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How To Make Xiao Long Bao Fusion With Indonesia Cuisine

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ARTICLE INFO ABSTRACT Article history This paper is about the implementation of the idea of Food Fusion in the field in the form of Community Service for a village named Curug Wetan. The purpose Received: Dec 2021 of the paper is to essentially document the efforts of the team as the task is being Revised: DEC 2021 done and the methods that have been implemented by the team to make sure that Accepted: Jan 2022 the operation runs smoothly. This paper is also to convey the feelings of the team on Published: Jan 2022 the products that have been made but will mostly focus on the operations of the event that took place rather than the products. The event was to show the Keywords people of Curug Wetan village the methods in making two out of the four types of Expand brand Xiao Long Bao which were the Soto Betawi variant and the Soto Lamongan. The Xiao long bao reason being is that those two products have been some of the better performing Indonesia Cuisine of the four when it came to thetesting from Panelists. As Curug Wetan seemed to Curug Wetan Village have trouble advertising theirbrands outside of the village (Jeklin, 2016) so the team made the decision that the creation of a new variant of an existing and established food can be a driving force for people to start something new and to expand their businesses even if it's a tiny bit.

INTRODUCTION

COVID-19 provided one of the biggest obstacles to Indonesian development that can be compared to a recession in terms of effects. Indonesia was seeing overwhelming growth before the pandemic hit and was in the forefront of progress in Southeast Asia and was on its way of becoming a major economic power, if nothing major happened to the country it could have been a leading country in Asian politics (Ministry of Finance Republic of Indonesia., 2020). However ever since the pandemic hit Indonesia has hit a very big hit in economy as new policies such as the PPKM and PSBB had ups and downs and Indonesia itself has suffered from the pandemic whether it was due to the lack of international flights going into Indonesia or the fact that the citizens were losing jobs and companies going out of business, the prospect of a local Asian political power in Indonesia seemed more distant (Muhyiddin, M., & Nugroho, 2021).

In times like these where a crisis is occurring and people are struggling to make ends meet and have to wonder when their next meal may be, it is important to come together as a community to help one another as if a community is thriving their ideas and success will seep into other areas. Being selfish at a time like this and hoarding materials is the wrong thing to do as it will lead to even bigger struggles for others and the person hoarding in the long term due to the lack of resources that are going to be available (Stukas et al., 2016). Another factor to consider in times of crisis is the food that a person eats. Nutrition is very important for everyday life due to the fact that a person's daily intake of food will determine how healthy that person is and if someone is not getting enough or not getting the right kind of nutrition then they will get sick (Kapur, 2020). That is why Xiao Long Bao seemed a great idea for the team as the dumplings of Xiao Long Bao were filled with a lot of protein that would help the body repair damages and would help the body grow so that the immune system can grow stronger. The more the team thought about the contents of the dumpling and how

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much nutrition is in the small package the more convinced the team was on how the choice for the type of dumpling was clear, having a small snack that is rich in protein for regular intake is good for the body (Alberts et al., 2018).

Indonesia is known for their culinary arts and styles of cooking which makes it so that there is a gold mine of things that can be exploited. One of the best ways to make customers return is their tastes of the food of the country (Ellis et al., 2018) so whenthe food is being combined into something new it would spark some new interest in thefood that is being provided. New ideas are often the driving forces of new businesses so any aspiring business person can take the training and ideas being provided by the team into full restaurants, the possibilities are endless. Dumplings such as Xiao Long Bao have a variety of methods to which they can be made depending on the needs of the people that make them and this variety is something that appeals to the creation of dumplings to people as there are so many possibilities that can be achieved (Akinjayejuet al., 2020). The team may have figured a few examples that can succeed but this does not mean that it is the end of the creative process of Xiao Long Bao, a product that can have so much creativity has to be explored more and made sure that it is known to other people. This does mean however, that dumplings need to be carefully stored as different methods of storing can lead to different results in the dumplings, proper storage can lead to the dumplings lasting a longer time while storing at room temperatures could lead to the dumplings rotting faster (Hu et al., 2017).

The focus of the community of services will be the village named: Curug Wetan Village which is the capital city of the Curug sub-district which is in Tangerang, Banten, Indonesia. It takes around 25 minutes to drive to the village from UPH using a car. The village itself has apopulation density of 6,861 and the size of the area is 3.31 Kilometers Square. The team has decided to send a survey about the interest people have on the idea that is being created and it turns out that people are very interested in varieties of productsthat they recognize. The team has figured out the best way to spread the message about their creation is to use social media as a way to broadcast the achievements being made and spreading the idea about how Xiao Long Bao can be made in very unique ways.

