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## Community Empowerment Through Training on Making Milk Fish Dim Sum with the Addition of Moringa Leaves in Bontoa District, Maros Regency

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### Abstract

Milk Fish Dim Sum with the addition of Moringa Leaves is one effort to diversify Milk Fish products and increase the nutritional value of the product. The purpose of community service is to conduct training in making Milk Fish Dim Sum with the addition of Moringa Leaves, improve community welfare and provide additional information to business actors. This community service activity was carried out in Bontoa District, Maros Regency. The condition of partners in Bontoa District is not yet widely possessed of advanced food processing skills, even though Milk Fish can be processed into various products, one of which is Dim Sum. Milk Fish Dim Sum can be made by adding Moringa Leaves so that the nutritional value is higher. Moringa Leaves contain nutrients that are good for health, especially antioxidants, protein, and vitamins. This activity is divided into several stages, which is survey and site preparation, preparation of the technology to be used, socialization and training. This community service activity was carried out directly in a face-to-face manner in the form of counseling, live demonstrations and training by the target group. To facilitate and effective activities, a leaflet containing practical instructions for making Milk Fish Dim Sum with the addition of Moringa Leaves. The community service activity held at the Rammang-rammang Anak Sungai Community, Bontoa District, Maros Regency was attended by the Community leader, ladies and young women totaling 17 participants. In general, the training participants were very enthusiastic and were able to follow the training well.

**Keywords:** Dim Sum, Milk Fish, Moringa Leaves

### Introduction

Maros Regency has abundant fishery resources. In addition to marine fishery products, this regency also has rapidly growing pond fishery products. The number of ponds opened from rice fields shows an increase in pond fish production in this regency. Milk Fish production in Maros Regency, South Sulawesi, reached 9,128 tons in 2021 and more than 8,999 tons per year in 2022.

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Bontoa District is one of the districts in Maros Regency that has a fairly high aquaculture production. One of the aquaculture products is Milk Fish. Milk Fish is a fish rich in protein. In addition, Milk Fish also contains omega-3 fatty acids, which play an important role in human health.

Milk Fish is generally sold raw. Raw fish spoils easily if not stored properly, and its price can fluctuate. Partners in the Bontoa sub-district do not yet have many advanced food processing skills. However, Milk Fish can be processed into a variety of products, one of which is Dim Sum. Milk Fish Dim Sum can be made with the addition of Moringa Leaves. Moringa Leaves contain many nutrients that are good for health, especially antioxidants, protein, and vitamins.

The objective of this community service program is to transfer technology to partners regarding the production of Milk Fish Dim Sum with the addition of Moringa Leaves. Through this community service program, it is hoped that the partners' problems, namely the lack of skills in processing fishery products and limited product innovation, can be overcome. This activity involves students in the training process. In addition, this community service activity is also in line with the Key Performance Indicators (KPIs) of higher education institutions, particularly KPI 2 (students gain experience outside the campus) and KPI 3 (lecturers engage in activities outside the campus).

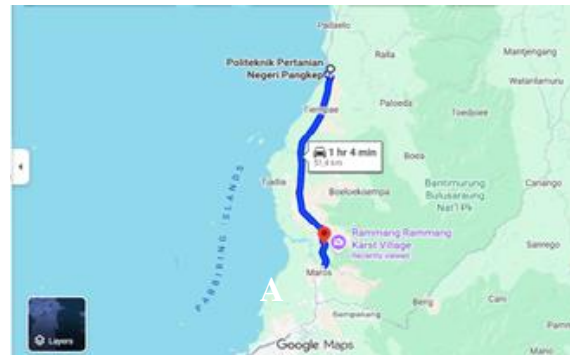
The community service partners' knowledge about making Milk Fish Dim Sum is not widely known by the local community, so the PPNP 2025 community service program has become a program for applying science and technology to the partner community. The results of discussions and preliminary information with community service partners indicate that there is hope for such a community service program in the partner village.

The production of Milk Fish Dim Sum with the addition of Moringa Leaves is one of the efforts to diversify Milk Fish products and also increase the nutritional value of these products by adding Moringa Leaves in the manufacturing process. Thus, the development of Milk Fish processing products will encourage the community to engage in optimal diversification efforts. Through this community service activity, community empowerment is carried out through training in the production of Milk Fish Dim Sum with the addition of Moringa Leaves so that the people of Maros Regency can understand the process of making Milk Fish Dim Sum with the addition of Moringa Leaves.

