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Innovation in the Use of Durian Fruit

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ABSTRACT

Durian is a fruit that is popular and in great demand by people, especially in the city of Medan. Durian can be consumed in fresh form and also in processed form such as dodol, pancakes, cake, compote, porridge, chips, tempoyak, or ice cream flavor enhancer. This service activity was carried out using the method of counseling, training and assistance in making kebabs with durian processing to aisyiyah's women in Sidorame Barat I Village, Medan Perjuangan District. Through this activity, it is hoped that Aisyiyah's mothers can process durian into products that have added value. This activity also aims to motivate Aisyiyah's women to become entrepreneurs so that they can improve their family economy. The results of this PKM show that after assistance in processing durian, Aisyiyah's women can process durian into durian kebabs which have economic sale value and are ready to be sold to consumers.

Keywords: durian, *kebab*, economy

INTRODUCTION

Durian has become one of the icons of the city of Medan as it is popularly known as the King of fruit. This statement is supported based on data from the Provincial Crops Agency that North Sumatra is listed as the largest durian producer in Indonesia, producing around 64,659 tonnes of durian in 2017. In the third quarter of last year, they managed to produce around 17,961 tonnes of durian. Medan durian does have a distinctive taste compared to durians from other regions. A stronger aroma and distinctive taste make durian increasingly popular and in demand among durian lovers.

According to Granida (2007), apart from the delicious taste of durian fruit and its fragrant aroma, it turns out that durian fruit is one of the healthiest foods because it has many benefits for the health of the body. Durian fruit has a fairly high nutritional content, namely vitamins B, C, E, and iron. Durian fruit is round, elliptical, or a variation of both of the shape. Ripe fruit is about 30-45 cm long and 20-25 cm wide, and weigh mostly between 1.5-2.5 kg. Untung (2008) explained that each fruit contains 5 indentation in which there are 1-5 seeds covered with white, cream, yellow, or dark yellow flesh. The size of the seeds, taste, texture and thickness of the pulp depends on the variety.

In addition to being consumed in the form of fresh durian fruit can also be processed into various other processed that can add value to the benefits of the fruit such as made compote, porridge, chips, dodol, tempoyak, pancakes, bolu or ice cream flavor enhancer. Various durian processed can be used as promising business opportunities.

One of the religious social organizations that developed quite well in Medan Perjuangan sub-district is the group of Aisyiyah women, both at the internal sub-district level who are incorporated in the Leadership of Aisyiyah Branch (PCA) and the village/village level in the Aisyiyah Twig Leadership (PRA). Many activities carried out by the Aisyiyah group, including study, counseling, training, and others.

Some mothers who are members of Aisyiyah do not work and only become housewives while others work as teachers, lecturers, employees and entrepreneurs. As an organization of women who are active in activities that advance women's degrees both in the areas of health, education, economics, social welfare and others, then Aisyiyah is very supportive of various activities that can improve the knowledge and skills of its members. Muhammadiyah University of North Sumatra through the Institute of Research and Community Service in cooperation with the Faculty of Agriculture was moved and motivated to solve this problem.

Based on the problems faced by Aisyiyah's women above, skills training activities are held in processing durian to increase entrepreneurial interest and improve the family economy. This activity was carried out by agribusiness lecturers of the faculty of agriculture Of Muhammadiyah University of North Sumatra. By utilizing the availability and potential of durian abundant to be processed into a typical food or snack and high selling value, then aisyiyah women will get the benefit and can improve the family economy.

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METHOD

The series of community service activities consists of three activities, namely counseling, training and mentoring. All three activities were carried out at the same time. The implementing team presented theories about durian, the benefits of durian for health, and various processed at the time of counseling activities to Aisyiyah's women. The implementing team applied a method of lectures, question and answer discussions in counseling activities. As for training activities, implementers apply demonstration methods and live exercises on how to make durian kebabs. Before the training began, the implementer had provided all the ingredients to make durian kebabs according to the recipe and equipment used. After participants are given training activities, then participants are accompanied by the implementing team to process durian into kebabs.

RESULT AND DISCUSSION

The implementation of Muhammadiyah Development Partnership Program (PKPM) was carried out in two branches namely Aisyiyah twig An-Nur and Aisyiyah twig Al-Kahfi located in Jalan Pelita II No. 5 West Sidorame Village I Medan Perjuangan Sub-District. This event was attended by 20 participants of Aisyiyah women.

In its implementation, this training activity received a positive response and full support from Aisyiyah's mothers because this activity was carried out for the first time, especially in the middle of the Covid - 19 pandemic. can be done outside the home. However, in the implementation of this activity, the FAPERTA Lecturer Team and training participants still adhere to health protocols by using masks during the activity, washing their hands before the activity starts and social distancing.

