











## Training of Making Sheredded Banana Flower (*Musa paradisiaca*) in the Development of Local Food Products in Rantau Panjang Kiri Village Kubu Babussalam District Rokan Hilir

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### ABSTRACT

Training of making shredded banana flower (*Musa paradisiaca*) is one of the efforts in developing local food products that have the potential to increase the economic value of banana flower and provide an alternative source of vegetable protein for the people of Rantau Kiri Village. This activity aims to provide knowledge and skills to the community in processing banana flower into delicious and nutritious shredded banana flower. The methods used in this training include socialization and education, demonstration, also hands-on practice of making shredded banana flower. The materials presented included an introduction to banana flower, its health benefits, processing techniques, and product marketing strategies. Demonstrations and hands-on training provided participants with the opportunity to observe and practice the process of making shredded banana flower. Evaluation results showed that the training successfully improved participants' knowledge and skills in making shredded banana flower. In addition, participants also showed high enthusiasm and interest in developing the business of making shredded banana heart as a local food product.

**Keyword:** Training, Shredded Banana Flower, Local Food



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## 1. Introduction

Rantau Panjang Kiri Village, located in Kubu Babussalam District, Rokan Hilir Regency, is a village that has abundant natural agricultural potential, including bananas. Bananas are a type of tropical fruit that grows well and is evenly distributed, and bananas are also a type of food crop that is widely cultivated in almost all parts of Indonesia. Banana plant commodities can be easily found in Kubu Babussalam District, especially Rantau Panjang Kiri Village. Banana heart (*Musa paradisiaca*) is a part of the banana plant that is considered waste or only used to a limited extent in traditional cooking. In fact, banana heart has good nutritional content, such as fiber, vitamins, and minerals. Banana heart, which is often underutilized, can be processed into various high-value food products such as shredded meat and beef jerky, which offer economic opportunities for rural communities [1]. The use of banana heart as a raw material for shredded meat is one effort to increase the economic value of banana heart while providing an alternative source of vegetable protein for the community. By processing banana heart into shredded meat, it is hoped that the community can create products that have

high selling value. This is important to increase family income, especially among groups [2]. Banana heart, which is part of the banana plant, is often not utilized optimally.

Banana flower is rich in fiber, vitamins, and minerals that are beneficial for health. Its fiber content can help smooth digestion, while its vitamins and minerals support overall body function. The nutritional value of banana flower floss can be increased by adding eel (*Anguilla marmorata*), which increases the fat content while maintaining a safe consumption level [3]. In addition, banana flower can be used to make nuggets, as shown in a training program for women's social groups that promotes food diversification and provides additional menu options [4]. Banana flower is easily available in tropical areas such as Indonesia, especially in banana-producing areas. This makes it a potential raw material to be developed into local food products. Currently, banana flower is considered waste or is only sold at a very cheap price. Processing into floss can significantly increase the economic value of banana flower.

The development of local food products can increase food security in a region by reducing dependence on imported products. The development of local food products can create new jobs and increase people's income, especially in the agricultural and home industry sectors. Local food products have high cultural value. The development of local food products can help preserve the cultural heritage of a region. This training aims to introduce banana blossom as an alternative ingredient in making shredded meat, so that it can increase food diversification and its economic value [5]. This training also functions as a means of education for the community. Through the Participatory Action Research (PAR) method, participants are taught about shredded meat processing techniques and effective marketing management. This aims to increase their capacity and knowledge in managing local product-based businesses [2]. Training programs have been carried out to teach techniques for processing banana plant parts, including banana blossom, to increase economic value and reduce waste [6]. The training on making banana blossom shredded meat aims to provide the people of Rantau Panjang Kiri Village with knowledge about the benefits of banana blossom, correct processing techniques, and practical skills in making quality banana blossom shredded meat. This activity is expected to encourage the people of Rantau Panjang Kiri Village to develop a banana heart floss making business as a local food product that has market potential. Training on making banana heart floss is a strategic step in developing local food products that have the potential to provide economic, social, and cultural benefits for the community.

