizens selected in the implementation of community service are residents of Benda Baru Village, Pamulang, South Tangerang. The industry is a business or activity of processing raw materials or semi-finished goods into finished goods that have added value for profit. Assembly or assembling and repair business is part of the industry. Industrial products are not only in the form of goods but also in the form of services.

Increasing the quality of consumer acceptance of texture and quality is an important thing that affects the products produced. Therefore it is necessary to increase the amount of tapioca flour which is suitable as a binder to improve the texture and quality of jerky. So far, people only recognize cassava leaves as a vegetable and food ingredient. People do not know that cassava leaves have many health benefits because they contain high levels of vitamin C (around 27.5%), organic flavonoids, triterpenoids, tannins, and saponins. Consumption of vitamin C is very beneficial in the wound healing process because it can affect the severity of the inflammatory response and the quality of healing. According to Lakit (1995), the content in 100 g of cassava leaves is 90 cal calories, 77 g water, 6.8 g protein, 1.2 g fat, 13 g carbohydrates, 165 mg calcium, 54 mg phosphorus, 2 g iron, 3300 retinol mcg,

thiamin 0.12 mcg, and ascorbic acid 275 mg. Cassava leaves are known to contain flavonoids and phenolic active compounds (Faezah et al. 2013). Flavonoids and phenolics are secondary metabolites produced by plants and have many functions, one of which is as an antioxidant. Antioxidant compounds inhibit free radical activity in the body by giving electrons to free radical molecules so that these molecules become stable.

Catfish is one of the cultivated commodities that has various advantages, including fast growth and high adaptability to the environment. In the past, catfish were seen as cheap fish and only consumed by farmer families, now catfish is a commodity that is very popular with the community (Sukardono et al, 2013). In addition, the distinctive taste of the meat, as well as the traditional way of cooking and serving, have made the catfish menu popular with the wider community (Jaja et al, 2013). Jerky is a food product in the form of plates made of fresh meat and/or frozen meat, which is sliced or ground, added with seasonings, and dried in the sun or a dryer, with or without the addition of other food ingredients and permitted food additives (BSN 2013). Dendeng found in the market is usually made from beef because it has a specific flavor, while fish jerky has not been widely marketed. Catfish can be used as raw material for jerky because it contains nutrients such as protein, making it possible to process it into processed beef jerky products that are good for the market. The frying method used in the process of making mashed jerky is deep frying. Deep frying, which is the material completely immersed in oil so that the heat penetration of the oil can enter simultaneously on the entire surface of the fried material so that the cooked ingredients are evenly fried (Ketaren, 1986).

## **MATERIAL AND METHOD**

The implementation of the PKM program is carried out with the partners of Kelurahan Benda Baru, Pamulang District, South Tangerang City, which are productive communities that carry out every city government program. planning and designing this partnership through the following steps. As for in more detail, the stages and methods of carrying out activities:

1. The lecture is used to convey general knowledge about local food, which includes the types of tubers and the nutritional value of tubers, and the diversification of food in the form of products from cassava leaves and catfish.
2. Screening of video processing of processed products from cassava leaves and catfish.
3. Demonstrations are used to provide hands-on skills regarding local food processing, the necessary equipment, and food additives used in processing. Question and answer are used to complement things that have not been accommodated by the two methods above.
4. Training on the development of jerky products from cassava leaves and catfish into various processed products is aimed at the people of Benda Baru village, Pamulang sub-district, South Tangerang as training participants.
5. Evaluation of training results is carried out during the process and after the training activities are carried out.

The instruments used to assess the success and usefulness of this activity are:

1. List of pre-test and post-test questions to measure changes in people's knowledge in the target area
2. Questionnaires to find out the responses or input and suggestions from the training participants
3. The success of this activity is if more than 80% of the participants understand and understand the material presented and the techniques for making jerky products from cassava leaves and several recipes from the existing food diversification.

