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Developing Local Potential Through Training On Making Presto Milkfish At PKBM Arrahman, Talabiu Village, Woha District, Bima Regency

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Abstract
This community service program aims to enhance the skills and economic independence of the residents of Talabiu Village Woha District Bima Regency, through training in the production of soft-boned bandeng presto (pressure-cooked milkfish). Talabiu Village has significant potential in milkfish cultivation; however, the added value of its products remains low due to limited post-harvest processing. The training was organized by PKBM Arrahman in collaboration with the Directorate of Courses and Training, Directorate General of Vocational Education, Ministry of Education, Culture, Research, and Technology, from July 1 to 20, 2025. The implementation methods included socialization, participatory training, mentoring, monitoring, and evaluation. The training materials covered the potential of milkfish resources, the bandeng presto production process, sanitation and hygiene practices, packaging techniques, and basic marketing strategies. The results show that participants successfully completed all stages of the production process and produced bandeng presto with good organoleptic qualities (taste, aroma, and texture). This activity had a positive impact on improving participants' technical skills, entrepreneurial mindset, and the economic value of local fishery products. It is expected that this program will continue through independent production and the development of small-scale milkfish processing enterprises within the community.

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1. INTRODUCTION

Indonesia has great potential in the fisheries sector, including milkfish (Ikan Bandeng/*Chanos-chanos*), which is widely cultivated in coastal areas and ponds. However, one of the challenges often faced is the low added value of the product and the limited modern processing, so that the product is often sold at low prices or suffers rapid spoilage. Several studies have shown that processing milkfish into products such as presto milkfish can increase the product value and community income (Abriana, A., and Yohannes, E., 2017).

As a maritime nation, Indonesia has significant potential in fisheries, including freshwater, brackish water, and saltwater fisheries. Milkfish is a commonly consumed fishery product. Soft-boned milkfish is a type of fishery product diversification, primarily as a modified smoked fishery product. It has the advantage of having soft bones and spines from the tail to the head, making it edible without causing irritation to the mouth.

Soft boned presto milkfish is a processed fishery product made from whole fish that undergoes the following treatments: receiving raw materials, sorting, weeding, washing, soaking, wrapping, steaming, cooling, packing, packaging, labeling, and storage.

The Arrahman Community Service Institute (PKBM) has identified community potential that can be developed through training in the production of presto milkfish. This activity aims to

improve the skills of local communities in processing milkfish into high-value products, thereby supporting local economic empowerment. The presto milkfish processing training has been proven to increase the capacity of fish processing communities, improve product quality, diversify products, and expand market access. Sukardi, S., Turkhamun, T., and Mahesa, D. (2024).

Bima Regency offers significant potential for developing milkfish aquaculture, particularly in Talabiu Village, Woha District. Talabiu Village boasts extensive pond areas and is a center for milkfish production.

The potential for fisheries in this region is quite substantial. However, marketing is still limited to the sale and distribution of raw and fresh fish. There has been no community initiative to further process milkfish into high-value processed products. This is despite the fact that milkfish is a highly nutritious commodity. Demand for milkfish continues to rise. However, raw milkfish sellers face challenges in terms of shelf life and freshness. Further processing of milkfish would increase its market value and create new business opportunities for the Talabiu Village community.

2. RESEARCH METHODS

The method of implementing the community service is socialization and training which is a collaboration between PKBM Arrahman and the Directorate of Courses and Training of the Directorate General of Vocational Education, Ministry of Education and Culture, which is located at PKBM Arrahman from July 1-20, 2025.

Figure 1: Opening

Before the practical activities are carried out, it is a good idea for participants to be given various materials, one of which is material on Entrepreneurship delivered by Sri Asmiatiningsih, S.Sos., MM.

Figure 2: Providing entrepreneurship material by Mrs. Sri Asmiatiningsih, S,Sos., MM

Furthermore, the material and practice of making presto milkfish were taught by an instructor from PKBM Arrahman, namely Mrs. Nurhayati Amd.Kep.

Figure 3: Material on making presto milkfish by Mrs. Nurhayati, Amd.Kep

The milkfish-making workshop was conducted using a participatory approach. Participants were asked to actively participate in the production process, from preparing ingredients such as spices and cleaning the milkfish, cooking, and serving the finished product. The training was conducted at the Arrahman Community Learning Center (PKBM) in Talabiu Village, Woha District, Bima Regency. The implementation method included the following stages:

