
Socialization Of Egg Rendang Making As An Effort To Improve The Nutrition Of The Payolansek Community

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Abstract: *The goal of this community service project is to improve the Payolansek community's understanding and proficiency in preparing wholesome meals using local ingredients, particularly through the socializing process of creating egg rendang. Since the primary ingredient, eggs, are a cheap and nutrient-dense source of animal protein and the spices employed have a number of health advantages, egg rendang was selected as the activity's focal point. Interactive lectures, demonstrations, and practical egg rendang-making were among the techniques employed. Before and after the activity, questionnaires were used for evaluation. The findings demonstrated that participants' knowledge and proficiency in processing nutrient-dense foods had significantly increased. Additionally, participants were able to make the best use of locally available food components and had a greater understanding of the significance of a balanced diet. It is anticipated that this project will help the Payolansek community's nutritional situation and serve as a template for comparable community service projects in other locations. The success of this activity is aided by the backing of the local village authority.*

1. INTRODUCTION

Enhancing community nutrition is a crucial component of any endeavor to improve people's quality of life. Even though the Payolansek community has a wealth of natural resource potential, they nevertheless struggle to provide a healthy diet. One of the issues that need attention is the lack of understanding regarding the processing of locally available food items with high nutritional content (Ministry of Health of the Republic of Indonesia, 2018). As a result, community service projects that seek to improve knowledge and proficiency in transforming regional materials into wholesome dishes, like egg rendang, are seen crucial.

One of the culinary innovations that may help people consume more nutrients is egg rendang. While the traditional spices used to make rendang contain a variety of spices that are high in antioxidants and other nutrients, eggs, the major component, have a high protein content (Astawan, 2009). It is intended that by socializing the process of cooking egg rendang, the Payolansek community will be able to make the best use of local food ingredients and enhance the nutritional quality of family meals.

According to Presidential Regulation No. 83/2017 on Strategic Food and Nutrition Policy, this activity is also consistent with the government's initiatives to promote community nutrition and food security. Furthermore, Sari et al. (2020) shown that community empowerment via local food processing training can enhance balanced nutrition knowledge

and practice. Hardinsyah and Supariasa (2016) noted in another study that local food-based interventions are successful in raising community nutritional status, particularly in rural regions. Therefore, it is anticipated that the socialization of egg rendang preparation will improve the Payolansek community's welfare and nutrition.

2. METHOD

A participatory and educational strategy was used to carry out the community service project named "Socialization of Egg Rendang Making as an Effort to Improve the Nutrition of the Payolansek Community". Thirty people participated in this exercise, most of whom were moms in Payolansek. The techniques employed were created to guarantee successful knowledge and skill transfer as well as active community involvement.

To learn about the degree of knowledge and practices of local food processing, particularly in relation to nutrition, preliminary surveys and interviews with the Payolansek community were carried out (Sari et al., 2020). The philosophy of balanced nutrition, the advantages of eggs as a source of protein, and practical and healthful egg rendang preparation methods were among the socialization materials created in response to community demands (Astawan, 2009).

Making egg rendang, interactive teaching techniques, and practical demonstrations were all used to facilitate socialization. To aid comprehension, the information was presented through visual aids such presentation slides and posters (Notoatmodjo, 2018). To help participants understand information and share experiences relating to local food processing, discussion and Q&A sessions were arranged.

Before and after the activity, participants were given questionnaires to gauge how much their knowledge and abilities had improved. Both quantitative and qualitative data analysis were used to evaluate the socialization's efficacy. To gauge the participants' level of interest and excitement, participatory observation was done throughout the exercise (Sugiyono, 2019).

3. HASIL

A key element in raising the standard of public health is proper diet. But in other places, like Payolansek, it's still difficult to supply the need for animal protein. Eggs have a high nutritional value, are easy to procure, and are a reasonably priced source of protein (Damayanti et al., 2020). Making egg rendang is one of the breakthroughs in egg-based food diversification that can boost product shelf life and economic value (Putri & Sari, 2021).

The goal of the community service project "Socialization of Egg Rendang Making as an Effort to Improve Nutrition in Payolansek Community" is to raise community awareness and proficiency in preparing wholesome meals using local foods. Egg rendang was selected as the activity's focal point because its primary ingredient—eggs—is a readily available and reasonably priced source of animal protein, and the spices it contains offer a number of health advantages.

The Payolansek community's awareness of the value of a balanced diet, particularly protein consumption, has grown as a result of this socialization. High-quality protein that includes all of the key amino acids the body requires can be found in eggs (Sunarti et al., 2022). Participants learned via this activity that eggs may be processed into a variety of nutrient-dense foods, such as egg rendang, which is not only tasty but also nutrient-dense. The community was encouraged to use the nearby local food ingredients by this exercise. Antioxidants and health-promoting bioactive components can be found in spices like galangal, ginger, and turmeric, which are utilized in egg rendang (Srinivasan, 2014). The following posters were used during the service activities.

