

Development of Patin Fish Cooking Skills at SMAK Kalam Kudus Sukoharjo

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ABSTRACT

SMA Kristen Kalam Kudus optimizes its collaboration with universities to improve activities, programs, and the school curriculum related to developing the knowledge and skills of its students. The Master Chef television show has inspired SMAK Kalam Kudus students to have a career in the food industry. Therefore, to develop student's skills in the culinary field, the community outreach team conducted training on processing Patin catfish along with various sauces for students at SMAK Kalam Kudus. Patin catfish was chosen because the product is easy to obtain, the price is affordable, and it has high nutrition. The community outreach activity was carried out at SMAK Kalam Kudus, Sukoharjo Solo, and was attended by 130 students in grade 11. The process of implementing the activity, from preparation to completion, was carried out over 2 months, from 7 August to 7 October 2022, while the direct activity was carried out on October 6, 2022. The activity stages consist of preparation, material provision, cooking demonstration, and evaluation. After the activity was completed, participants gained knowledge and skills in cooking processed catfish with a variety of sauces, motivation to take part in cooking training activities, and were satisfied with the progress of the training activities.

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INTRODUCTION

Kalam Kudus Christian High School was established in 1997 to provide secondary education for the community and the vision of presenting the gospel to the world. In its development, Kalam Kudus Christian High School has become one of the leading private high schools in the Sukoharjo and Surakarta regions (Subekti et al., 2022). Located on Diponegoro Street, Sukoharjo, Central Java, Kalam Kudus Christian High School has good school facilities and infrastructure with A accreditation and continues to strive to improve the learning process, including the best universities in Indonesia for seminars and workshops. This training activity is usually held by Kalam Kudus Christian High School with several universities that already have cooperation. The activity aims so that universities can provide information dissemination about activities, programs, and curricula in a study program and also provide flash knowledge according to requests from the school related to the development of knowledge and skills of its students (Ariyanti et al., 2020).

By the request from Kalam Kudus Christian High School for the development of students' skills in the culinary field because many students were inspired by the Master Chef TV show, the service team conducted training on processing catfish and sauce for Kalam Kudus Christian High School students.

In recent years, a large number of students have indeed chosen to pursue school in the field of cooking and hospitality as it was fueled by the popularity of the Master Chef show, where the profession of chef is described as attractive and glamorous (Di Pietro, 2018). It is believed that television plays an important role in shaping the beliefs, attitudes, and values of adolescents. Teenagers turn to television for entertainment and end up gaining a lot of information from what they watch (Pratama et al., 2019). Television is also an important source of job information for teenagers and has the potential to introduce careers they have never considered before. With the development of the Master Chef program in Indonesia which has entered the ninth season, there is even a Master Chef Junior program on Indonesian television, it is undeniable that the contestants and winners of this show have inspired many teenagers to have a career in cooking (Zopiatis & Melanthiou, 2019).

Cooking is the art of processing food ingredients into dishes that are appetizing and interesting in their presentation. A good selection of ingredients, delicious taste, and aesthetic presentation on a plate are important in processing food ingredients in a cooking class. For high school students, cooking is an encouragement for routine activities at school (Yuliantoro, 2020).

Catfish is a choice of processed products because besides being easy to obtain, the price is affordable, and has good nutrition. The composition of catfish meat consists of protein 14.53%-16.1%; fat 1.09%-5.47%; ash 0.74% and water 82.22% (Rifai et al., 2020). In addition, catfish also have DHA and EPA around 1.7-2.8 and 1.0-1.4% (Hashim et al., 2015). The levels of saturated and unsaturated fatty acids in catfish are higher than in good fish (Putri et al., 2019), so if processed properly, of course, catfish will be more beneficial for the body. Catfish is a good source of omega 3 and omega 6 if the feed used in the cultivation process contains lysine as a source of amino acids (Yaqin & Lokapimasari, 2021).

One of the requirements when using catfish is to use fresh fish with the required quality specifications (Rifai et al., 2020). To facilitate the fish processing process, the service team chose to use catfish fillets. Fillet is the meat of fish that has been removed head, entrails, tail, scales, bones, and skin (National Oceanic and Atmospheric Administration, 2023).

This activity aims to develop cooking skills for processed catfish with variations of sauce. This activity is also expected to increase culinary knowledge and skills in Kalam Kudus Christian High School students in the hospitality field and can strengthen career path inspiration for the future.

IMPLEMENTATION METHOD

The location of the activity is at Kalam Kudus Christian High School, Sukoharjo Solo, Central Java. The process of implementing activities was carried out for 2 months, namely August 7 – October 7, 2022. While the activity was carried out The target audience of this service activity was 130 students of Kalam Kudus Christian High School Class 11. This group has never conducted training activities on cooking processed fish products before.

The method used in community service is the service learning method. In this service activity, a literature study was carried out to make learning materials, cooking demonstrations, practicums directly from students, and questions and answers.

To carry out the activity program and achieve the planned output targets, the service team carries out the following stages of activities: 1). Preparation for the implementation of activities, namely the process of recipe research, purchasing ingredients, and testing recipes; 2) Debriefing of materials. This service activity was carried out using a short and interactive presentation. The material presented was about processed fish products, especially catfish and their nutrients; 3). Cooking demonstration. After the material briefing was carried out, the practice of directly cooking processed fish by the service team; 4). Evaluation of activities. To apply the competence of fish and sauce processing and assess the achievement of the success of the activity, an evaluation of the activity was carried out by filling out a simple questionnaire related to the level of usefulness of the event, the level of motivation to learn to cook, and the level of student satisfaction with the course of the event.