The village of Curug Wetan will benefit from the community service that will be provided by the team by receiving knowledge about the creation of Xiao Long Bao that may either drive their business forward or let the citizens have an appetizing snack that can be eaten on a regular basis. The steps of creating Xiao Long Bao will be demonstrated to the village and in time the people of the village may even create their own unique brand of Xiao Long Bao and become an entrepreneur. Partner of the village of Curug Wetan has a product marketing problem that needs to be solved to make progress in the village (Jeklin, 2016). The reason why this is a problem for the village is the fact that they can create as many products as they can but it doesn't reach anywhere due to the fact that they cannot extend their reach outside of the local area which limits the amount of growth that they can experience. If the village can somehow make it so that they can broadcast their offers and material to the outside world they can make themselves much more prosperous and they would be in a better position and can introduce authentic food products. The author can solve it in two parts. The first is to introduce a new product that is interesting enough that people may want to visit the place because of the idea and through the YouTube video that will be created for the village. This video can be reached by many people and spread awareness to the village itself. Using social media as a platform to catapult the village into the face of people makes it so that the product promotion happens automatically with the need of an extra incentive by the community to take full advantage of the opportunity being provided. Something about the residence would be the variety of attention that media platforms the researchers have that can also boost the visibility of the village if the researchers post about the experiences that have occurred when doing the community service in the area; so even if many of the people who view the content may just ignore it there will be those that would be interested in the idea and may remember the name of the village.

METHOD

Before the information that the team wants to relay to the participants can be shared a questionnaire will be shared with the audience to essentially have an initial gauge of the knowledge of the participants. The reason for this is to essentially compare between a before and after scenario. For the event the team will publish a video on YouTube to demonstrate how to cook the meals that have been promised and show the local village people the correct way of making these Xiao Long Bao and Indonesian food fusion products. The chef in the video would show the method of creation and the people of the village will use the ingredients that have been supplied to them to follow along with the chef. In this particular case the chef would displayhow to make the Soto Betawi variant and the Soto Lamongan variant as those seemed to fair the best out of every other product the team had created. After the session is complete the locals are free to ask any questions that they may have either through a direct Zoom Meeting or through a link that will be provided with the video. After the participants ask questions, with the incentive of prize money, the team would ask them to fill out another questionnaire to further test the knowledge of the participants after the event that was hosted by the researchers. After the event has finished the participants will receive certificates as proof that they have attended the event and as proof that the team have completed their events. The team will create an video and upload it to Youtube, the target audience of the video would be the entire population of the people in Desa Curug Wetan who are interested in the idea that the team presents and anyone on Youtube that fancies such a video will be able to see it as

well. This will spread brand recognition and spread awareness. All of the ingredients that are needed for the recipe will be provided by the team with no cost towards the village itself and the chef in the video will explain the role of each of the ingredients being used so as to not waste them. The chef will also explain why these ingredients have been chosen and the importance of each ingredient while also providing commentary about the entire process. The event will be held online via a Zoom link that will be provided and participantscan interact with the PkM organizers virtually to explore the knowledge that will be provided at the event which will be held on 16 December 2021 In the video the Chef will introduce himself and tell the audience what they are going to cook. The chef will explain the importance of food to the rebuilding of Indonesian tourism and the importance of basic principles innovation. Next, the Chef will begin to prepare the example of Xiao Long Bao that was most liked by the survey that was distributed earlier. Community of Services will last for a maximum of one day because these activities are only for making new foods from existing ideas which shouldn't take too long to complete. Activity evaluation will be carried out with a questionnaire that will be distributed to participants with the link in the Youtube video description; which can be filled in by anyone in the audience to either show their satisfaction or dissatisfaction. The people are also given the chance to give feedback on the entire video and suggest some improvements for future development. During the covid 19 period, many community service activities were carried out online, such as activities carried out by (Hubner et al., 2021; Juliana et al., 2021; Lemy et al., 2021; Sitorus et al., 2021)

The event that the team decided to partake in was to show the villagers in the village of Curug Wetan how to make new variants of Xiao Long Bao, which is a form of dumpling that has a basis around soup based products (Cavish, 2015). Under normal circumstances the team would have personally visited the village and done a live demonstration of the creation of the Xiao Long Bao but due to restrictions regarding travel and concerns of safety due to the COVID-19 pandemic the team was advised to make an online service for the village. It was the first time that a community service action was done online so the team had to figure out a method to try and communicate the knowledge that was needed while not being able to be present. So the team decided host an online meeting using the application: Zoom in this application the team decided to present the product itself through a presentation detailing the information that has been gathered as well as the topic being covered. After the method of presenting had been solved the team had to choose between a live cooking demo or a pre-made video demo.

