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Eggs Martabak Training With Shirataki to Students SMKN 7 Tangerang

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ABSTRACT (10PT)

The Covid-19 condition in the world has had a bad impact on everyone, which is detrimental to all parties in terms of health and the economy. The Covid-19 virus is deadly, so people with low immunity will be vulnerable to contracting it. Due to the fairly rapid transmission factor, this has caused some schools to have to do independent online learning, and some employees have to do work from home. Some of the preventions that we can do are to maintain our health by consuming healthy and low-calorie foods. Community Service is one of the student activities of the Faculty of Tourism, Pelita Harapan University, as evidence of caring for the community by providing knowledge and skills that can be done at home. Through this PkM activity, we will provide a menu of Indonesian dishes that can be tried and processed while at home, making shirataki egg martabak. Egg martabak, which generally contains meat, this time the team will replace the meat filling by including shirataki in it. The use of shirataki as a substitute for this meat will make a difference in terms of variety. Besides having a more chewy texture, this shirataki martabak is also healthy because the calorie content of shirataki is quite low.

Shirataki egg martabak is expected to help partners provide new healthy flavor variants because some Indonesian people eat egg martabak using rice. The purpose of this community service activity is (1) To share knowledge and practice skills, (2) to Provide cooking methods and steps to make martabak with Shirataki basic ingredients (3) to provide input to the community to stay healthy. Martabak is unique in its taste and can be easily found.

INTRODUCTION

The impact of COVID-19 harms the health and economy of the community during this pandemic. People must stay at home and carry out their daily activities must also be at home both teaching and learning activities and work. This is also done to ensure that the community will be protected from Covid-19 by not being in crowds or physical contact with other people so that the percentage of Covid-19 patients will not continue to increase.

People can regulate healthy eating patterns by consuming more vegetables and fruits and reducing carbohydrate consumption to maintain health. Excessive consumption of carbohydrates can cause users to develop heart disease, obesity and be dangerous for diabetes (Nugraeni, 2011). But people don't need to worry because people can use alternative carbohydrates such as rice and Shirataki noodles made from tubers.

Shirataki or Ito Konnyaku is one of the carbohydrates people use in Japan, made from tubers such as Iles-iles tubers or known by other names Porang tubers (*Amorphophallus Oncophyllus*) and also includes nutraceuticals. The glucomannan content obtained after purification ranged from 36.69%-64.22% with the glucomannan content of flour before purification of 28.76%. In experiments with variations in the concentration of 60% ethanol solvent, 30 minutes of stirring time, and the ratio of the amount of material to solvent 1:15, the highest glucomannan content was obtained, namely 64.22% (Saputra, 2014) So that this shirataki is good for consumption as an alternative carbohydrate for the community, both for people with high blood pressure and diabetes because the Iles-iles tuber itself has very good benefits for human health, such as (1) Can clean and accelerate blood circulation (2) Does not contain fat (3) Rich in fiber.

According to Nurjanah (2010) lles-iles tubers contain glucomannan which can absorb water. It has the same function as dietary fiber. Also, it has several other advantages, including (1) Forms a gel (2) Has a large swelling power (3) Forms a thick solution in water (4) Has liquid properties such as agar which can be used as a medium for the growth of microorganisms. With these advantages and helping with dietary fiber, it is clear that consuming shirataki or lles-iles tubers have a good effect on health.

This online PKM activity is aimed at the wider community who desire to change their healthy lifestyle, using alternative carbohydrates, namely shirataki. This activity is intended for young people and the wider community of various ages and genders. We held this PKM "Training on Making Martabak Made from Shirataki" to help people get to know shirataki better, help people to know what menus can be made using shirataki itself, one of which is the Martabak menu that we choose to show to partners who will witness PKM online.

The problems experienced by partners who will participate in this PKM are (1) Partners do not know shirataki (2) Partners do not understand how to process and consume shirataki. Although shirataki has been sold in some supermarkets, partners are still less concerned about this alternative carbohydrate food because of the lack of explanation or information about this natural carbohydrate. Therefore, we do this PKM not only to help the community by changing their healthy eating patterns. In this PKM, information will be given about what shirataki is, how to process shirataki, and showing one of the menus that can be produced using shirataki.