## **RESULTS AND DISCUSSION**

The place used in this activity is the community in the Benda Baru village, Pamulang sub-district, South Tangerang. The place for providing materials and training on skills in making processed beef jerky of cassava leaves and catfish is held in the community in Benda Baru village, Pamulang sub-district, South Tangerang, and product manufacturing training. The place for providing materials and training for skills in making processed beef jerky of cassava leaves and catfish to improve skills and family income is carried out in the Benda Baru village.

Participants in this activity were residents and administrators and members of the PKK, Benda Baru village, South Tangerang, totaling 16 women. This community service activity was attended by women who live in the community in Benda Baru village, Pamulang sub-district, South Tangerang to find out about the use of Dendeng Lumat and improve skills in making nutritious products with high selling value. Thus, it is hoped that after participating in this activity the knowledge and skills of mothers can be better, and the knowledge and skills that are already owned can be used as a creative and innovative business opportunity.

Based on the results of the training in making processed beef jerky, namely beef jerky of cassava leaves and catfish, which was attended by 16 participants, namely women residents of Benda Baru in August 2020, it can be concluded that the training material provided attracted the participants' interest, making the participants very enthusiastic about participating in the activity. The implementation of P2M in Benda Baru village, Pamulang sub-district, South Tangerang can run well because of the cooperation and assistance from the Head of the Benda Baru Village, RT heads, PKK heads, and local Posyandu cadres, as well as the participants' interest and enthusiasm in participating in this activity. The women of Benda Baru Village, Pamulang District, South Tangerang have the skills to make processed beef jerky, namely ground beef jerky of cassava leaves and catfish to increase family income.

The content of this training includes training activities, demonstrations, and questions and answers. In general, the stages of activity are 1) Preparation and pre-test administration; 2) Submitting videos via Youtube, and 3) Provision of post-tests and questionnaires on training implementation satisfaction. Making relatively easy dishes is expected to provide motivation, opening up opportunities to make better use of other local food ingredients such as cassava leaves and catfish which are widely produced in the village to become new products that have a higher value both in terms of nutrition and selling value so that they can be used. to improve the family economy.



**Picture 3.**

Label of Cassava Leaves and Catfish



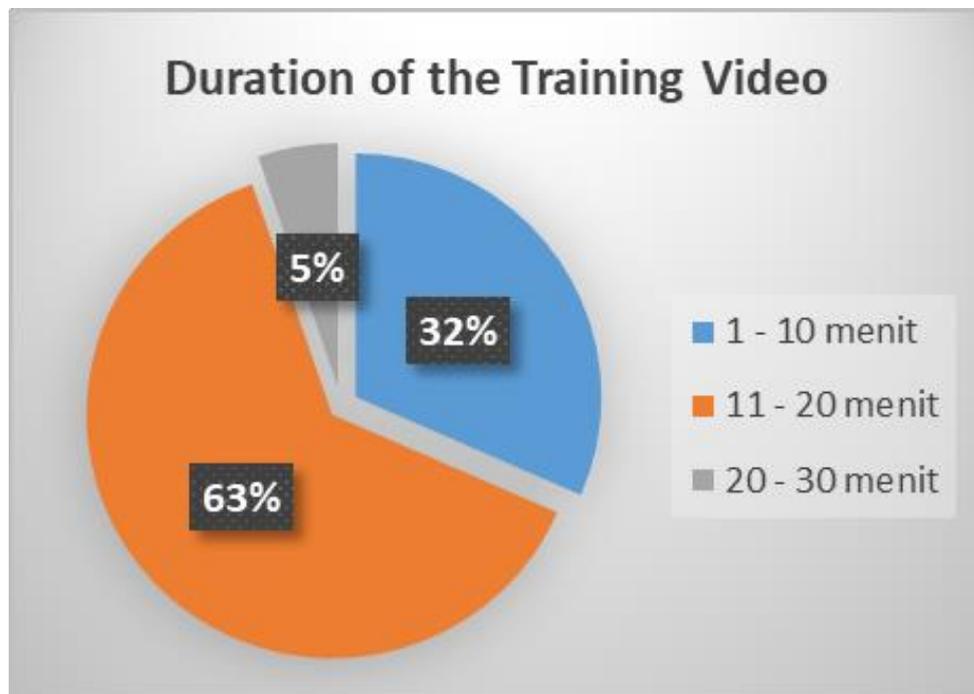
**Picture 4.**  
Jerky Packaging

The pre-test and post-test were carried out on all training participants, totaling 16 people. Based on the results of the pre-test and post-test in Table 1, shows that the average pre-test is 83.75 and the average post-test is 81.87. For more details, see Figure 1 below.