The team realized that the two options had benefits and drawbacks. If the team decided to do a live session the interaction between the team and the participants would increase due to the fact that questions from the participants can come at any time and they can be prompted as well; the disadvantage would be the amount of time it would require to make the product itself due to it being a live video so the setup and preparations are more demanding. If the team decided that a premade video was the method, then the only time that is used is time to create the video itself with subtitles as time would be less of an issue due to the fact that it can be skipped. However the disadvantage, which the team found out when implementing the plan, was that the video clarity itself depended on the stability of the WiFi of the person who was broadcasting the message. The team ultimately chose to create a video that can be accessed by YouTube, the reason for this is that although the quality may vary when thecommunity service is being held the actual video can be accessed at any time byanyone due to the fact that the team was informed that the participants weren't making the Xiao Long Bao at the same time so a video that can be repeated at any time made the most sense to the team. The team thought that if the live performance was pursued the participants may forget key instructions or methods that were explained by the chefand the chances of making mistakes are higher as well. Through these reasons and conclusions did the team decide that a pre-established video was a better solution.

The event that happened had a very linear and easy to understand schedule that had to be followed. Before creating the schedule however the team employed a volunteer speaker by the name of: Rahel Cendra Mulyani, to speak on behalf of the team to enrich the experience. The team had decided to create a schedule that does not past 12 Noon due to the fact that that was when the attendees had to eat lunch and the team did not feel comfortable with forcing them to sit in one area for too long. The event officially started at 10am however the participants would enter at around 09:30 am and were given 30 minutes to prepare themselves before the event started. After the opening prayer at the beginning, the team proceeded to allow the advisor of the entire event to say a few words regarding the event and how grateful the team is for the opportunity to show the village of Curug Wetan what the team had to offer. After the introductions and formalities have been dealt with the team sent the first set of Questionnaires to the participants to essentially have background knowledge on the people that the team was presenting for. The purpose of this research is to essentially see if the team have managed to teach the people of Curug Wetan successfully as a before and after comparison to essentially make sure that the team have done their role correctly. If however the results have not been good then the team would evaluate what was happening or why the results were not what was expected.

After the pre-test was handed out the research team explained the premise of their research to the group of attendees which included background knowledge about Xiao Long Bao and information that will help the people understand what Xiao Long Bao is. This knowledge would be useful for the participants due to the fact that later at the end of the event a post-test would be given to the attendees so the knowledge that they would have gained from the short presentation would be useful to the participants. After the short presentation about Xiao Long Bao a video about

the process of creating Xiao Long Bao fusion with Indonesian cuisine where the chef that was in charge of the creation of the products demonstrated from start to finish the correct methods in creating the fusion Xiao Long Bao. The video will also include the voice over from the chef so that any questions that may appear can and will be answered as quickly as possible to both help with the time limit the team has placed on itself and the quality of the event in itself since the video about the creation of the dish is the highlight during the event as it is the entire reason for its existence.

After the video has been played the next course of action would be to host a Question and Answer section where the participants are asked to voice any queries they may have about the presentation. To appeal to the audience and to attempt to get more of a reception a prize of Rp.50,000 per question with a maximum of 3 questions would be announced. After the Q&A section is finished the post-test will commence that will determine how much the people of Curug Wetan have learned from the event and would highlight any faults that will require to be fixed for future events and anything that the team may want to keep doing to maintain the quality that was demonstrated. Lastly before ending the event a closing prayer will be held and a photo session will be organized to document the event for the team to use for future reference and proof of doing the community service.

RESULTS AND DISCUSSION

When the team initiated the event to the village of Curug Wetan the people of the village seemed intrigued about the concept of the Xiao Long Bao with Fusion technique as some have not heard of this sort of food and it's not something that is commonly discussed due to the origin of Xiao Long Bao being Chinese meaning that exposure towards the product seemed limited to the people of the village.

