



## Development Assistance "Apaya" (Abon Papaya) As Business Creative Village Kumba, District Jagoi Babang Bengkayang

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**Kata Kunci :**

pendampingan, abon pepaya

**ABSTRAK**

*Salah satu bentuk usaha yang dapat dilakukan oleh seorang ibu rumah tangga adalah berwirausaha yaitu membuat APAYA (Abon Pepaya). Produk makanan olahan berbahan dasar pepaya dipilih sebagai usaha wirausaha karena memiliki prospek yang baik. Selain daun mudanya sebagai obat, buahnya bisa dijadikan manisan, ada pula olahan makanan lain yang terbuat dari pepaya. Mengingat manfaat dan kandungan gizinya yang baik, maka diperlukan verifikasi buah pepaya agar produknya lebih dapat diterima masyarakat. Tujuan dari kegiatan ini adalah untuk menginspirasi masyarakat tentang suatu ide dan jiwa wirausaha dengan bahan baku yang mudah didapat dan tersedia di sekitar mereka sehingga dapat meningkatkan pendapatan rumah tangga. Melalui kegiatan pengabdian ini, pendampingan dalam menjadikan APAYA (Abon Pepaya) menjadi produk komoditas ekonomi berupa abon abon dapat memberikan alternatif usaha ekonomi baru di masyarakat. Dampak positif dari kegiatan ini adalah meningkatkan keterampilan dan pengetahuan terkait produksi olahan buah pepaya*

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**Keywords :**

accompaniment, papaya shredded

**ABSTRACT**

*One of the forms of business that may be done by a housewife is entrepreneurship, namely making APAYA (Abon Papaya). Processed food products made from papaya are chosen as an entrepreneurial business because they have good prospects. In addition to the young leaves as medicine, the fruit can be used as sweets, there are other food preparations made from papaya. Given the benefits and good nutritional content, papaya fruit*

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*verification is needed so that the product can be more acceptable to the community. The purpose of this activity is to inspire people about an idea and an entrepreneurial spirit with raw materials that are easily available and available around them so that they can increase household income. Through this service activity, assistance in making APAYA (Abon Papaya) into an economic commodity product in the form of shredded shredded can provide an alternative to new economic businesses in the community. The positive impact of this activity is to increase skills and knowledge related to the production of processed papaya fruit*

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## INTRODUCTION

Indonesia is a fruit producing country. Many local fruits in Indonesia are still not fully developed and utilized. Even though local fruit has a high nutritional content and has greater benefits for health. Local fruit can be developed, one of which is by making it into shredded papaya. Many fruits are circulating in the market but people don't know that the fruit we often see like papaya can be made like shredded. If regular shredded is made from beef, fish, or chicken, here we will try to make shredded from papaya fruit. So that the papaya fruit can be an alternative for making vegetable shredded. Basically all types of papaya can be used to make shredded, it's just that papaya used must be young papaya, because it has a hard texture. Papaya fruit is a versatile fruit and has high nutritional value, especially levels of vitamin C and vitamin A. Every 100 grams contains 3.65 mg of vitamin A and 78 mg of vitamin C (Dudung, 1999).

The whole papaya plant is very useful for human life. Papaya fruit can be used as food or animal feed. Papaya is an excellent source of vitamins, minerals and enzymes (Eko Hadi Purwanto, 2018). But make no mistake, actually it's not only fruit that can be used from the papaya plant. Utilization of papaya is the main factor underlying this side dish or snack in the form of Apaya (shredded papaya). Today there are still many consumers who do not know the content of papaya which is beneficial for health. generally for consumption when the fruit is ripe or ripe. Therefore, this shredded young papaya has a good business opportunity because not many snacks made from papaya have been produced, so success is promising. It is rarely used as raw material for other products (Imam Bukhori Muslim, et al., 2018).

