

TRAINING ON MAKING DESSERTS FROM WESTERN EUROPE IN GERENDENG PULO VILLAGE

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ABSTRACT

Community Service is a person, group, or institution trying to make a positive contribution to society. Community service is often associated with higher education and research, where students and academics engage in activities that can use their knowledge and skills to help solve problems, improve well-being, and benefit society as a whole. PKM "Training on Making Desserts from Western Europe" due to the market for the sale of sweet foods from Western Europe, the purpose of the research is to provide training on how to make sweet dishes from Western Europe in Gerendeng Pulo Village with the aim of improving the economy and meeting problems, namely by looking for sweet food cooking ideas at home and sweet food business ideas at affordable ingredient costs and teach them as the author collects the data of pre, post test and feedback from the community. The hope to be achieved is that the residents of Gerendeng Pulo Village can use the products and services they have learned, in order to provide benefits for them and increase their income through business ventures. The results shown that there is positive significant result about solving the problems faced by the people of gerendeng pulo .

Keywords : Confectionery; Western Europe; Training; Grandeng Pulo

INTRODUCTION

Food is one of the basic needs of humans to maintain survival (Alhamid, 2016; Augustin et al., 2016), Due to the large number of people who need heavy food or light food (Ichsan et al., 2019). In today's modern era, many people no longer pay attention to the importance of food as fulfilling their needs, but rather as part of their lifestyle (Filimonau et al., 2021; Tandiono, 2017). Civilization that continues to develop triggers globalization in all countries, including Indonesia (Wardani et al., 2022 one of the globalization influence in indonesia is a culture to eat dessert.

Dessert is a meal that is usually served after the main course as dessert (Suryana, 2022). According to Hatchett (2014) Dessert means *makanan manis* in Indonesian, where the dish will be served after the main menu has been served. In other words, *dessert* will be served after the table is clear of the dishes that are the main part of the meal (Alija & Talens, 2013). Dessert is a dish served after the main course as a dessert or commonly referred to as dessert. Desserts usually taste sweet and refreshing, some taste salty or a combination of the two, Etawatiningsih, (2008: 317) in (Andrianti et al., 2014). The dessert is usually in the form of pudding, cakes, sweets, etc. which have a sweet and fresh taste which is usually made from fruit, cream, chocolate and sugar as a consumer dessert after enjoying the main meal which usually has a salty taste to neutralize the appetite of consumers, Dessert is important because dessert is the last dish served to consumers. The dessert portion is 100-120 grams according to international standards



Figure 1 Data of google trends about dessert recipe (2023)

As shown from the figure above, Indonesian have an increased interest to search a dessert recipe, based on third quartal from 1 July to 30 September 2023 there are 772 searchings about dessert recipe, and on the fourth quartal that is from 1 October to 9 December, there are 967 searchings about dessert recipe, currently dessert or dessert is not only used as a complementary menu. But many restaurants make dessert as the main menu (Eckert Matzembacher et al., 2020; Harianja, 2022). According to Benjamin (2021) with the development of the times, *dessert* also follows the development of existing trends (Korndl, 2012). Developments in the culinary industry have made dessert a main dish that can be enjoyed anytime and anywhere (Wachyuni et al., 2020). Desserts are much wider in reach now than they used to be; in fact, it has become very complex and diverse (Migoya, 2012).

Assisted by the effects of globalization where the entry of sweet dishes from various countries began, Indonesian citizens began to inspire to make sweet dishes from many countries, for various things such as doing business in many countries, for various things from doing business or helping each other. The consumption pattern of finished food and beverages in Indonesia reached 37.95% in 2022, this figure has increased by 2.15% from 2020 (BPS, 2022). Sitorus (2015) stated, Consumption of dessert by the people of Indonesia has become a lifestyle (Sebriana, 2019). Based on data from the 2018 Indonesian Basic Health Research (Riskesdas), the consumption rate of sweet foods reached 87.9% (Sutadarma, 2020). This shows a business opportunity because of the market (Sebriana, 2019).

Community service is a voluntary activity carried out to give back to the surrounding community and the wider community (FD et al., 2019), The activities carried out are conducting training, providing counseling, providing knowledge, and various other form (Riduwan, 2010). community service activities that the author does are focusing on training in making sweet foods originating from Western Europe. In Turmono (2020), Kaswan (2012) revealing training is the process of improving the knowledge and skills of employees (Gustiana et al., 2022). Due to the existence of a market for sweet foods which has the potential for business development in various circles, the target of our activities is to introduce and train villagers about sweet foods originating from Western Europe to provide new but simple sweet food cooking ideas and also create business ideas that require more affordable ingredient costs but are liked by Indonesian people, According to Sutrisno in Ali (2020) Training is aimed at completing skills in doing work, as well as being able to use the right work equipment. To help improve the village economy, the author chose Gerendeng Pulo Village as a training facility.