The team has created two questionnaires regarding the event itself and those questionnaires were for the participants before and after the event. Both of those questionnaires had a section that was dedicated to the testing of the knowledge of the participants to the event and can be an indicator to the success of the event itself and to figure out what can be improved in the future. The Pretest was a questionnaire designed to figure out the extent of the knowledge of the participants before beginning the event in the first place. The purpose of this is to essentially try to increase the knowledge of the participants at Curug Wetan and to see if the event would besuccessful in spreading knowledge.

The results can be seen here:

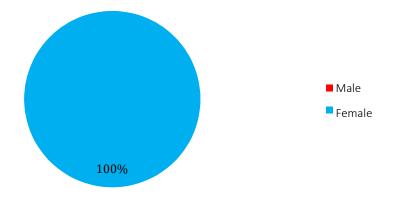


Fig. 1. Gender

As the chart shows everyone in the event was female as the location was a Tourism Village that mostly housed females and housewives so it made sense that the audience would be all female. The survey had varied amounts of respondents due to the fact that they had to share a singular phone to answer the questions but the event had to keep moving to stay on schedule.

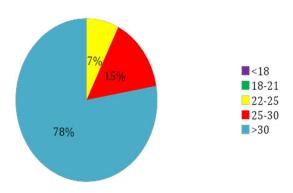


Fig. 2. Age

The age demographic can be shown in this chart. It can be seen that the vast majority of the participants in this event are above the age of 30. The age bracket was considered when creating the event as there were a lot of older citizens so the team decided to be as respectful and clear as possible so that when representing the University of Pelita Harapan the image being shown is a respectable one.

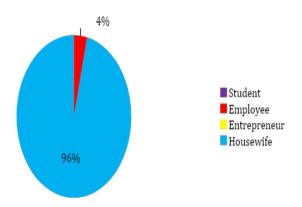


Fig. 3. Occupation

The occupation of the participants was surprising to the researchers but when all things were considered it made the most amount of sense. Many Housewives would like to know how to create new recipes and know how to create as much food as possible and, although a stereotype, many women in Indonesia around the age of the participants are housewives.

The next batch of questions was to test the knowledge of the people of Curug Wetan about Xiao Long Bao without the team sharing their knowledge yet to the participants. These questions are to essentially see if the team had improved theknowledge being passed down or if the team needed to reevaluate the methods being employed. So the reason why there are two questionnaires that are before and after the event is to compare and contrast the knowledge of the participants.

The questions regarding the knowledge of the participants about Xiao Long Bao will be the same to essentially have a before and after effect so that the research team will know how well they have achieved the goals that have been set out for themselves. The first eight questions will be before the team has presented their information and the next eight will be the questions after the team has presented the information.

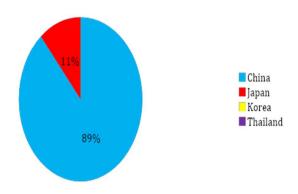


Fig. 4. Pretest 1

As it can be seen from the chart the vast majority of the participants have correctly answered that Xiao Long Bao is a Chinese dish. Whether this is due to prior experience with the dish or due to some other factor such as the name of the dish is disputed, however the result is still the fact that many of the participants know what Xiao Long Bao is.

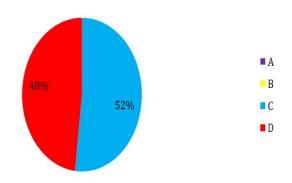


Fig. 5. Pretest 2

As it can be seen from the graph the answers were almost split down the middle. The reason for this is that the two pictures (C and D) looked similar to each other so it made sense as to why they were voted for. The correct answer was C, which was a picture of a basket of Xiao Long Bao while D was a picture of a different sort of dumpling called 'Gyoza' which is also very popular (Takashi, 2019).

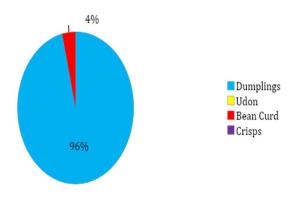


Fig. 6. Pretest 3

Although it may seem like an obvious question to ask about what kind of food Xiao Long Boa is with an obvious answer the researchers had to be thorough with the things that they ask due to the fact that being completely certain about the level of knowledge being shared and how good themessage is being sent to the participants.