This training is oriented to improve the economy of Aisyiyah's women by utilizing durian fruit which is an icon of Medan and has various health benefits. After participating in the training activities, Aisyiyah's women will have the knowledge and skills in processing durian fruit into durian kebabs which can increase the added value of the durian fruit. When the implementer demonstrated the making of durian kebabs, some participants also actively asked if there were things that needed to be asked about the process of making durian kebabs.

Figure 1. Training Activities of Making Durian's Kebab

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Durian kebab is one of the durian preparations served in a kebab skin and inside there is durian fruit flesh that has been mixed with sweetened condensed milk. To add flavor, you can also add oreo, chocomaltine and ovomaltine as a complement according to taste. In the process of making durian kebabs too, it does not require special technical and sophisticated equipment in its processing. It only uses both hands, simple materials and equipment, a short method and skill in measuring the durian flesh according to the portion to be placed in the kebab skin.

Figure 2. Durian's Kebab

The skin of the kebab used is the skin of the kebab which is commonly used to make kebabs with processed meat and can usually be purchased in traditional and modern markets. As a complement to the taste of the durian kebab, don't forget to pour sweetened condensed milk on top of the fruit flesh to add sweetness. The next step, the kebab skin is folded to cover the durian pulp and packed in plastic so that it can be stored in the freezer. If you want to consume it, just take it from the freezer and leave it for 1 minute and then heat it on a frying pan with hot oil.

Several things that must be considered in making durian kebabs were also conveyed to Aisyiyah's women regarding the determining factors for success in processing durian fruit, namely the selection of quality raw materials so that the products produced are of good quality and get a good impression from consumers, the equipment used is clean and appropriate, maintenance of hygiene and sanitation during the kebab processing, as well as the correct method and technique according to the recipe that have been delivered.

Community service (PKM) related to durian processing has also been carried out by Yadi Hartono (2019) for two community groups in Juru Mapin Village, Buer District, Sumbawa Regency. This service activity is focused on increasing knowledge and skills for community groups, one of which is practical training in making processed cake products made from durian fruit. Durian is processed into brownies, pancakes and rolls. Based on the results of these activities, it was found that after participating in the training activity, the partner group was very enthusiastic and eager to work with the community service implementers so that this program could be continued through mentoring or training to make other processed durian products.

Waryono (2018) has also carried out community service activities to train the making of durian and wingko durian cakes for housewives in Kenagarian Barung Belantai Selatan, Koto XI Tarusan District. Processing durian into durian cake and wingko durian is used as souvenirs or special food from this area so that it can improve the family economy and support the development of South Coast tourism. This activity also aims to encourage housewives to become entrepreneurs by utilizing regional potential, namely durian fruit.

The results of the service activities carried out in the form of training for making kebabs with durian processing at Aisyiyah's An-Nur branch and Al-Kahfi branches, Aisyiyah's women have been able to properly practice how to make durian kebabs according to what the implementation team directed at the training activity. In addition, the participants were very satisfied with this activity, this durian kebab making training.

So far, the participants did not know that durian can be processed into durian kebab. Some participants only know that durian is usually consumed directly, processed into dodol, compote, pancakes, ice cream and other preparations. The training participants were also motivated to turn the durian kebab into a business opportunity or a side business while filling the gap in time. In addition, the participants are also enthusiastic about processing durian and marketing it to the public to improve the economy.

In a series of training activities for making durian kebabs, participants also understand how to choose a good durian fruit so that the resulting durian kebab will also taste good and attract consumers. Kompasiana (2020) states that choosing durian is seen from its shape, namely durian fruit that is irregular or oval-shaped rather than perfectly round because the flesh will be more fragrant and creamy. To get the perfect level of maturity, we can choose a durian that has green spines and brown tips. If the condition of the durian has been peeled, you can see that the reddish color of the durian meat usually shows a predominantly sweet taste. While choosing durian by its aroma, you can smell the aroma in the area around the stem. If the aroma is strong then the durian is ripe and on the contrary if there is no smell or only a little aroma.

CONCLUSSION

The implementation of this service activity is a form of the tri dharma of higher education, namely providing training and mentoring to Aisiyiyah's partner groups. The skills training provided is to make durian kebabs with various flavors. This activity encourages Aisyiyah's women to become entrepreneurs using durian raw materials, simple equipment, short processing methods but high selling value. After being given direct training and mentoring, Aisyiyah's women can also properly practice the process of making durian kebabs until they are ready for consumption.

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