## **2. Methods**

The method used in this activity is by conducting counseling and training on making shredded banana blossom through direct training to the people of Rantau Panjang Kiri Village on how to process good quality shredded banana blossoms, including oil separation and drying techniques, storage, and packaging. The activity was carried out in Rantau Panjang Kiri Village, Kubu Babussalam District, Rokan Hilir Regency on September 3, 2024 at 08.00 WIB-finished. The community service activity was attended by village officials and a number of Family Welfare Empowerment Group. The aim of this Community Service is educating the public about the importance of utilizing agricultural waste, including banana blossoms, to reduce environmental impacts and increase economic value. The measurement of the success of the activity was measured by providing a questionnaire in the form of a PreTest and Post Test to the participants who attended to measure the extent of the participants' knowledge in utilizing banana blossoms that can be processed into shredded meat.

## **3. Result and Discussion**

### **3.1 Socialization and Education**

Socialization and education are important stages in training in making shredded banana flower. This stage aims to increase public awareness and understanding of the potential of banana flower as a raw material for making a brand local food, as well as provide the knowledge and skills needed to process it into a shredded banana flower product with economic value. In socialization, it is necessary to convey information about the potential of banana flower by explaining the nutritional content of banana flower that is beneficial for health, such as fiber, vitamins, and minerals, as well as informing the potential health benefits of consuming banana flower floss, such as facilitating digestion, controlling blood sugar, and lowering cholesterol. In education about shredded banana flower floss processing techniques by explaining how to choose and prepare good banana flower to be processed into shredded and providing an explanation of the processing process, namely the steps for processing banana flower into shredded, including boiling, steaming, crushing, mixing spices, and frying.

