

Utilization of Milk Fish as A Basic Ingredient for Food Processed in Lembar Village, Lombok Barat District

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Abstract: Milkfish is a type of fish that has good nutritional content for the human body and can be processed into any processed food, such as pilus amplang for milkfish. The reason for choosing milkfish as the basic ingredient for making pilus amplang is because most of the people in Lembar Village work as pond fishermen who have various types of fish, one of which is milkfish. The expected goal of this community service program is to be able to become an alternative in increasing the source of community income, as an effort in the forerunner of the emergence of Micro, Small and Medium Enterprises (MSMEs) and being able to increase the productivity of the people of Lembar Village. The method used in community service is through socialization and demonstration activities related to how to make milkfish amplang pilus to the people of Lembar Village, especially PKK mothers in Lembar Village, how to pack it, and market it properly.

Keywords: Milkfish; How to make it; MSME

Intriduction

Lembar Village is part of the Lembar District of West Lombok Regency which has an area of 5.71 km², most of which consists of areas of rice fields, plantations, swampland, settlements and public facilities. Lembar Village consists of seven hamlets, namely: Lendang Jae, Kebon Bongor, Buncit, Kuranji, Dasan Bakong, Dasan Daye, and Petak. Most of the people in Lembar Village work as pond fishermen, one of which is milkfish ponds. It's a shame that the Lembar community only sells the milkfish ponds to collectors without processing the pond products into a marketable product.

Training has been carried out by KKN students in Pandu Village, Cerme District, Gresik Regency, namely training on processing amplang crackers and demonstrated by KKN students regarding how to process savory, crunchy and delicious amplang crackers and of course this activity was enthusiastically welcomed by the people of Pandu Village. Not only that, KKN students also teach how to pack products and market products through social media, namely Instagram and shopee because they reach a wide audience, the purpose

of this activity is so that people in Pandu Village can make good use of natural potential and will later create MSMEs and revive BUMDES and create PKK stalls that can help the economy in Pandu Village. (Noviani, et al, 2022) (Sumandi and Sari, 2021).

Empty yards that are unproductive if properly laid out and managed are a potential source of providing nutritious food for families and have high economic value, thus increasing income which will prosper families and communities (Yulida, 2012). The success of achieving food security and self-sufficiency rationally starts from households that utilize their yards (Ashari et al., 2016). Utilization of yards is one way to achieve food security. Based on this, the Ministry of Agriculture developed the concept of intensive use of yards with the term "Sustainable Food Home Areas (KRPL)".

Milkfish itself is a brackish water fish that has a fairly high omega-3 content compared to salmon, tuna and sardines (Sumandi and Sari, 2021). Milkfish has good nutritional content such as protein, amino acids, vitamins and minerals to increase sales of milkfish requires product diversification, namely not only fixating on one product but being able to process milkfish into other food preparations such as

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presto milkfish, crispy milkfish with thorns, milkfish brains, Kentucky milkfish, milkfish skin chips, shredded milkfish and milkfish intestine chips. (Sugiro, et al, 2019).

Milkfish in Lembar Village has its own uniqueness, namely the taste of the fish does not have a mud taste when consumed, so this has the potential to create a product that can improve the economy of the people in Lembar Village. Besides being able to consume milk directly by the public, milkfish can also be processed into several other processed foods such as: milkfish floss, milkfish nuggets, meatballs, and milkfish amplang pilus.

From the results of observations and interviews conducted, problems were found in Lembar Village, namely: 1) lack of public knowledge of how to process milkfish ponds into a product that has a sale value, 2) lack of public knowledge of how to pack and how to market products with the latest technology.

Realizing the potential for good ponds in Lembar Village, KKN students took the initiative to socialize and demonstrate how to process milkfish pond products into a food product, namely pilus amplang bandeng, packaging and how to market pilus amplang bandeng products with the latest technology. With this activity it is hoped that it can help improve the economy of the Lembar Village community.

Method

The implementation of KKN-Integrated activities is in Lembar Village, Lembar District, West Lombok Regency. The distance of Lembar Village from the center of Mataram city is approximately 26.8 km and consists of seven hamlets, namely: Lendang Jae, Kebon Bongor, Buncit, Kuranji, Dasan Bakong, Dasan Daye and Petak. The KKN-Integrated Program will be held on 20 December 2022 - 10 February 2023.

