

Processing Dry Coconut Sweet in Sindangsari Village, Pangandaran Regency

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ABSTRACT

Coconut plant in Indonesia is one of the plants that is very useful in rural economic life, precisely in Sindangsari Village. All parts of the coconut tree can be utilized to meet human needs. This training aims to develop the potential of coconut fruit in the community how to process coconut to become candied dried coconut, to help local people's income. Residents of Sindangsari Village and a group of PKK women collaborated with UMTAS Group 13 KKN students with the theme "Creative Economy". This was done to improve and empower the PKK women's group and also to introduce "Dried Coconut Sweets Processing". This research was conducted in August – September 2022 in Sindangsari Village, Cimerak District, Pangandaran Regency.

Keywords: Processing, Candied, Coconut

INTRODUCTION

Coconut is a plant that is divided into one tribe or can be called the palm-paleman tribe. The height of this coconut plant can reach 20 to 25 meters, besides that coconut plants can also live from 80 to 100 years (Soebroto, 1982). This coconut plant is called a versatile plant or also a plant that has high economic value. All parts of the coconut tree can be used for the benefit of humans, which makes this coconut tree known as the tree of life.

Coconut fruit consists of coir (exocarp and mesocarp), shell (endocarp), fruit flesh and fruit juice. Coconut classification includes: Phylum Plantae, Magnoliophyta Division, Class liliopsida, Order Arecales, Family Areaceae, Genus Cocos and Species Cocos Nucifera. In Indonesia, this coconut plant can grow along the coast, highlands and mountain slopes in the tropics. This coconut tree when viewed from a biological aspect is included in the type of palmae which has a single house or monocots and is an abnormal condition.

This dried coconut product has long been used by consumers in Indonesia, bearing in mind that Indonesia has very abundant coconut plant resources. This dry coconut processing business is a business that may require continuous availability of coconut raw materials, but on the other hand the desiccated coconut business actor must be economically profitable and sustainable, so it is necessary to carry out a business analysis in order to be able to identify and assess this business.

Dried candied is a preserved food derived from fruit that is added with sucrose and further processed through drying. In this drying process, sucrose functions as a sweetener, preservative and water binder

(hygroscopic). Besides that, coconut also has a water content of 83.3g/100g of fruit flesh, calories in coconut are 68 cal, protein in coconut is 1g, fat in coconut is 0.9g, carbohydrates in coconut are 14g, calcium in coconut is 7mg, phosphorus in coconut is 30mg, iron in coconut is 1mg, vitamin B1 in coconut is 0.06mg and vitamin C in coconut is 4mg.

RESEARCH METHOD

Planning for making dried coconut candy in Sindangsari Village began on August 26 2022. Processing coconut to make dried coconut candy was carried out from August 28 to September 3 2022 which had been planned beforehand by UMTAS KKNT students. This program was carried out as a form of effort to increase the motivation of the people of Sindangsari Village to utilize existing resources so as to create a new business that can increase people's income.

The implementation of service activities consists of several stages as follows:

1. Stages of preparation

At this stage we first observe the coconut that will be processed to be made into sweets, then after observing the coconut that will be used for sweets we determine the next steps to be taken in making sweets from the coconut.

2. Implementation stage

In this implementation stage, the first thing we did was find and check good and good coconuts to proceed to the process of making sweets. Where the process carried out by us was recorded on August 27, 2022, after the manufacturing process was carried out we started to process the coconut which would be made into sweets. The first thing to do was peeling the coconut skin and then drying the coconut for about two days and start processing coconuts that are ready to be made into candied dried coconut.

3. Evaluation stage

At this evaluation stage we evaluate after the workshop on 'Creative Economy SMEs' whether many people understand and realize the points from the workshop. Then, in the workshop presentation we evaluated the number of people who participated in the workshop activities.

RESULT AND DISCUSSION

Coconut processing is an activity in which we need accuracy to take which coconut will be processed into dried coconut candy. The results of making candied dried coconut can help develop the economy of the people of Sindangsari Village. Here are the ingredients and steps for making dried coconut candy:

A. Ingredients for dried coconut confectionery

1. Coconut 85gram
2. Water 5 tablespoons
3. Food coloring 6 drops
4. Sugar 5 tablespoons

B. The steps for making coconut

1. Prepare a coconut that is not too young and not too old then peel the coconut into 8 parts



Figure 1. Peel the coconut

2. Then the coconut that has been divided into 8 parts is thinly sliced and washed
3. Dry the sliced and washed coconut for 1-2 days
4. Then prepare a pan and add 5 tablespoons of water and pour 5 tablespoons of granulated sugar, boil until boiling over medium heat



Figure 2. Cooking proses

5. Put the dried coconut slices into a pan filled with water and sugar
6. Then drop 6 drops of food coloring and stir until it feels sticky
7. Stir until dry and until no coconut slices stick to each other over low heat

CONCLUSION AND SUGGESTION

Community service activities carried out for 32 days through the 2022 UMTAS Thematic KKN activities by building the creative economy of the people of Sindangsari Village through dried coconut candied products. The results of making candied dried coconut can hopefully help develop the economy of the people of Sindangsari Village.

Our suggestions include:

1. It is hoped that the existence of this dried coconut candied product can become an innovation and motivation for the people of Sindangsari Village, especially in developing the community's creative economy.
2. It is hoped that the people of Sindangsari Village can use coconuts to process other foods.
3. It is hoped that the local community can apply and develop what we have socialized through workshops to the people of Sindangsari Village

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