Gerendeng Pulo Village or more commonly called Grenpul Village is one of the thematic villages located in the RT02/09 area of Gerendeng Village, Karawaci District, Tangerang City. Grenpul Village is one of the villages that carries the PHBS (Clean and Healthy Living Behavior) Village program in its area. With the number of neighbors as many as 3 RTs, the number of heads of families (KK) as many as 186 families and with a population of 758 people where the majority of residents of Gerendeng Pulo Village are middle to lower class, one of the settlements of Tangerang residents is experiencing development since 2017 due to the climate program by the regulation of the Minister of Environment and Forestry Number 84 of 2016 concerning the Climate Village program, with this assistance and residents around Gerendeng Pulo.

The village that started from a slum became a more beautiful village by converting various vacant land into hydroponic plantations, waste processing sites, village halls, sports facilities, gazebos, fish farming, and also sales facilities. With a more beautiful and green village, Gerendeng Pulo Village began to attract various other residents' attention by holding village-scale cultural events such as the cap go meh festival and culinary festivals.

The residents of Gerendeng Pulo Village are interested in increasing the economic level such as trading food, but the residents of Gerendeng Pulo Village need food trading ideas, especially sweet foods that require affordable material costs and can be enjoyed by all groups, Gerendeng Pulo Village residents want the idea of cooking simple sweet foods that can be made at home, thus raising the problems faced by the residents of Gerendeng Pulo Village who are developing, Namely how to provide insight and training to Gerendeng Pulo residents on how to

make simple sweet foods as well as being used as an idea to sell at affordable prices but in demand by all people. Due to the results of ongoing related research, they are as follows:

Annabel, Chelsea & Sugandhi, Steffi (2021) with the title “Pelatihan penggunaan labu siam sebagai bahan dasar puding kepada Desa Wisata Kranggan, Tangerang Selatan” using online form and quantitative method to collect data and the result is giving positive significant result to the locals of Desa Wisata Kranggan, with the difference is the number of sample taken during research the title of Natalia et al., Natalia, Friska Rotua and Hermawan, Ingvenna Lioni and Sulisetyowati, Niken (2023) research is “Pelatihan pembuatan masakan Sumatra rujak mie di Kampung Gerendeng Pulo” using the quantitative and online form, result of the research is proven that the locals of Gerendeng Pulo received a positive significant effect in terms of knowledge about rujak mie and the making of the food, the difference is the size sample taken during research

Saputra et al., (2022) research is Laporan pengabdian kepada masyarakat pelatihan pembuatan kripik sale berbahan dasar kulit buah alkesa di Desa Gerendeng Pulo, Tangerang” with the quantitative method by using online form to collect data, the result of the research is people of Gerendeng Pulo affected in positive significant with the difference of the research is sample size taken

Based on the previous research as listed above, purpose of the research to innovate a food ingredient to ranging from snacks to a meal, as our researchs purpose to teach people of Gerendeng Pulo about a dessert recipe that is easy to make at home and turn the recipe itself into a business idea that make a profit at fraction of a cost.

RESEARCH METHOD

The method used in implementing this program with a learning by doing system with the help of module media (Imayanti et al., 2019; Pietrapertosa et al., 2021), Meanwhile, in quantitative research, research instruments include questionnaires, structured observation checklists, and measurement instruments used to collect data that can be measured and analyzed statistically. We carry out internal community service activities, namely activities that include training that is beneficial to the community (Manu, 2020). According to Sudarmanto et al., (2021), community development contains efforts to increase community participation and social feelings towards the activities carried out.

Community service activities in Gerendeng Pulo Village on December 12, 2023, will be carried out offline and include how to make sweet dishes from Western Europe.