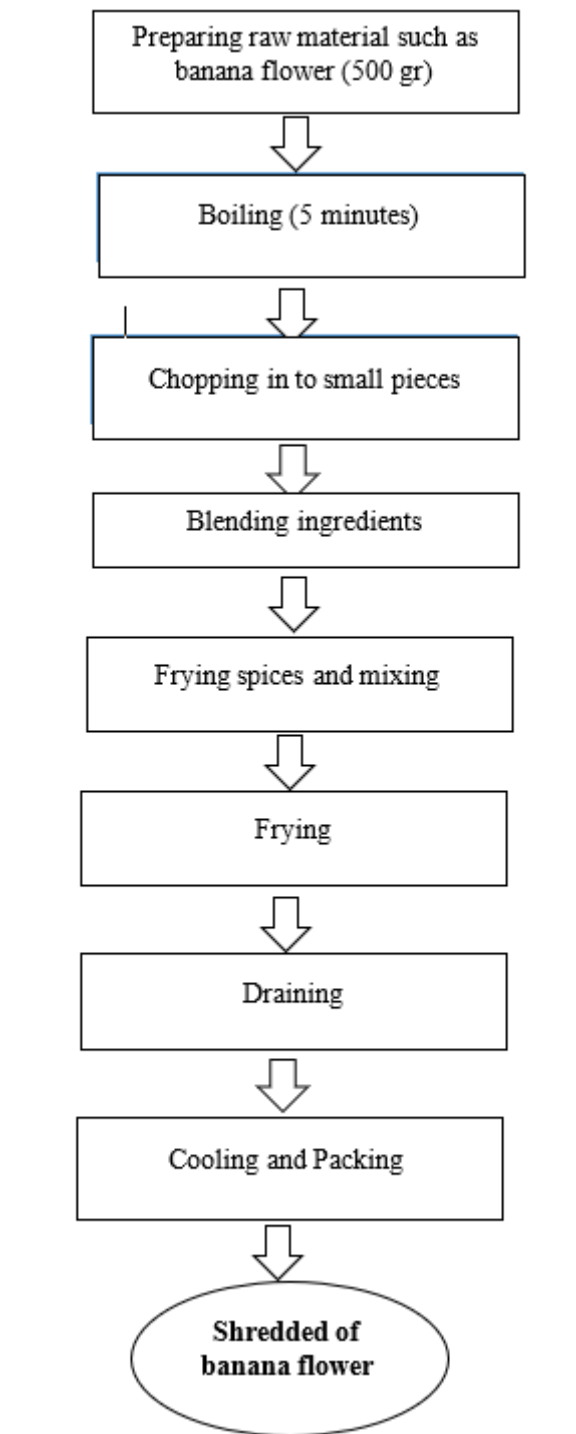


**Figure 1.** Socialization and Education

This activity also teaches how to maintain the quality of shredded banana flower, including cleanliness, sanitation, and good packaging and encourages participants to be creative and innovate products in making shredded banana flower, such as adding other ingredients or modifying the taste. Participants who attended this activity were 10 participants, namely Family Welfare Empowerment Group (PKK) of Rantau Panjang Hilir village. In the implementation of the socialization and education activities, the participants looked very enthusiastic and participatory so that this community service activity could be carried out well. In the socialization and education session, the community actively responded to the benefits of banana flower. Then Q&A (question and answer) session was held about the benefits of banana blossom waste that can be processed into shredded.

### 3.2 Training of Making Shredded Banana Flower

Banana flower, which is often considered as agricultural waste, actually has great potential as a raw material of food product. Containing fiber, vitamins, and minerals, banana flower can be processed into various products, one of which is shredded. Shredded of banana flower is an alternative source of delicious and nutritious vegetable protein. The training of making shredded of banana flower aims to empower the community: Provide knowledge and skills to the community, especially housewives and small business groups, to process banana flower into value-added products. This training is expected to create new business opportunities and increase community income through the production and sale of shredded of banana flower by increasing public awareness of the importance of consuming healthy and nutritious local food. One of product that can produce is shredded of banana flower. According to SNI 01-3707-1995, shredded product is a type of dry food with a distinctive shape made from boiled and sliced fish meat, seasoned, fried, then pressed. Jusniati et al. added that in principle, abon is a preservation product, namely a combination of boiling and frying with the addition of spices [7]. The resulting product has a distinctive texture, aroma, and taste. In addition, the process of making shredded is a process of reducing the water content in food ingredients which aims to extend the storage process. The ingredients needed to make shredded of banana flower are quite simple. The flow diagram for making banana heart abon can be seen in Figure 2.



**Figure 2.** Process of making shredded banana blossom

In making shredded banana flower, after obtaining the appropriate formulation through trial and error, it is then packaged. To reduce the oil content in fried foods in a short time, an oil draining machine known as a spinner machine is used. The main principle of using a spinner is to reduce the oil content of the ingredients by using a high rotation technique so that it can remove some of the oil [8]. This tool is known to be able to reduce the oil content in fried foods [9]. The food results after going through the draining process using a spinner machine taste good on the tongue, are crispy, have a fresh aroma, and are not rancid, also in plastic packaging there are no visible oil spots and when held with fingers there is no oil sticking (dry) [10]. The use of a spinner in making shredded can reduce oil content and can be stored for a long time. The process of making banana heart shredded meat and the resulting shredded meat products can be seen in Figure 3 and Figure 4.





**Figure 3.** Process of Making Shredded banana blossoms



**Figure 4.** Product of shredded banana blossoms

### 3.3 Activity Evaluation

Evaluation of this activity is carried out to assess the knowledge and skills of the community during the activity. This activity is a real example of knowledge transfer to the community by utilizing banana flower to become healthy and nutritious shredded banana flower. Through this training. Participants understand the benefits and potential of banana flower as a raw material, participants master the technique of processing banana blossom into quality shredded meat, participants are able to innovate shredded banana flower, participants have basic knowledge of business management and product marketing and are motivated to develop a shredded banana flower business. The following are the results of the survey on the programs that have been carried out, which can be seen in Figures 5 and 6.



**Figure 5.** Survey results before the activity



**Figure 6.** Survey after the activity

The community service activity on making shredded banana flower has succeeded in achieving most of its objectives, including increasing community knowledge and skills. Although there were some obstacles, positive feedback from participants showed that this activity had a significant impact.

#### 4. Conclusion

Community Service Activities in making shredded banana blossom have great potential to be developed, and provide a significant positive impact on society and the environment. Community service activities that focus on processing shredded banana flower. Based on the results of the survey before and after the activity, it was found that there was an increase in community knowledge of Family Welfare Empowerment Group (PKK) in utilizing banana flower. Training in making shredded banana flower is one of the efforts to empower the community and develop local food potential by providing the right knowledge and skills, it is hoped that the community can utilize banana flowers into products that have economic value and contribute to improve welfare.

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