
MIX OF TOFU, VEGETABLE, AND EGG, TO IMPROVE FAMILY ECONOMIES IN CANDI, SIDOARJO

Romi Andriansyah Raspati¹, Rifky Adli Sulistyo Wibowo², Moh Rusli Hasan³,
Moch.Syafiudin⁴, Khozainul Amin⁵.

¹S1 English Education Department, Faculty Teacher Training and Education, Nahdlatul Ulama
University of Surabaya
Surabaya, Indonesia
romiandri112844@gmail.com

²S1 English Education Department, Faculty Teacher Training and Education, Nahdlatul Ulama
University of Surabaya
Surabaya, Indonesia
rifkyadli04@gmail.com

³S1 English Education Department, Faculty Teacher Training and Education, Nahdlatul Ulama
University of Surabaya
Surabaya, Indonesia
Mohammadruslihasan8@gmail.com

⁴S1 English Education Department, Faculty Teacher Training and Education, Nahdlatul Ulama
University of Surabaya
Surabaya, Indonesia
Syafiudin8877@gmail.com

⁵S1 English Education Department, Faculty Teacher Training and Education, Nahdlatul Ulama
University of Surabaya
Surabaya, Indonesia
gazayno@gmail.com

Abstract

Tofu is one of the processed soybean seeds. As we know that soybean seeds are a type of bean plant, which has a high vegetable content from other nuts, the statement was stated by Astawan (2004). He also confirmed that 34-40% protein content found in soybean. Soybean is known as rich in nutrients, non cholesterol, contains nine important amino acids needed by the body in perfect composition, and the nutritional value in soybeans is equivalent to cow's milk is even higher than beef and is free chemical material. This journal is using quantitative method, because, it's contains data from target households. Data include the total child, parents knowledge about vegetable and tofu, knowledge of parents about the importance of vegetables for the children, a total of children who don't like vegetables, and income of target households. So far we know, that tofu is processed only if it is fried or steamed and it doesn't attract people to consume it, especially for children who mostly like interesting things. We use mixed tofu, vegetable, and egg to improve family economics in Kendal Pencabean village, Candi sub-district, Sidoarjo. Because, looking from observations in the market that it is still rare to sell this product, besides that the material from this product is easy to obtain and many in the market.

Keywords: *Mix of tofu, vegetable, and egg, family economics*

Introduction

Tofu is one of the processed soybean seeds. As we know that soybean seeds are a type of bean plant, which has a high vegetable content from other nuts, the statement was stated by Astawan (2004). He also confirmed

that 34- 40% protein content found in soybean. Soybean is known as rich in nutrients, non cholesterol, contains nine important amino acids needed by the body in perfect composition, and the nutritional value in soybeans is equivalent to cow's milk is even higher than beef and is free chemical material.

East Java is one of the largest soybean pulp exporters with this year's revenue which is targeted to reach Rp130.3 billion. Soybeans are tropical plants that belong to the category of vegetables. So, it was developed in East Java by Mitra Tani. (*"Luas panen kedelai menurut kabupaten atau kota di Jawa Timur 2007-2017"* (2017). Soybeans are in great demand by the people of East Java because, it is known as rich in nutrients, non cholesterol, contains nine important amino acids needed by the body in perfect composition, and the nutritional value in soybeans equivalent to cow's milk is even higher than that of beef and free of chemicals. Soybeans contain anti-oxidants and isoflavones, foods that are rich in anti-oxidants are usually associated with strengthening the body's immune system and reducing the risk of cancer, even isoflavones are also proven to reduce the risk of prostate cancer and prevent heart disease, and lower blood pressure. the farmers have different characteristics.

According to Mitra Tani, soybeans which have the characteristics of white, large-sized, do not have physical defects and are in the normal form are soybeans that meet the standards for export. While soybeans that are not in accordance with these criteria are sold in several traditional markets in Indonesia, especially in East Java at low prices, whereas the nutritional content of these two soybeans is not much different, but this product cannot be accepted by foreign markets because it has physical characteristics that are not uniform. To increase the sale value of soybeans and the abundant availability of soybeans in East Java, especially soybeans that do not meet the criteria for export, so many innovations have been carried out on this product. Existing types of soybean processing are soybean tempeh chips (Tempe chips), and soy milk by creating an interesting snack called Mix of Tofu, this snack is collaborated with vegetable-based vegetable stuffing such as carrots, and spring onions, so that it can maintain the vitamin content in existing vegetables. In addition, the advantages of Mix of Tofu are the shape design and can be ordered as desired so that it can attract consumers. The existence of this kind of product is also to anticipate consumers who are mostly children who do not like vegetables.

Prof. Dr. Ir. Hardinsyah, MS said "Vegetable and fruit that is a critical component for fulfilling nutritional needs. But in fact, the data even show that the number of children lacking in vegetable and fruit consumption, is very high ", from the statement above, it was conclude that eating vegetables is very important for children, so consuming these snacks has made these children consume vegetables without them knowing. (Hardinsyah, Dr. Ir., *"Affordable Nutrition to help Handling Nutritional problems less on school age children in Indonesia"* (2014) Bogor Raya, Jakarta). Mix of Tofu's business is very potential and has positive development prospects. So far there are no manufacturers that produce these products from know who have the same concept as this product. This opportunity is also supported by the availability of abundant raw materials in Indonesia so that the continuity of the product can be maintained. It can also be developed into one of East Java's special souvenirs.