Sosialisasi Pembuatan Rendang Telur sebagai Upaya Peningkatan Gizi Masyarakat Payolansek

Kandungan Gizi

Rendang telur merupakan kombinasi dari telur, santan, dan rempah-rempah yang menghasilkan hidangan dengan kandungan protein tinggi, lemak sedang, serta kaya akan vitamin dan mineral. Menurut penelitian Sari et al. (2020)

- Panaskan telur, lalu tuangkan adonan telur ini seperti saat membuat kue lumpur dan cetak hingga bulat.
- Setelah telur adonan selesai cetak, goreng dengan secukupnya minyak, lalu sajikan.
- Panaskan minyak untuk menggoreng, lalu goreng adonan hingga renyah dan krispi. Setelah matang, angkat dan sajikan.
- Siapkan santan kental di atas satu butir kelapa, kemudian tuangkan ke dalam wajan atau penggorengan.
- Haluskan bahan-bahan bumbu, masukkan ke dalam blender.
- Tambahkan bahan-bahan ke dalam blender, masak hingga bumbu menjadi halus.
- Masukkan bumbu ke dalam penggorengan, lalu campurkan dengan telur hingga merata.
- Rendang telur siap disajikan dan dapat disimpan dalam wadah tertutup selama 3-5 hari.

Tahapan Pembuatan Rendang Telur

Campurkan semua bahan A dengan cara mengaduknya hingga merata. Tambahkan telur, garam, lada, dan cabai giling, lalu kocok kembali hingga tercampur dengan baik. Masukkan tepung terigu dan tepung beras, masukkan adonan hingga homogen. Terakhir, tuangkan air sedikit demi sedikit sambil terus diaduk hingga merata. Pastikan adonan menjadi kental dan yang selanjutnya, masukkan adonan ke dalam kuali tumpang, lalu koreksi rasa sebelum diujarkan.

Bahan-bahan

Bahan A

- 5 butir telur
- 1/2 gelas tepung terigu
- 1/2 gelas tepung beras
- 1 gelas belimbing air
- 1 sendok cabe giling merah
- 1/2 sendok lada
- garam
- 1/2 sendok kaldu bubuk rasa sapi

Bahan B

- 1 butir kelapa tua ambil santan kentalnya

Bahan C

- 1 ruas jahe
- 100 gram cabe merah keriting
- 1 ruas laos
- 1 butir kemiri
- 1 cm kunyit
- 1/4 buah pala
- 1/2 sendok merica putih
- 2 batang serai ambil putihnya saja
- 1/2 sendok ketumbar
- 2 lembar daun jeruk
- 1 lembar daun salam
- 6 butir bawang merah
- 4 butir bawang putih
- ditambahkan semuanya sampai benar-benar halus

Bahan D

- 2 lembar daun kunyit segar di potong/ di iris halus
- 1 sendok gula
- garam
- 1 buah asam kandis
- 1/2 sendok kaldu rasa daging
- 1/2 cm kayu manis

Pengolahan telur menjadi rendang ini tidak hanya meningkatkan nilai gizi tetapi juga memperpanjang umur simpan produk telur sebagai salah satu sumber protein hewani.

Figure 1. Poster for Making Egg Rendang

Communities may deliver wholesome meals at affordable prices by using local ingredients. Participants gained practical experience through the demonstration and practical application of creating egg rendang. It has been demonstrated that this interactive learning approach works well for enhancing the community's practical abilities (Rahman et al., 2023). In addition to comprehending the theory, participants are able to use it in their everyday lives

(Suhendar & Fitri, 2021). As a nutrient-dense dish, egg rendang can help the community's nutritional status, particularly for vulnerable populations like pregnant women and children.

Both the growth and development of children and the preservation of pregnant women's health depend on the protein found in eggs. Additionally, using the right processing methods extends the shelf life of the product, making it a potential local food-based business opportunity (Santoso et al., 2021). Furthermore, the antibacterial and anti-inflammatory qualities of rendang's spices help strengthen the immune system (Srinivasan, 2014). The participants responded favorably to the activity, according to the evaluation. Most participants reported feeling more comfortable processing eggs to make wholesome foods like egg rendang. This supports the findings of Hidayat et al.'s (2022) study, which shown that training in local food processing might enhance understanding and application of balanced nutrition.

In order to guarantee sustainability, the service team creates community organizations tasked with training other locals and does follow-up monitoring. According to Sugiyono (2019), this strategy is consistent with the ideas of sustainable community empowerment. Furthermore, the village administration and nearby health facility are dedicated to assisting with such initiatives in the future.

The participants' limited time and finances were one of the difficulties encountered. However, participants can follow the activities effectively if the distribution methods are interactive and useful. A guide module that participants could take home for additional study was another option that was put into practice (Putri et al., 2023). It is advised that comparable activities be conducted on a regular basis with more participants in light of the evaluation's findings. To increase the beneficial effects of initiatives, cooperation with relevant parties including health offices and universities is also required (Sari et al., 2020).

4. KESIMPULAN

Making egg rendang has been shown to be a beneficial socialization activity for raising community understanding of nutrition and creating economic opportunities through the diversity of food products. Additional training and collaboration with relevant parties, like MSMEs and food cooperatives, can help ensure the program's sustainability.

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