Activities are carried out through the following stages:

1. Preparation activities include:

- a. Conducted an interview to find out the problems regarding Gerendeng Pulo Village, through contact with Mr. Hok Tjoan as Chairman of urban Village head 009 Gerendeng Pulo Village
- b. Application for a permit for community service activities, carried out in Gerendeng Pulo Village
- c. Administration management (correspondence), preparing Student Creativity Program Proposals
- d. Material preparation, preparing material on sweet dishes of Western European origin
- e. Preparation of tools and materials needed during training
- f. Pre-test and post-test preparation
- g. Demonstration of how sweet dishes are made
- h. Goodie bag handover

Target Results

The target to be achieved in the implementation of this community service is that the residents of Gerendeng Pulo Village can be creative and develop trading business ideas. Here is the budget plan:

Table 1 Budget Plan

| No | Work | Unit | Price | Volume | Total (IDR) |
|--------------|--------------------------------------|-------|--------------|--------|-----------------------|
| I | CONSUMA- BLES | | | | IDR.64.000 |
| 1 | Sugar | kg | IDR.64.000 | 4 | IDR.12.490 |
| 2 | Maizena | gr | IDR.12.490 | 300 | IDR.175.000 |
| 3 | Strawberry | Kg | IDR 175.000 | 1,25 | IDR.245.000 |
| 4 | Almond | Kg | IDR .245.000 | 1,5 | IDR.90.000 |
| 6 | Cranberry Juice | Litre | IDR .90.000 | 1,5 | IDR.387.450 |
| 7 | Goodie bag | Each | IDR .387.450 | 22 | |
| II | TOOL | | | | |
| 1 | Synodic plastic | Each | IDR .3.000 | 100 | IDR. 3.000 |
| 2 | Box plastic | Each | IDR. 15.250 | 20 | IDR. 15.250 |
| 3 | Cup pudding | Each | IDR. 15.250 | 20 | IDR. 15.250 |
| 4 | baking sheet | Each | IDR.15.400 | 1 | IDR .15.400 |
| III | TRANSPORT- ATION | | | | |
| | Visit to the preliminary survey site | Trip | IDR .100.000 | 1 | IDR 100.000 |
| | Site visit for workshop | Trip | IDR 100.000 | 1 | IDR 100.000 |
| Total | | | | | IDR .1.222.840 |

RESULT AND DISCUSSION

Implementation

The Student Creativity Program activity will be held on Tuesday, December 12, 2023 in Gerendeng Pulo Village with training on how to make 2 sweet dishes from Western Europe. Starting with looking for problems in Gerendeng Pulo Village, we got information from Mr. Hok Tjoan through contact and also met directly to Gerendeng Pulo Village. From the information obtained, we finally agreed to make a training on making desserts from Western Europe in Gerendeng Pulo Village, which can help the residents of Gerendeng Pulo Village add new but simple sweet food cooking ideas and also create business business ideas that require more affordable material costs but are preferred by Indonesian people to help improve the village economy Therefore, the author chose Grendeng Pulo Village as a training facility (Yunus et al., 2023).

To support the implementation of the Student Creativity Program (PKM), we prepare documents in the form of participant certificates, committee certificates, minutes of events, banners, Research and Community Service Institute (LPPM) numbers, presentation materials, and loan forms needed for demonstrations of how to make them. In addition, we also prepared all the needs of the event, including goodie bags for participants who attended and materials for the implementation of training with residents of Gerendeng Pulo Village.

On December 12, we departed from 08.45 WIB, morning to Gerendeng Pulo Village



Figure 2 Preparing tools and materials

At around 09.15 WIB we arrived at the destination and prepared materials and tools that would be used during training. The Student Creativity Program event began at 10:00, which began with a prayer led by participants. After the prayer, the supervisor gave a word or two via zoom to the participants who participated in the Student Creativity Program



Figure 3 Words of response from the guiding professor (via zoom)

Then continued by the delivery of material about Praline and also how to make it.



Figure 4 Material presentation

Furthermore, how to make Pralines was started. The participants and instructors make it together, and are monitored with the committee.



Figure 5 Cooking demonstration



Figure 6 Cooking demo with participants



Figure 7 Cooking demonstration with participants

The event ended at 12.00 noon which ended with the distribution of *souvenirs* and group photos.