Kumba village is a village that is quite adequate for natural resources. This can be seen from the number of raw materials that have not been managed better, for example papaya. Papaya fruit in Kumba Village can be considered sufficient to make a product that can drive the community's economy. Because, the people of Kumba Village tend to rely on economic income from making animal feed from corn and rice, so there needs to be parties who can provide new knowledge to the community on how to utilize unprocessed resources optimally. Therefore, through this dedication in Kumba Village, Jagoi Babang District, Bengkayang Regency, the team saw a promising opportunity to become a product that was not yet known by the local community, so that it was made into one form of service as a means of providing assistance to the local community so that can take advantage of papaya fruit as a commodity in the village apart from corn. With this assistance, we hope that the village community no longer sees papaya as a fruit that is just waiting to be ripe, then sold to the market, but as a raw material that can be processed into many products, one of which is shredded. The processing of papaya fruit into floss aims to provide additional knowledge to the people of Kumba Village so that they can take full advantage of the untapped natural potential, so that later it can

become a superior product of the village and can move the economy of the community in Kumba village.

## METHODS

The method of implementing PKM through training and mentoring activities is detailed into four stages, namely: a) preparation, b) training and mentoring, c) consultation and presentation of mentoring products, and d) implementation of mentoring products to the community. Evaluation of the implementation of PKM, in terms of evaluating PKM activities, the indicator of success in mentoring is that the community can apply the processing of papaya fruit into shredded. The PKM implementation team consists of five lecturers and is assisted by five students.

The target of this community service activity is the Kumba community consisting of mothers and teenagers. The social background of the Kumba community is middle to lower economy. The preparations made were to provide socialization about the importance of skills in processing food from papaya to be created into shredded so that the papaya fruit is more durable.

### Materials

- a. 2 pcs young papaya pepaya
- b. 2 tbsp salt

### Dried Seasoning

- a. 50 gr rice flour
- b. 50 gr tapioca flour
- c. 25 grams of all-purpose flour
- d. salt to taste
- e. broth powder to taste

### Ground Seasoning (Blender)

- a. 6 cloves of onion bawang
- b. 4 cloves of garlic
- c. 2 tsp coriander
- d. 1 tsp pepper
- e. 1 tsp cumin
- f. 3 cm ginger
- g. 3 cm galangal
- h. 1 stalk lemongrass, bruised, sliced short

### Process to Make Papaya Shredded

1. Peel the papaya until clean, then divide into 4 parts. Wash the papaya fruit and make sure the sap on the surface of the flesh is clean.
2. Grate the papaya using a coarse grater. The size of the grate should not be too fine, nor too coarse. Approximately the result is 1 millimeter or the size of a matchstick.
3. To remove the sap and bitter taste, sprinkle 2 tablespoons of salt on the grated papaya. Squeeze the grated papaya until limp / flexible. The process of adding salt will also reduce the water content of the grated papaya. Squeeze the grated papaya and discard the water.
4. To remove the high salt content, wash the grated papaya again with clean water. Once clean, squeeze again so that the water content shrinks.
5. Leave the grated papaya for a while to drain the water content. While unraveling, to unravel the lumps due to the extortion process earlier.
6. Prepare the ground spices. Mix the ground spices with grated papaya that has been parsed. Stir evenly.
7. Prepare a rather wide container, add dry spices such as rice flour, tapioca flour, all-purpose flour, salt and powdered broth to taste.
8. Take a handful of grated papaya, put it in the dry spices. Squeeze so that the spices stick. Strain using a flour sieve so that the flour that does not stick to the grated papaya does not get fried.

9. Fry grated papaya in hot oil until cooked and dry. Lift and drain.
10. Repeat steps 8 and 9 until all the grated papaya is fried.
11. The savory shredded papaya is ready to be packaged or enjoyed.

## RESULTS AND DISCUSSION

### a. Preparation

In the preparation stage the PKM team prepares a working frame of reference (KAK), arranges permits for the implementation of PKM activities in Jagoi District and Bengkayang Regency, communicates with partners regarding the number of PKM participants from the community who will be involved, determines the location of the PKM activity implementation, the PKM team's perceptions are shared. with partner groups, and finally preparing training and mentoring materials within the PKM team.

### b. Training and Assistance

Activities carried out on December 7, 2021, which were attended by 20 participants consisting of the Head of the Kumba Village, S happi hamlet, and a team of lecturers assisted by several STKIP Singkawang students. The second stage, namely training and mentoring to partner groups. At this stage, the PKM team, assisted by five students, provided training and mentoring for partner groups in making papaya floss. At this stage the PKM Team gave an explanation about making papaya shredded first as in Figures 1 and 2.