No.	Name	Score	
		Pre Test	Post Test
1	Murniyati	70	80
2	Siti Muljawati	90	90
3	Dwi Susiana	90	70
4	Saptarini	80	100
5	Rosita	70	70
6	Sensory	90	90
7	Anita	70	70
8	Sri Wiyanti	90	90
9	Sulva Andriani	90	90
10	Rusmini	90	90
11	Sukamsih	80	60
12	Sumijatun	90	90
13	Mona	80	80
14	Mella	80	80
15	Pranita	90	90
16	Dwi Susiana	90	70
<b>Average</b>		83.75	81.87

**Table 1.**  
Pre and Post Test Results

In this training activity, a survey of training participant satisfaction was also carried out. Duration of the Training Video Based on the questionnaire conducted to training participants about the material presented by the instructor, it was found that 31.57% of participants stated that they watched the training duration of 1 - 10 minutes, 63.15% of participants stated that they watched the training duration of 11-20 minutes and 5.28% of participants said they watched training duration 21-30 minutes. For more details, see Figure 1 below.



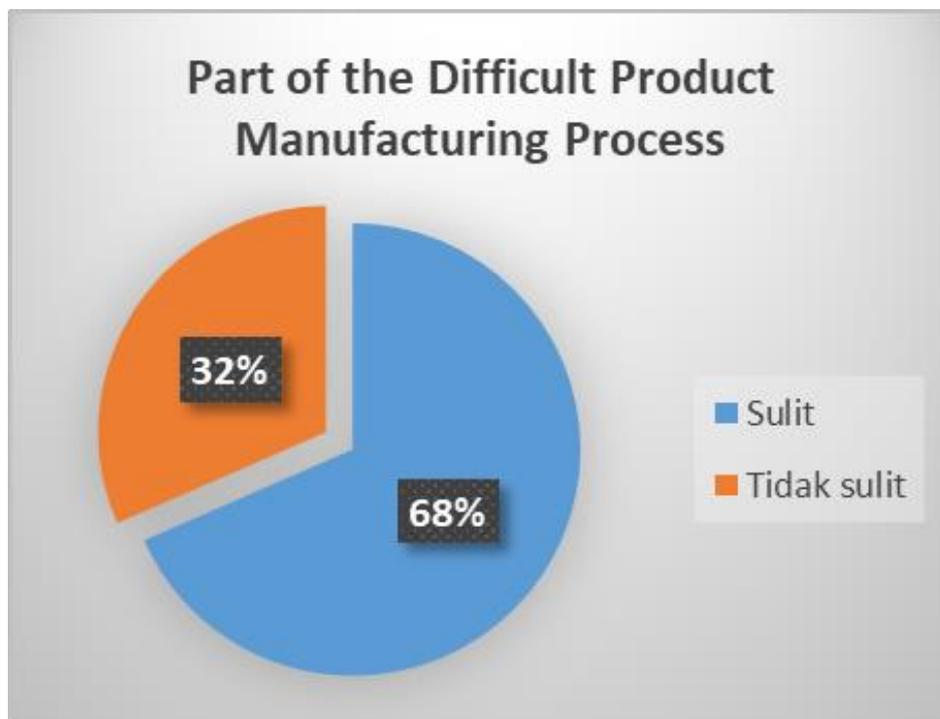
**Figure 1.**  
Duration of the Training Video

Based on the questionnaire conducted to the training participants about the material delivered by the instructor, it was found that 63.15% of participants stated the title of the training theme, namely training on making pulverized beef jerky of cassava and catfish, 21.07% of participants stated the title of the training theme was training for making mashed jerky and 15.78% of participants stated that the title of the training theme was training in making animal and vegetable jerky. For more details, see Figure 1 below.