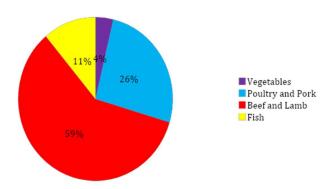


Fig. 7. Pretest 4

This information was a bit vague which is reflected by the answers being the most varied of all choices. The question asked what filling was Xiao Long Bao originally consisted of. Although the correct answer is technically Red or Poultry and Pork, all of these answers are not entirely wrong so for future events the researchers may avoid having such questions in the future or at the very least modified to be more specific.

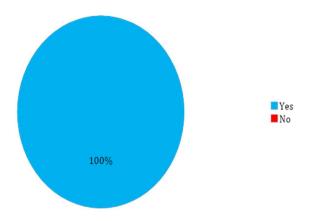


Fig. 8. Prestest 5

Another simple question that asked if Xiao Long Bao uses Broth but also important due to the fact that it is what distinguishes Xiao Long Bao as a dumpling compared to other dumplings and also the reason why it was chosen by the research team.

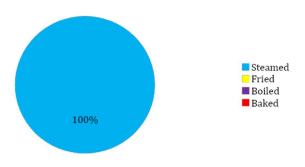


Fig. 9. Pretest 6

A standard procedure for most forms of dumplings are mostly steamed so if the participants of the event ever made any forms of dumplings should know what kind of cooking method the Xiao Long Bao was made.

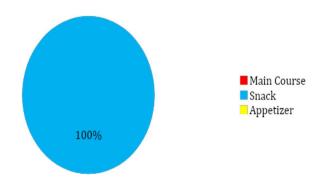


Fig. 10. Pretest 7

The answer to this has been answered and the participants are 100% correct that Xiao Long Bao is a snack to be eaten. If the participants knew this already then it would have been easier to explain the concept to the participants which is the goal of the entire event.

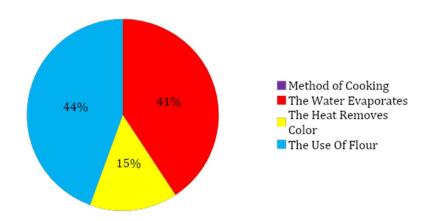


Fig. 11. Pretest 8

This question may seem odd as it seemed very specific but it was deemed important due to the fact that it made the researchers figure out how much the participants understood the ingredients used. The correct answer was of course due to the flour being used, as the flour is being steamed the color of the flour (white) is being shown on the dumplings themselves.

The next sets of questions are from the Posttest which is after the event has finished. The numbers of respondents were reduced in this survey due to the fact that the participants had to share a singular phone to answer the survey and the team had to maintain the schedule that was promised to the village. Although the number of respondents was lower, the data given was enough to make it so that a general idea can be created and future community service in the village can be organized again by the University of Pelita Harapan. The researchers did not want to offend or force the participants to stay for longer than what was needed.

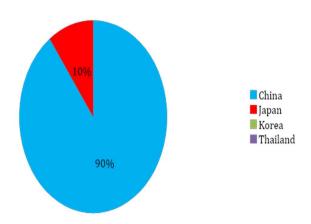


Fig. 12. Posttest 1

When taking into account the reduced number of respondents it can be seen that the origin of Xiao Long Bao was not properly conveyed due to the fact that those that know beforehand would still know and those that didn't know were still slightly confused about the origin of Xiao Long Bao.

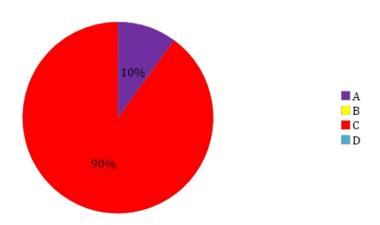


Fig. 13. Posttest 2

This was the same question with the pictures and where the result was split down the middle. Looking at the result now through constant use of the images of what Xiao Long Bao looked like and the creation method by the video made it clearer to the participants what Xiao Long Bao looked like.

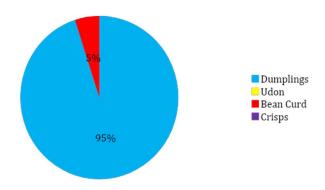


Fig. 14. Posttest 3

It seemed as though the one or two people that were confused with what Xiao LongBao is still confused about what the product actually is. The reason for this conclusion is that the same option was chosen and taking into account the amount of respondents the ratio did not change.