Due to the Covid-19 pandemic, we will conduct PKM "Training for Making Martabak Made from Shirataki" according to health protocols, namely online using the Google Meet application to make it easier for partners who will witness this activity practically and free of charge. When doing this PKM is looking for partners with groups or organizations that want to participate in online PKM. Because of the problems we got, we looked for solutions by expanding the scope scale, such as (1) Looking for partners of all ages and genders regardless of any aspect (2) Sharing information from social media thoroughly so that partners know about this event.

METHOD

Because many partners don't care about this variant of the shirataki cooking menu, we will do this PkM activity through Google Meet so partners who don't know about shirataki can access the video (3) Set the right time so partners can take part in this PKM activity from the beginning of the event until the end of the event. Community Service Activities will be in the form of training on how to make martabak shirataki which will be carried out online through the Google Meet application. The team will provide materials using power points containing the ingredients to make martabak shirataki and show the prepared video. After showing the video, the team will conduct a question and answer session that can be submitted in the comments column available on Google Meet; then, the team will answer the questions asked. After conducting a question and answer session, the team will provide a response form via the link that will be provided. Partners who take part in the training from start to finish will get an e-certificate sent via the email listed in the response form. The team will provide partners with a YouTube link to re-watch the cooking videos that have been made. In carrying out an activity or training, the organizing team wants to provide useful results for the participants. One of them is by providing useful materials and educating the training participants about the topics presented. After the implementation of the activity or training is complete, the team provides a link to the evaluation form to all participants who have participated in the activity from the beginning to the end of the activity. From the evaluation form given, the team can see the results of the evaluation of each participant in the form of scoring points (point 1 strongly agree, number 2 disagree, number 3 slightly disagree, number 4 somewhat agree, number 5 agree, and number 6 strongly agree) and participants' comments on the activities that have been followed.

Judging from the results of the evaluation form, the team could see that almost all participants could understand the activities easily, participants benefited from the activities the team organized, so many participants were already motivated to start using natural carbohydrates, namely Shirataki, and also started wanting to recreate the menu they used and displayed by the team. So from the results of the evaluations given by the participants show that the presentation of materials and menus displayed during this activity is very useful, helps, motivates, and educates the PkM participants. Several teams carry out the same community service activities online and offline, for example, training in the form of socializing the development of food and beverages during the pandemic in increasing understanding in the food and beverages sector (Sitorus et al., 2021) training on tteok creations with Indonesian flavors to develop the soul entrepreneurship and culinary skills (Lemy et al., 2021), training on making hydroponic vegetable salads and carrying out marketing using e-commerce (Juliana et al., 2020) which can be useful and develop science and technology as well as develop the entrepreneurial spirit of each trainee

RESULTS AND DISCUSSION

After conducting PkM activities for students at SMKN 7 Tangerang Regency, the team evaluated the activities that had been running and discussed the results of the evaluation form that the team distributed to all participants who had attended and participated in the activity from beginning to end. The result of the evaluation of the activities of the team is that the PkM activity with the theme "Making Egg Martabak with Shirataki" is running according to expectations and the rundown of the event that has been made previously, so the team still has not encountered any obstacles in implementing PkM activities.

After the activity took place, the team has also provided a link to the evaluation form that participants must fill in so that the e-certificate can be sent directly to each participant's email. In this form, the team has given several questions related to the activities that the participants have participated in and also an assessment of 1 to 6 (point 1 strongly agrees, number 2 disagrees, number 3 slightly disagrees, number 4 slightly agree, five agree and six strongly agree) in each question. The following is an assessment chart from the participant evaluation form:



Fig. 1. Explanation of How to Make Martabak Shirataki

The graph in Figure 1 above is an assessment graph given by participants from questions about participants' understanding of the material for making martabak using a substitute material, namely shirataki. From the graph above, 10 participants or 40% of respondents choose to strongly agree or understand the PkM material that has been delivered, and 12 respondents or 48% of participants who choose to agree or understand the material presented. Meanwhile, some respondents choose somewhat agree with a percentage of 4%. So that from the graph in this question, most participants can easily understand the PkM material with the theme "Making Egg Martabak with Shirataki

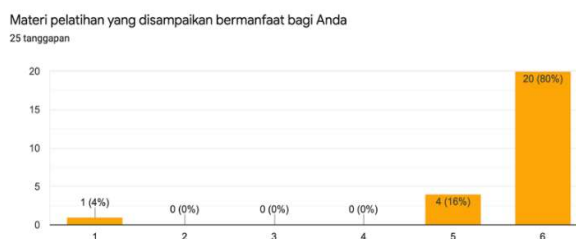


Fig. 2. Benefits of Training

The picture above is the result of the participant's evaluation of whether the material from the training that has been delivered to the participants is useful. From the graph above, it can be seen that 80% of respondents chose a value of 6, which indicates that 20 participants benefited from the material provided, both information about martabak and shirataki and the steps for making egg martabak with shirataki, there were 16% of respondents choosing a value of 5 which indicates that 4 participants also benefited from the material presented. The assessment of the participants above shows that the material presented by the team is very useful for the participants.