The target of the socialization and demonstration activities for making milkfish amplang pilus was aimed at the people of Lembar Village, especially PKK women in the village. At this stage the KKN-Integrated students are looking for problems that occur in Lembar Village, namely the people in Lembar Village have not been able to make the most of the milkfish ponds so that the community only sells the milkfish ponds to collectors without any processing into a product that has a sale value.

At this stage, the KKN-Integrated students also determine the purpose of this training, namely to provide creative ideas regarding products that can

be produced from milkfish, how to process products from milkfish, how to package and market products with the latest technology. which is expected to be able to help improve the economy of the people of Lembar Village.

From the problems that have been found, KKN-Integrated students carry out activity methods by holding socialization regarding how to process milkfish into a food product, how to package and market the product, then proceed with demonstrations of how to process milkfish into pilus amplang milkfish by KKN-Integrated students and Mrs. PKK women in Lembar Village.

At this stage the KKN-Integrated students carry out these activities in a carefully planned manner such as the time and place of implementation, the people involved in the socialization and demonstration activities of making milkfish amplang pilus which are carried out in the Hall of the Lembar Village Office with participants from the Head of the Lembar Village, the Head of the Hamlet, Lembar Village PKK women and Lembar Village youths. This activity started with providing material on types of processed foods made from milkfish, how to package products, how to market them, then continued with a demonstration on how to make pilus amplang milkfish products led by several KKN students. -Integrated Village Lembar.

Result and Discussion

The potential produced in Lembar Village is pond products such as clams, crabs, tilapia and milkfish, but the community has not been able to process these ponds optimally so that KKN-Integrated students took the initiative to make milkfish amplang pilus by conducting socialization and demonstrating how to make milkfish amplang pilus. This demonstration activity was directly guided by several KKN-Integrated students. In this activity, the community was taught how to make milkfish amplang pilus which was crunchy, crunchy, and delicious as well as the tools and materials needed in making milkfish amplang pilus. The community's response to this activity was quite good and enthusiastic, seen from the people who participated in the process of forming the milkfish dough, frying it to packing the milkfish amplang pilus.



Figure 1. Socialization activities on how to make milkfish amplang pilus

Pilus amplang bandeng is a snack that generally uses the basic ingredients of mackerel but can also be replaced with other fish and uses tapioca flour dough in its manufacture as well as some ingredients and seasonings and baking soda then shaped into small spheres after which it is fried until expand. The basic ingredients used by Embar Village Community Service students in making pilus amplang are milkfish, tapioca flour, salt, flavourings, food developers, food flavors and so on.

The process of making milkfish amplang pilus is quite easy where the first step we have to do is clean the milkfish from the dirt, remove the milkfish head and bones, take only the meat, then wash it thoroughly. Then grind the garlic, set aside. Then puree the milkfish meat without adding water using a blender. After that, add the developer, seasoning, salt and crushed garlic to the mashed milkfish meat. Beat 6 eggs and sugar using a mixer until frothy and changes color (pale white). Then mix the beaten egg with the milkfish that has been seasoned earlier, stir until evenly mixed. Add the tapioca flour gradually, knead until it is really smooth, if the dough is smooth, then it's ready to be shaped. Prepare cold oil as a tool for soaking the dough to be formed, this aims to prevent the dough from sticking. Form the dough according to the shape you want, do it until the dough runs out. Then put the dough into the frying pan with cold oil and turn off the stove. Turn on the stove with the lowest heat, wait for the dough to float then increase the flame a little. After all the dough has floated, stir the flour continuously during the frying process. The pilus amplang frying process takes about 20 – 30 minutes. Fry the amplang until brown. Lift and drain.



Figure 2. Demonstration activity on how to make milkfish amplang pilus in Lembar Village

Conclusion

The Integrated KKN activity that took place in the Lembar Village area, Lembar District, West Lombok Regency is a medium for channeling ideas or ideas owned by Mataram University students to help the people in Lembar Village in developing MSMEs. The target of the socialization and demonstration activities for making milkfish amplang pilus was aimed at the people of Lembar Village, especially PKK women in the village. At this stage the KKN-Integrated students are looking for problems that occur in Lembar Village, namely the people in Lembar Village have not been able to make the most of the milkfish ponds so that the community only sells the milkfish ponds to collectors without any processing into a product that has a sale value.

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