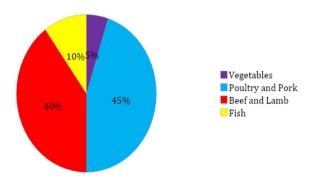


Fig. 15. Posttest 4

Again with this graph it is vague but also shows that the team must be clearer with the knowledge that is being shared. When reviewing the footage it became clearer that the team barely mentioned this section of the information, meaning that the confusion faced by the participants is entirely the fault of the researchers. Future research that is similar to this one must take this valuable lesson into consideration.

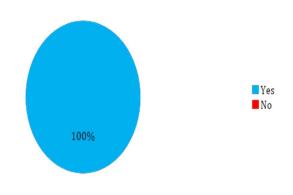


Fig. 16. Posttest 5

As expected, the participants of the event knew from the start what Xiao Long Bao is made with so it made sense that the participants would also get the question right yetagain. If there were those that got the wrong answer when it was after the event thenthe researchers would have done the opposite of what was supposed to happen, whichis to expand the knowledge of the participants.

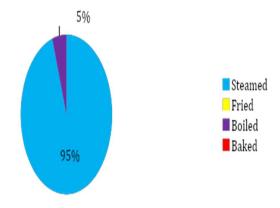


Fig. 17. Posttest 6

When the researchers first saw this the team was baffled as to how someone could get it wrong when previously the amount of people that got it right was 100%. That was until the footage was reviewed again and one of the points made by a researcher is how making dumplings through boiling is possible if the heat is used to cook the dumplings. So this could have led to some confusion with the message and that is entirely the fault of the phrasing used by the researchers which was up to interpretation.

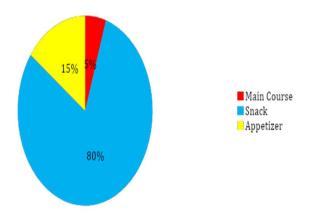


Fig. 18. Posttest 7

The answers from this question caused confusion to the researchers due to the fact that the participants got it right the first time. But then, when the material is reviewed once again and the images shown it made sense that it might be a main course or even an appetizer. The reason for this is the team made it seem as though Xiao Long Bao was a very big dish that can be eaten at any time, which is true, but this made an impression that it was more than a snack.

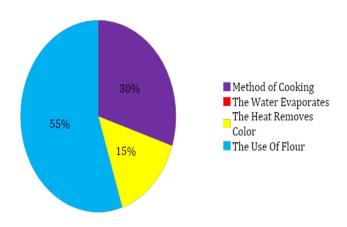


Fig 19. Posttest 8

The amount of people that understood that it was due to the flour has increased which is good news as that was the objective of the community service. As stated previously the results may have been different if the information being given to the participants was clearer but that is something that must be changed in the future.

From these graphs it can be seen that the results are varied on increased knowledge of the participants from the event or miscommunication from the researchers which could lead to confusion. This was one of the very first times that an online community service was attempted when none of the members from the team could visit the location and be as clear as possible and any confusion could be cleared. The researchers believed that if the team could be there and make it clearer and make it so that any information being relayed is as clear as possible; the reason for some miscommunication is due to a combination of lack of experience and internet issues which could have been fixed if the team was at the location of the community service.

CONCLUSION

In conclusion it can be seen that the activity can be both a success and a lesson that can be learned. The planning of the activity could have taken more things into account such as the disparity between the network connection that the team can provide while also giving clear instructions to the people of Curug Wetan as to the activity being shared and the information that the team would like to present. Something that the participants appreciated however was the demeanor in which the team decided to show when presenting about the topic of Xiao Long Bao Fusion and the participants appreciated the patience of the team when faced with such difficulties. The event itself was not perfect by any means due to the fact that it was a new experience and idea to have the community service entirely online due to complications regarding the COVID-19 Pandemic outbreak with the dangers that follow it and the fact that the researchers themselves could not coordinate the efforts due to the distance between said researchers due to restrictions regarding where they are currently located.

Overall however, the research was a valuable piece of information given to the researchers due to the fact that it showed a new possible way of presenting material about community service. While also giving information to a village about any future trends that may appear after the Pandemic it has passed, even if in the future the participants may not take full advantage of their new knowledge the researchers felt content that the seeds of thought have been placed. The reason for this is that the purpose of the research was to spread information and educate those that were willing to listen.

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