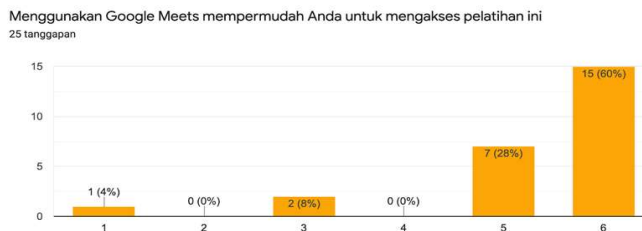


Fig. 3. Use Google Meet

The picture above results from the participant's evaluation of the questions about the ease of participants in accessing training activities using the Google Meet platform. There were 60% of respondents and 28% of respondents who indicated that the use of Google Meet made it very easy for participants to access this training activity. In comparison, 8% of respondents indicated that participants had little difficulty in accessing training through the Google Meet platform.



Fig. 4. Material Explanation

They were judging from the graph above on the instructor's clarity in delivering the material and the ease of the participants to understand the material given. There are 56% of respondents and 32% of respondents who agree that the delivery of material provided by the instructor can be understood easily and clearly, there are 6% of respondents who state that they slightly agree with the questions in Figure 4, which shows that there are still participants who do not understand with the material provided by the activity instructor.

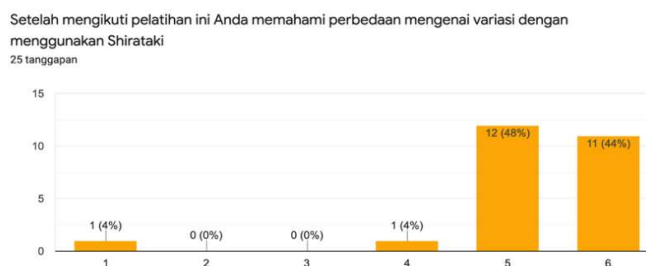


Fig. 5. Variations using Shirataki

Based on the graph of the processed data above, on the question of participants' understanding of differences in variations using shirataki after participating in this training activity, there were 44% of respondents who chose to strongly agree with the number of 11 participants, 48% of respondents who chose to agree with the number of 12 participants, and 4% of respondents who choose somewhat agree with the number of 1 participant.



Fig. 6. Motivation to Participate in Training

The image above shows a graph of the participants' responses to questions about participants' motivation in attending the training. Judging from the graph above, 48% of respondents choose strongly agree, 32% of respondents who choose agree, and 16% of respondents somewhat agree on the questions above. From the graph results, it can be seen that the participants are quite motivated to start using shirataki in their daily lives.

Through the evaluation form given to the participants of this PkM activity, it is very helpful for the activity implementation team to evaluate the shortcomings of small mistakes made in carrying out the activities. From the results of this evaluation form, the team could correct deficiencies and carry out better training activities that benefit the community.

CONCLUSION

As we move towards the new-normal era by following several protocols that have been made, one of which is social distancing where people are asked to keep their distance or work from home. Through the PkM event with the title Making Egg Martabak with Shirataki, it is hoped that it can help the community continue carrying out their habits just by being at home, namely by providing ideas or variations on new foods by using shirataki as a substitute for carbohydrates. So that it helps the whole community live a healthy lifestyle by replacing carbohydrates by using shirataki. This training event gave a good response, such as complying with the given rules and contributing to this training. Through PkM events that are held online, it is very effective to do and can also minimize contracting by the virus. With PkM this can be done at home with easily available ingredients. So that through the title Making Egg Martabak with Shirataki it will be easy to make and good for health. Before conducting Community Training activities, the team should see the situation and conditions around us for the good and security of both the team and the participants. For example, PkM entitled "Loading Martabak Eggs with Shirataki" in the current situation, where people must stay at home and do all activities online to avoid crowds and physical contact outside. Activities such as training to the community are better done online, so that they still follow several health protocols imposed in the new-normal era.

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