## Materials and methods

### Time and Place

The community service program will take place in July 2025 in Bontoa Subdistrict, Maros Regency. The location map can be seen in Figure 1.



**Figure 1.** Map of Rammang-Rammang Location, Bontoa District, Maros Regency

### Target Group/Partners

The main target of this community service program is the Anak Sungai Community in Bontoa District, Maros Regency. This community consists of young men and women who live in Rammang-Rammang Hamlet and have three main visions, namely optimization of conservation activities, capacity building, and development of local products.

### Implementation Method

This activity is divided into several stages, namely: survey and site preparation, preparation of the technology to be used, and socialization and training.

#### 1. Site survey

The first step in this PKM is to conduct a survey and prepare the location and partners. A direct survey is conducted to review the location for the activity, raw materials, and the facilities and infrastructure to be used. The results of

the survey will be used as a reference for preparing the training and socialization of Milk Fish and Moringa Leaves Dim Sum processing.

## 2. Technological preparations

Technological preparations are made to prepare the tools, materials, and technology used in processing Milk Fish and Moringa Leaves.

## 3. Socialization

Socialization activities include providing materials related to food processing and fishery products, as well as food quality.

## 4. Training

Training activities include demonstrations on how to make Milk Fish Dim Sum with the addition of Moringa Leaves.

## **Results**

This community service activity was carried out in accordance with the service method, namely surveying and preparing the location, preparing the technology to be used, conducting socialization, and concluding with face-to-face training.

### 1. Site survey

A site survey was conducted to prepare the facilities and infrastructure for the community service activities. The site survey was conducted in the Sungai community in Bontoa District.

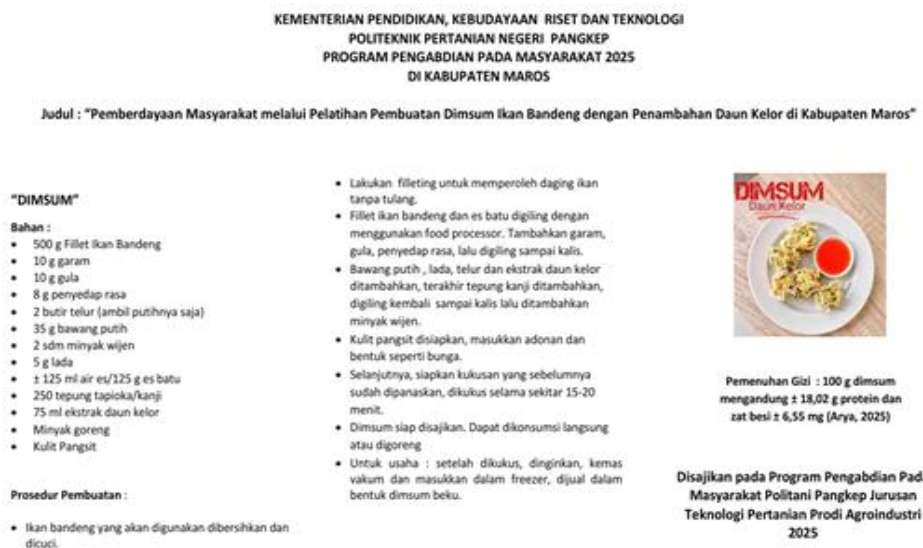
### 2. Technological preparations

Technological preparations were made by preparing tools, materials, and manufacturing products on a laboratory scale. The process of making Milk Fish dinsum with the addition of Moringa Leaves is as follows;

- a) Clean and wash the Milk Fish to be used.
- b) Fillet the fish to remove the bones.
- c) Grind the Milk Fish fillets and ice cubes using a food processor. Add salt, sugar, and seasoning, then grind until smooth.
- d) Add garlic, pepper, eggs, and Moringa Leaves extract, then finally add cornstarch, grind again until smooth, then add sesame oil.

- e) Prepare the dumpling wrappers, fill them with the mixture, and shape them like flowers.
- f) Next, prepare a preheated steamer and steam for about 15-20 minutes.
- g) The Dim Sum is ready to serve. It can be eaten immediately or fried.
- h) For business purposes, after steaming, chilled first, then vacuum pack and store in the freezer to sell as frozen Dim Sum.