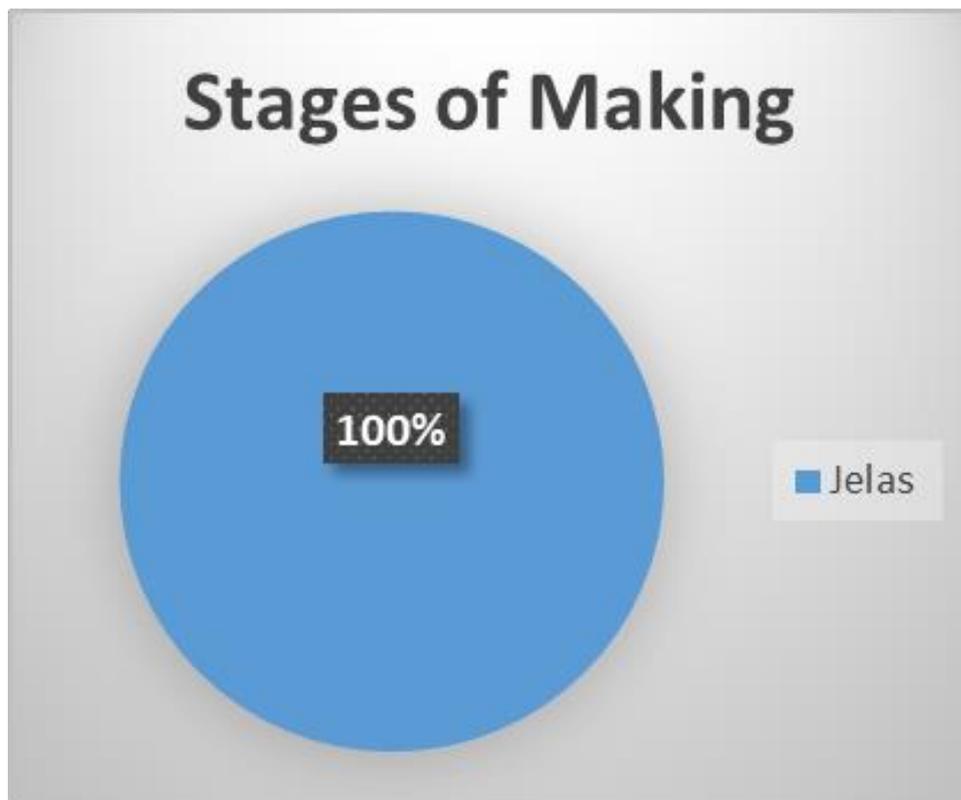
Figure 2.  
Training Theme

Based on the questionnaire conducted to the training participants about the material presented by the instructor, it was found that 68.42% of participants stated that there was something difficult and 31.58% of participants stated that nothing was difficult. For more details, see Figure 1 below. Based on the questionnaire conducted to the training participants regarding the material presented by the instructor, it was found that 68.42% of participants stated that something was difficult and 31.58% of participants stated that nothing was difficult. For more details, see Figure 1 below.



**Figure 3.**  
Part of the Difficult Product Manufacturing Process

Based on the questionnaire conducted to the training participants about the material presented by the instructor, it was found that 100% of the participants stated that it was clear. For more details, see Figure 1 below.



**Figure 4.**  
Stages of Making

## CONCLUSIONS AND RECOMMENDATION

1. Participants already know the concept of preserved food.
2. Participants know and can practice making processed beef jerky, namely ground beef jerky of casava leaves and catfish so that it can be widely accepted by the community.
3. Participants can practice making packaging and labels for making processed beef jerky, namely ground beef jerky of cassava leaves and catfish so that it becomes a business opportunity that is more attractive to consumers and turns it into a creative economy product that increases people's income.

The recommendation from this journal are 1) there needs to be assistance from related parties such as urban villages so that the socialization is wider so that the output and output can be achieved; 2) Further development is needed to obtain preserved food that has a home industry opportunity and has a good nutritional value from the use of mashed jerky. Articipants must increase their creativity and innovation in food products as a good business opportunity so that they can increase family income.

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