Indicators of success in this service activity are as follows: 1). Participants benefit directly, namely knowledge and skills from training activities in cooking processed fish and sauces.; 2). Participants are motivated to participate in cooking training activities periodically in the future. 3). Participants are satisfied with the training activities of cooking processed fish and variations of sauces.

The evaluation method aims to determine the level of change in knowledge and skills, motivation after training, and the level of satisfaction with the cooking training activities. A set of questions is designed in the form of a simple questionnaire through the Google form platform.

RESULTS AND DISCUSSION

1. Result

The results and outcomes achieved during the 2022 community service activities with the theme of Patin Fish Processed Cooking Skills Development for Kalam Kudus High School students in Solo are as follows.

In the preparation process, at least the service team conducted a recipe search and trialed the recipe to find the right formula to be used as a standard recipe for Fish and Chips products using pindang patin fillet and mayonnaise-based sauce. The purpose of making this recipe standard is as part of the service team in making a collection of processed fish recipes to be used in training activities during other school visits.

Before being given a cooking demonstration, the service team provided a material briefing on processed fish with PowerPoint media. The description of the content of the material is as follows: 1). Fisheries Products; 2). Processing of fishery products 3). Methods of cleaning fish products 4). Fish cooking method 5). Standard Fish and Chips Recipe 6). Standard Fish and Chips Sauce Recipe.

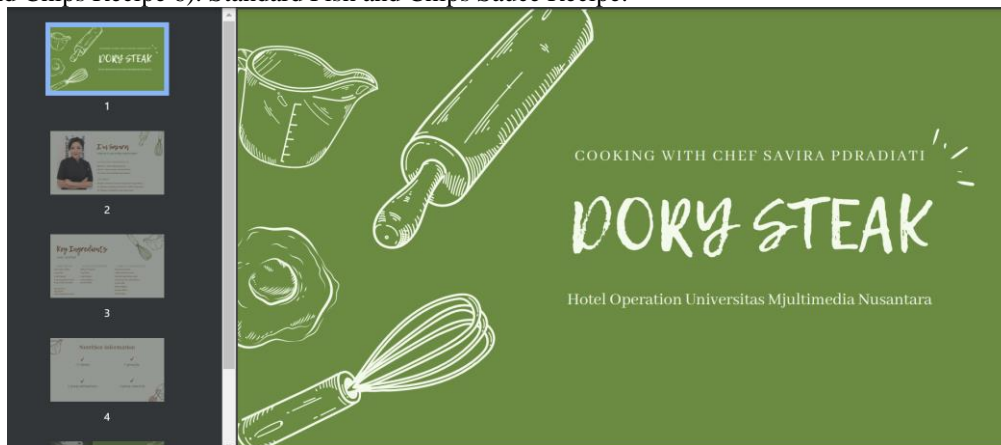


Figure 1. Screenshot of learning materials

After the preparation process is complete, the process of selecting and purchasing materials is carried out. After the materials for the training were prepared for each participant, the service team conducted a live demonstration to cook processed catfish products and sauces.



Figure 2. Cooking Demonstration Process by Community Service Team

The stages are as follows: 1). The prepared fish fillet is marinated first with spices and let stand for 10 minutes; 2). Heat the oil slightly on a non-stick pan; 3). Fish fillets are dipped in beaten eggs and milk and then dipped in wheat flour. Repeat this process twice and the fish can be grilled on a pan with a little oil until cooked; 4). The process of serving with aesthetic value on a plate with sauces and other ingredients such as French fries and tomatoes.



Figure 3. Participants Conduct Training on Cooking Processed Patin Fish and Sauce

The implementation of the training is carried out by dividing participants into two schedules. In each schedule, participants were divided back into smaller groups. The Community Service Team accompanies the students during the cooking training process so that the results can be maximized by what has been practiced before. Participants can also freely ask the service team if they find problems.



Picture 4 Community Service Team and Participants Taking a Group Photo

At the end of the activity, the service team with the participants took a group photo. In addition, participants who cook well, taste well, and have good plating get prizes from the service team. Not to forget, evaluate activities using

2. Discussion

A total of 130 students received cooking training using active participation methods through integrated learning guidance and training. Every student gets equal opportunities in the cooking process. Training is carried out within the school so that the event can focus on learning materials.

When the training ends, participants are asked to fill out a simple questionnaire to assess the usefulness of the training program, increase motivation, and also the level of student satisfaction with the service program.

From the results of the questionnaire, 87.6% of students felt that they had directly benefited from the training activities carried out. As many as 75% of students expect training activities to be carried out regularly and continuously and are willing to take part in cooking training activities again in the future. As many as 87.6% were satisfied with the training activities of cooking processed fish and sauces.

Through community service activities in this form of cooking training, it is hoped that the students of SMAK Kalam Kudus Sukoharjo can know how good it is to consume processed catfish products and of course how to cook processed fish products that are easy and still delicious. Students also seemed excited in the training activities from the beginning to the end of the event. The implementation of training on cooking processed catfish is considered to be able to provide students with a good understanding of the skills of how to cook processed fish correctly and by recipe standards.

CONCLUSION

After an evaluation of the training on cooking processed fish and sauces at Kalam Kudus Sukoharjo Christian High School, the service team concluded that the training had run effectively because an average of 83.4% of students were enthusiastic about this activity. The results of the discussion also showed that cooking training for upper secondary students can be used as community service activities in the coming period. Cooking training activities can be made more comprehensive so that training can be carried out periodically.

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