Figure 8 Goodie bag distribution



Figure 9 Group Photo

Event Rundown

Table 2 Event Rundown

| No | Duration | Time | Activities | PIC |
|---------------------|----------|---------------|---|--|
| PRE- OPENING | | | | |
| | 30' | 09.30 – 10.00 | The committee is on site & Student Creativity Program preparation | |
| OPENING | | | | |
| | 5' | 10.00-10.05 | Opening Words &; Opening prayer | Etlivia |
| | 10' | 10.05-10.15 | Opening remarks by the lecturer | Dr. Theodosia C. Nathalia, S.ST.Par, M.M |
| MAIN EVENT | | | | |
| | 5' | 10.15-10.20 | Pre-Test | Nity |
| | 60' | 10.20-11.20 | Presentation and Training 2 sweet dishes | Putri & Jason |
| | 5' | 11.20-11.25 | Fill out Post test & Feedback training | Nity |
| CLOSING | | | | |

| | | | |
|----|-------------|--|---|
| 5' | 11.25-11.30 | Certificate & Souvenir Submission | Nity |
| 5' | 11.30-11.35 | Afterword by lecturer | Dr. Theodosia C. Nathalia, S.ST.Par, M.M |
| 5' | 11.35-11.40 | Concluding Words and Concluding Prayer | Etlivia |
| 5' | 11.40-11.45 | Group photo session | Etlivia |

Results

Our Student Creativity Program provides an opportunity for participants to learn and get to know about making sweet dishes from Western Europe, from this training the author hopes to come up with adequate business ideas and also in accordance with the facilities and materials owned by the residents of Gerendeng Pulo Village. Get to know Praliné and Rote Grütze and also how to make them, according to the results of the Pre-test and Post-test form, there was an improvement in the results of the two tests, before the training there were still some participants who did not understand or understand about Dessert, information about Praliné and Rote Grütze After participating in PKM, demo participants began to understand the information in its manufacture, ingredients, country of origin.

The following are the results of the pre-test filled by participants of Gerendeng Pulo Village

Table 1 Answer of Pre-test form

| What you know about Dessert | Total | Persentase |
|-----------------------------|----------------|------------|
| Could Food | 5 (5/20 *100) | 25% |
| Appetizers | 7 (7/20 * 100) | 35% |
| The main food | 5 (5/20 *100) | 25% |
| Dessert | 3 (3/20 * 100) | 15% |
| Total | 20 | 100% |

| Praliné is a dish that originates from the country | | |
|--|----------------|------|
| Jepang | 5 (5/20 *100) | 25% |
| Dubai | 8 (8/20 * 100) | 40% |
| Korea | 3 (3/20 * 100) | 15% |
| Prancis | 4 (4/20 * 100) | 20% |
| Total | 20 | 100% |

| What is the main ingredient in Praliné ? | | |
|--|----------------|-----|
| Milk and Fruit | 9 (9/20 * 100) | 45% |
| Fruits | 3 (3/20 * 100) | 15% |
| Cghocolate | 6 (6/20 * 100) | 30% |
| Almonds and Sugar | 2 (2/20 x 100) | 10% |

| | | |
|--|----------------|------|
| Total | 20 | 100% |
| Rote Grütze is a dish originating from the country | | |
| Amerika | 5 (5/20 * 100) | 25% |
| Yunani | 8 (8/20 * 100) | 40% |
| India | 4 (4/20 * 100) | 20% |
| Jerman | 3 (3/20 * 100) | 15% |
| Total | 20 | 100% |
| What is the main ingredient in Rote Grütze ? | | |
| Nuts | 7 (7/20 * 100) | 35% |
| Cream | 6 (6/20 * 100) | 30% |
| Chocolate | 4 (4/20 * 100) | 20% |
| Berries | 3 (3/20 * 100) | 15% |
| Total | 20 | 100% |

The following are the Post-test results filled by participants of Gerendeng Pulo Village:

Table 4 Answer of Post-test form

| What you know about Dessert | Total | Persentase |
|--|-------|------------|
| Desserts | 20 | 100% |
| Total | 20 | 100% |
| Praliné is a dish that originated in the country | | |
| Prancis | 20 | 100% |
| Total | 20 | 100% |
| What are the main ingredients of Praliné | | |
| Almonds and Sugar | 20 | 100% |
| Total | 20 | 100% |
| Rote Grütze is a dish originating from the country | | |
| Jerman | 20 | 100% |
| Total | 20 | 100% |
| What are the main ingredients of Rote Grütze | | |
| Fruits of berries | 20 | 100% |
| Total | 20 | 100% |

CONCLUSION

The service activities that have been carried out include delivering material about sweet dishes from Western Europe and how to make them using ingredients and tools available in Gerendeng Pulo Village. In the context of this service, the author and partners help provide assistance and deal with various problems by providing practical ideas that can be implemented as business ideas. This aims to support the economy in Gerendeng Pulo Village, thus providing positive benefits for them.

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