1. Partner needs analysis
   Just before the training began, an identification was carried out of the needs and conditions of the partners (participating communities) regarding milkfish processing, available tools, knowledge possessed, and the main obstacles in processing and marketing.
2. Preparation of materials and instructors
   The training materials include: an introduction to milkfish and its local potential, the process of making presto milkfish (raw material preparation, spices, pressure cooking, and packaging), sanitation and hygiene in processing, product diversification, and simple digital marketing. Instructors include members of the community service team and fish processing practitioners.
3. Implementation of training
   The training was conducted using a participatory approach, where participants directly practiced making presto milkfish under the guidance of an instructor. The process was demonstrated, followed by group practice. Throughout the process, principles of sanitation, hygiene, and proper packaging were applied.
4. Mentoring and monitoring
   Following the hands-on training, several weeks of mentoring are provided to ensure participants are able to implement the process, overcome obstacles, and begin independent production. Monitoring includes field visits to the Arrahman Community Learning Center (PKBM), production recording, documentation, and evaluation of the process and product results.
5. Evaluation and follow-up
   Evaluations were conducted through questionnaires, participant interviews, and direct observation of product results (quality, packaging, and taste). The evaluation results served as recommendations for follow-up and development.

3. RESULTS AND DISCUSSION

This activity begins with preparing the fish before placing it in the pressure cooker, from cleaning the fish to preparing the necessary spices. Next, the fish is cooked in the pressure cooker

for two hours, fried, and finally, packaged in vacuum-sealed plastic using a vacuum sealer. Participants were able to follow all stages of the pressure-cooked milkfish production process: from preparing the ingredients, cleaning the milkfish, seasoning, pressure-cooking, and packaging.

The pressure-cooked milkfish produced by the participants demonstrated acceptable quality based on basic organoleptic standards (taste, aroma, and texture), although it has not yet been formally tested in a laboratory. This aligns with research that shows that proper pressure-cooking can produce soft bones and a product image that is acceptable to consumers.

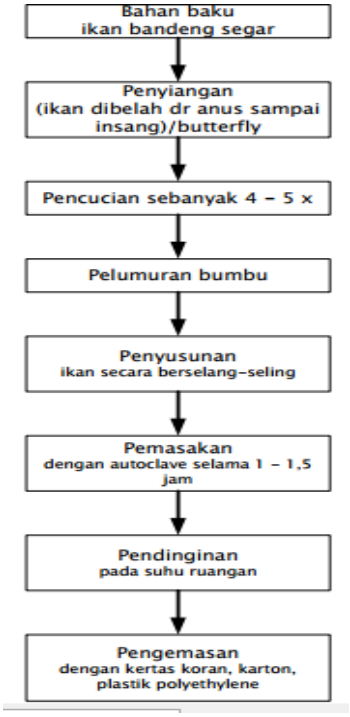

Figure 4: Practical procedure for making presto milkfish

Figure 6: Milkfish has been seasoned and is ready to be cooked in a pressure cooker.

Figure 7: Ready-to-serve presto milkfish

The discussion shows that this training is relevant for developing local potential because it integrates technical (processing), managerial (packaging, marketing), and economic (product value-added) aspects. Sustainability of the results depends on the mentoring, market access, production facilities, and marketing networks of the participants.

At the end of the series of activities, pressure cookers were also handed over to the women participants, which they will use to practice making presto milkfish at home. The fundamental contribution of this training is that milkfish will have a longer shelf life in the form of presto milkfish, accommodate excess fish production by processing it into a long-lasting product, add value to the selling price of fish, and provide a sustainable source of income for the community.

This training activity hopes that after the partner members become more creative and productive, especially in making Presto Milkfish products and making a business that can improve the welfare of the community, and can improve and strengthen the entrepreneurial spirit so that later the partners can be more independent.

4. CONCLUSION

After carrying out the stages of activities and approach methods in community service, it can be concluded that:

The pressure-cooked milkfish training was a success, with participants successfully following all stages of the process, from raw material preparation, fish cleaning, seasoning, pressure-cooking, and packaging using a vacuum sealer. The resulting pressure-cooked milkfish demonstrated satisfactory organoleptic qualities (taste, aroma, and texture).

This training has proven relevant for developing local potential, as it not only improves technical skills in fish processing but also strengthens managerial and economic aspects by increasing product added value. The distribution of pressure cookers to participants is expected to support sustainable production practices at home.

Overall, this activity has had a positive impact on increasing creativity, productivity, and economic independence in the community, particularly among the women participating in the training. It is hoped that the skills acquired can be developed into independent businesses that contribute to improving welfare and strengthening the entrepreneurial spirit within the partner community.

5. SUGGESTION

Based on the results of the training and evaluation, the following suggestions can be given:

1. Provision or facilitation of adequate production equipment (e.g. pressure cookers, vacuum sealer packaging) to increase production capacity.

2. Strengthening local packaging and branding so that the presto milkfish product typical of Talabiu Village can be recognized and competitive in the market.
3. Advanced training in digital marketing and marketing networks (online/offline) to expand product market reach.
4. Regular mentoring by PKBM ArRahman or related agencies so that participants continue to be motivated and focused in their business.
5. Collaboration with local institutions, fisheries services, and MSME associations to support market access, licensing, and production quality.

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