Due to the benefits of tofu that are equivalent to meat but the price is more affordable and the majority of children in Candi, Sidoarjo do not like vegetables. This business opportunity is very useful to improve the family's economy in Sidoarjo, especially in Candi which according to the research team of the economy there is still left behind. Even though we know that Sidoarjo is a fairly fast development area, there are only areas that are still lagging behind, such as in Candi Sidoarjo. (*"Lima Desa Masih Tertinggal di Sidoarjo"* (2018).

Research methods

This journal is using quantitative method, because, it's contains data from target households. Data include the total child, parents knowledge about vegetable and tofu, knowledge of parents about the importance of vegetables for the children, a total of children who don't like vegetables, and income of target households.

The source of this research is taken from Kendal Pencabean village, Candi sub-district, Sidoarjo, East Java. Most there the majority of children aged six to twelve years old and they don't like vegetables, because the taste of the vegetable has a bitter taste and children do not like the bitter taste of that, children still love sweet foods such as ice cream and candy.

This research has been done with the collection of data from interviews of parents. first create the data form, the latter came to the village of Candi, then interviewed the old man in the village, after that we enter a parent's answer to the form.

Research Results and Discussion

So far we know, that tofu is processed only if it is fried or steamed and it doesn't attract people to consume it, especially for children who mostly like interesting things. We use mixed tofu, vegetable, and egg to improve family economics in Kendal Pencabean village, Candi sub-district, Sidoarjo. Because, looking from observations in the market that it is still rare to sell this product, besides that the material from this product is easy to obtain and many in the market.

Program implementation effort mix tofu, vegetable and egg consists of processing that is making creative prints to mix tofu, vegetable, and egg. The process of making creations mix of tofu, vegetable, and egg consists of two phases, namely the preparation of tools and materials, as well as making.

a. Prepare tools and material

To streamline the process of making mix of tofu, vegetable, and egg creation, the first step we are going to do is prepare our tools and materials. As for the stages of preparation tools and materials include:

Tabel 1. Tools and Materials

NO	Mix of tofu, vegetable, and egg	
	Tools	Ingredients
1.	Basin	Soybean dregs tofu
2.	Pan	Eggs
3.	Spatula	Corn vermicelli
4.	Spoon	Carrot
5.	Fork	Salt
6.	Tray	Sugar
7.	Print	Scallion
8.	Bowl	Red onion
9.	Plate	Garlic
10.	Brush	Onion
11.	Baking pan	Mushroom
12.	Oven	Butter
13.	Gas	Sauce
14.		Mayones

b. Steps to make Tofu

Based on the research, we did in the Kendal pancabean village, we found that this business was suitable to be developed in the area to improve the family economy there. The steps is:

1. Enter tofu on bowl, puree tofu using a fork.
2. Washing mushrooms
3. Cut the carrot
4. Input corn vermicelli beforehand with spices available
5. Insert carrot, processed corn vermicelli, mushrooms, green onion into the bowl of tofu
6. Add salt and sugar to taste, stirring until evenly
7. Prepare mold, grease with butter Insert the dough into the mold
8. Insert mold into pan broiled
9. Wait until done remove the mold, and place the plate onto the Mix of tofu, vegetable, and egg already provided.
10. Add tomato sauce or mayonnaise to taste.

Conclusions and recommendations

The conclusion of the research conducted by the writing team here is that the mixture of tofu, vegetables and eggs are very useful for children who don't like healthy food, the right solution for parents to consume this mixture of tofu, vegetables and eggs. Some of people in Kendal Pencabean village, Candi sub-district, Sidoarjo, can use this product to increase the economy in the village. Because, the ingredients are easy to obtain, inexpensive, nutritious, and easily product. But, still people in there stay in their job. Even though this effort is easier to make and the opportunity is very large.

The recommendation for the next researchers is, they should have a research in the same area talking about improving family economy but try to have the different object. If in this journal is obtained by introducing tofu as the meat substitute food which w also refer to the people's economy. Try to have a different object such as, introducing other health drinks that can be used by the community in terms of health.

References

Remo, Amy R. 2008. "After cheap rice, 'P10 Budget Ulam". Philippine Daily Inquirer. "Tahu Tempe Takkan Picu Inflasi". (2013) VOA Indonesia. Retrieved on 10 August 2018.

Hardinsyah, Dr. Ir. "Affordable Nutrition to help Handling Nutritional problems less on school age children in Indonesia" (2014). Bogor Raya, Jakarta.

"Luas panen kedelai menurut kabupaten atau kota di Jawa Timur 2007-2017" (2017). Retrieved on 20 August 2018. From <https://jatim.bps.go.id/statistictable/2018/10/29/1325/luas-panen-kedelai-menurut-kabupaten-kota-di-jawa-timur-ha-2007-2017.html>.

"Lima Desa Masih Tertinggal di Sidoarjo". 2018. Retrieved on 20 August 2018. From <https://radarsurabaya.jawapos.com/read/2018/07/02/87575/lima-desa-masih-sangat-tertinggal-di-sidoarjo>.

"Duh ! 93% anak di Indonesia kurang makan sayur dan buah" (2014). Retrieved on 10 August 2018. From <https://health.detik.com/anak-dan-remaja/d-2510307/duh-93-persen-anak-anak-di-indonesia-kurang-makan-sayur-dan-buah>.

"Ketahui manfaat tahu untuk si kecil". 2013. Retrieved on 10 August 2018. From <https://www.awalsehat.nestle.co.id/ketahui-manfaat-tahu-untuk-si-kecil>.

"Kandungan gizi kacang kedelai dan manfaat kacang kedelai bagi kesehatan". Retrieved on 20 August 2018. From <https://ilmupengetahuanumum.com/kandungan-gizi-kacang-kedelai-manfaat-kacang-kedelai-bagi-kesehatan/>.