The creation of pamphlets was also carried out at this stage. The pamphlet contained the tools, ingredients, and procedures for making Milk Fish and Moringa Leaves dinsum. The pamphlets were distributed during the socialization process to the community and partners as a recipe reference so that they could be properly replicated.



**Figure 2.** Pamphlet on Making Milk Fish Dim Sum with Moringa Leaves

### 3. Socialization

The socialization was carried out by introducing the ingredients and tools, as well as explaining the nutritional content and benefits of Milk Fish and Moringa Leaves. The objectives of the socialization of community service activities (PKM) were brief and clear:

- a) Bridging the gap between research results and community needs by disseminating knowledge developed on campus so that it can be directly understood, practiced, and utilized by the community.

- b) Developing mutual understanding from the outset, in which the community needs to know the activities that will be carried out, the implementation process, the timing of implementation, and their rights and obligations, in order to minimize potential obstacles to the activities.
- c) Encourage participation by attracting public interest and utilizing local resources, such as community leaders, village governments, and business actors, so that activities can be carried out jointly.
- d) Adjusting solutions through a direct question and answer process, so that the community service team can adapt the technology or methods used to the local socio-cultural, economic, and environmental conditions before the community service activities are carried out.
- e) Obtaining initial feedback through input from residents during outreach activities, then using this feedback to refine the design, schedule, and success indicators before implementing community service activities.



**Figure 3.** Socialization of Community Service Activities

#### 4. Training

Training on making Milk Fish and Moringa Leaves Dim Sum was conducted together with the river community. Participants were enthusiastic and excited during the training session. Discussion sessions were also held to deepen their knowledge and skills in Dim Sum preparation. During the activity, participants actively asked questions related to the Dim Sum making process, especially the stages of making Dim Sum, starting from the demonstration of making Dim Sum. Making Moringa Leaves Dim Sum was something new for the local community, so they were very enthusiastic. The community service program carried out by lecturers and students of the Agroindustry study program, Pangkep State Agricultural Polytechnic, can be seen in Figures 3 and 4.



**Figure 4.** Training on Making Dim Sum from Moringa Leaves



**Figure 5.** Community Participation in Training Activities

## Discussion

The implementation of training on making Milk Fish Dim Sum with the addition of Moringa Leaves in Bontoa District has received a positive response from the partner community. The enthusiasm of the participants during the socialization and practical activities indicates that innovation in processing based on local potential is still very much needed (Amri & Burhan, 2025). So far, Milk Fish has generally been marketed in fresh form, so the added value and shelf life of the product are relatively limited (Hasiani et al., 2024). Through this training activity, the community gained a new understanding of alternative ways of processing Milk Fish into more varied processed products with higher economic value (Sulandjari et al., 2022).

The transfer of knowledge and skills is carried out through face-to-face approaches, live demonstrations, and interactive discussions (Nor Habibah & Muhammad Yasin, 2024). This method is considered effective because it allows participants to understand each stage of Dim Sum production in a practical manner and adapt it to local food processing conditions and customs. The

introduction of Moringa Leaves as an additional ingredient also provides new insights for the community, given that this ingredient has not been optimally utilized in processed fishery products. The use of locally sourced ingredients that are easily obtained is considered to support the sustainability of food processing businesses at the community level (Ismail & Rudianto, 2024).

Aside from improving technical skills, this training activity encourages the community to develop businesses based on processed fish products (Dewi et al., 2019). By applying packaging and storage techniques in the form of frozen Dim Sum, it gives an idea of processing strategies that can extend shelf life and expand marketing opportunities (Listyaningrum et al., 2024). Indirectly, this activity strengthens the role of universities in disseminating research results to the community and contributes to efforts to empower and increase the capacity of local resources (Humiati & Budiarti, 2020).

## Conclusions

The community service activity in the form of training on making Milk Fish Dim Sum with the addition of Moringa Leaves in Bontoa District, Maros Regency, provided the community with hands-on learning experiences in processing fishery products based on local potential. This training introduced alternative ways of processing Milk Fish into more varied products and utilizing Moringa Leaves as an additional ingredient to increase nutritional value. Through practical activities and discussions, the community gained an understanding of the process of making, packaging, and storing Dim Sum, thereby supporting community empowerment and the development of processed fishery products at the local level.

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