**Fig 1.** The team assisted by students explained to the women of the Saparan Village, Kumba Village, How to Make Papaya Shredded



## Fig 2. Assistance Participants Asking the Saparan VillageKumba Village

During the training and mentoring stage, the community from the partner group carried out a hands-on practice on how to process papaya into papaya floss. At this stage the community is able to make shredded papaya as an alternative to utilizing papaya fruit. As a way of making shredded papaya is as follows:

### Manufacturing Shredded Papaya

#### 1. Ingredients:

- a) Papaya young medium size
- b) salt 2 sdm.
- c) Cooking oil to taste
- d) pepper powder 1 half teaspoon
- e) Coriander powder 1 half teaspoon
- f) Half salt smooth
- g) Half a teaspoon of powdered broth

#### 2. Ingredients flour (to coat)

- a) rice flour 180 grams
- b) tapioca flour 180 grams.
- c) flour seasoning 80 g

#### 3. Seasonings refined:

- a) Red onion 13 cloves
- b) Garlic 10 cloves
- c) Ginger 1 segment
- d) Cumin half teaspoon
- e) Galangal half segment
- f) emongrass stalks take the white part then grated finely

#### 4. Steps:

- a) First, peel the papaya skin, split into quarters and remove the seeds. Wash it off with clean running water and make sure you don't see any sap coming out of the fruit flesh.
- b) Next, grate the papaya pulp into a thin, elongated shape, similar to shredded meat. It can also be sliced with a knife, but for time efficiency and uniform results it is better to use a shaved grate.
- c) After shredding, of course more sap will come out, then add about 1 tablespoon of salt then knead and let stand for a while. The goal is that the sap that gives this bitter taste is slightly reduced.
- d) Squeeze the grated young papaya flesh until the water comes out, wash it under running water until no salt sticks. This is so that it is not too salty. Blend the ground spices, then mix with the young papaya flesh until evenly distributed.
- e) In another container mix the three types of flour. Take a handful of grated papaya meat and roll it in the flour. Sieve using a sieve so that the flour that sticks later is not too thick.
- f) Heat the oil then add grated papaya with flour.
- g) Fry until dry and turn brownish yellow.
- h) Remove and drain.
- i) Repeat again until all the papaya fruit is gone.

One example of the results of PKM activities during the training and mentoring stage is shown in Figure 3.



**Fig 3.** Assistance Participants for Papaya Shredded Making

**c. Consultation and Product Presentation of the Results of Training and Mentoring**

Shredded papaya products made by the community, then consulted with the PKM implementation team. Consultation is intended to check the feasibility of the product that has been made. After the consultation, then the papaya floss was made, presented by each participant in front of all the partner group participants. The results of the shredded papaya from the results of training and mentoring are as shown in Figure 4.



**Fig 4.** Results of the Shredded Papaya

**d. Implementation of products from mentoring to the community**

The fourth stage of this PKM activity is implementing the products of shredded papaya by the community in their daily lives.

Community service activities carried out in Kumba village went smoothly to utilize papaya fruit as a durable product. Kumba Village is located in the Jagoi Babang area which is quite difficult to reach by public vehicles for transportation so that the natural resources are very limited. With this training, it is hoped that the community can be inspired to process the abundant food in the residents' living space.

Evaluation is carried out and the main obstacles in the implementation of this PKM activity include the remote location of the community service which makes the service team experience difficulties when evaluating activities. However, this activity received a positive response from partners, the hope is that similar activities can continue to be carried out as a supplementary activity for the community

in improving quality. The outputs that have been achieved through this Community Service are:

1. Get financial benefits that can increase welfare rates.
2. There is an opportunity to develop papaya fruit in the village of Kumba by making shredded papaya which has a high selling value and is of interest to the people of Kumba village.
3. To become a food icon for the Kumba village sapes community.
4. Make a side dish or snack that is healthy, nutritious and of economic value, and is in demand by many people. Adding food variants in Kumba village and can be used as a reference for the community to open business opportunities.

## **CONCLUSIONS AND RECOMMENDATIONS**

### **Conclusion**

The assistance process for making papaya floss has been carried out well. The result is a superior product that has received appreciation from local residents. The service activities that have been carried out are expected to be able to motivate and continue in the community's food processing independently.

### **Suggestion**

It is hoped that the assistance participants, who are mostly local mothers in Kumba village, can practice this activity at home or in their neighborhood, can sell their processed products, so that they can increase household income.

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