



Preservation by Socializing the Benefits and Nutritional Content of Simalungun *Tinuktuk* Spices to Women's Organization of Simalungun Central Bureau of Statistics

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Abstract. Preservation of Simalungun's Typical Spices to the community of the women's organization of Simalungun Central Bureau of Statistics by the Medan State University Research and Service Center, namely *tinuktuk* spices, have been carried out by socializing the benefits and contents of which have been carried out online. Preserving these *tinuktuk* spices as a form of community service by the Medan State University Research and Service Center by socializing the benefits and nutritional content of *tinuktuk* spices to find out how the nutrition of the Simalungun spices is. In the online socialization meeting, not only the introduction of the Simalungun *tinuktuk* spices but also the nutritional content and benefits of the *tinuktuk* spices were also socialized. This is also related to the importance of nutritional needs to increase body immunity during the COVID-19 period. In the process of socializing efforts to preserve the benefits and nutritional content of Simalungun's special spices, there was a significant difference in results between the pre-test and post-test, namely in the pre-test 43% and post-test 84%, and this indicates that participants know the benefits and nutritional content of Simalungun's typical *tinuktuk* spices. This community service activity went smoothly because the participant already knew about the nutritional content and benefits of Simalungun's typical *tinuktuk* spices and the *tinuktuk* spices can be preserved.

Keywords: *Tinuktuk* spices, benefits, nutritional content, COVID 19

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1. Introduction

Indonesia is one of the countries that produce spices and herbs in the world. Some herbal plants belong to the spice group. The use of spices and herbs has been widely used, both in the food and health industries.

One of the uses of spices and herbs as spices, from Simalungun Regency, North Sumatra province. *Tinuktuk* is very well known in the Simalungun community. Since the days of the Simalungun Batak ancestors, *Tinuktuk* has been a spice and herbal condiment that is nutritious for the user and is quite popular. *Tinuktuk* itself comes from the word "ti" which means "which", while the word "nuktuk" means "mashed", so the meaning of the word *Tinuktuk* is mashed. But now it is difficult to find in traditional Batak markets, even typical Batak restaurants. It is difficult to get this *Tinuktuk* spices, due to the traditional way of making it. In addition to the variety of spices and herbs, the dose of spices and herbs must also be right. *Tinuktuk* spices ingredients are made from a variety of spices and herbs such as black, red ginger, *kencur*, shallots, garlic, candlenut, and salt [1].

Like other types of Batak food that has a spicy taste. The spicy and hot taste of *tinuktuk* is the same as chili sauce in general which is suitable for increasing appetite. The benefits of *tinuktuk* are: it makes the

body fit, especially for those who often work hard, warms the body, makes sleep soundly, can increase appetite, and for postpartum mothers it can help clean dirty blood [2].

Initially this *Tinuktuk* was only used as a side dish to eat which is usually eaten using boiled vegetables. Furthermore, *Tinuktuk* spices is better eaten mixed with carp, mujahir, grilled tilapia. In the typical Simalungun Batak cuisine it is known as *Tinombur*. *Tinuktuk* spices doused with hot water, then smeared on grilled fish or meat [3].

The main ingredients of *Tinuktuk* chili sauce are red ginger and black pepper. The efficacy of red ginger has been proven based on research that has been done that it can cure all kinds of diseases. Such as laxatives, stomach stimulants, wheezing, vomiting and muscle aches, nearsightedness, leprosy, ulcers, fever, body heat, taste improvement, digestion improvement, heart disease. And as a drug to combat the symptoms of the disease (alopatia). In addition, red ginger rhizome has antioxidant, antibacterial, anti-inflammatory, anticancer, antimutagenic, and antitumor activities [4]. Black pepper itself is rich in piperine as an active ingredient, contains essential oils, oleoresins, and alkaloids [5]. Pepper also contains lots of vitamin A and K, dietary fiber, calcium, magnesium, potassium, manganese, phosphorus, and -carotene [6].

2. Method

Based on the problems raised in this independent community service activity, the approach method used is the method of education and socialization. 1) Observing the condition of partners to identify the problems they face related to the typically Simalungun spices, *tinuktuk*. 2) Conducting an education in the form of introduction to *Tinuktuk*, nutrition and benefits of *Tinuktuk* and also making *Tinuktuk*. 3) Conducting socialization about *Tinuktuk* as an immune enhancer in the face of the COVID-19 virus pandemic through a forum group discussion which was attended by 36 women of Dharma Wanita BPS Simalungun and 3 lecturers and 5 students from FMIPA UNIMED which is a team from LPPM Unimed.

3. Results and Discussion

The introduction of *tinuktuk* as a form of community service by the Medan State University Research and Service Institute by socializing the benefits and nutritional content of *tinuktuk* spices from Simalungun in dealing with the New Normal Covid-19 has been carried out to the women's organization of Simalungun Central Bureau of Statistics.

The first meeting which was a Forum Group Discussion (FGD) was held online on September 24, 2021 by the service team of the Medan State University Research and Service Institute and women's organization of Simalungun Central Bureau of Statistics. In this online meeting, there were 36 women dharma women from BPS Simalungun and 3 lecturers from FMIPA UNIMED and 5 students who were a team from State University of Medan Research and Service.

In this FGD event, Prof. Dr. Ida Duma Riris, M.Si where an explanation about the *tinuktuk* spices and the ingredients used and the content contained in each of these ingredient as well as an explanation of nutrition fulfillment and immune enhancement during the new normal Covid-19 period.



Fig. 1. Socializing of Tinuktuk by forum grup discussion.

On the same day, a discussion or question and answer process were carried out as well as answering online quizzes regarding the socialization of *tinuktuk* spices that had been carried out at the beginning of the meeting, where the results of the pre-test quiz showed that 43% of the participants of this socialization knew about *tinuktuk* spices and its contents and benefits. Women's organization of Simalungun Central Bureau of Statistics has enthusiasm for this socialization.

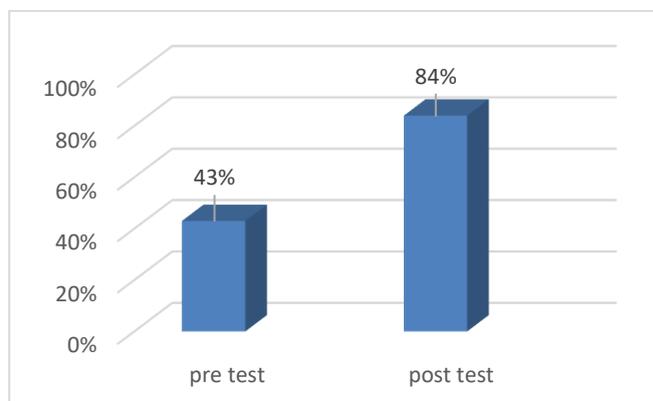


Fig. 2. Pre-test and Post-test during socialization of *Tinuktuk*.

The post-test quiz was conducted after the presentation of *Tinuktuk*. It was found that 84% of the participants already knew a lot about *tinuktuk*. Based on the results of the quiz, there was a significant difference of 41% that the participants knew about the *tinuktuk*, how it is made, the ingredients for making it, the benefits, and what content is in the *tinuktuk*. Thus, the *tinuktuk* knew and can also be preserved and it is hoped that it can add insight into Simalungun's special *tinuktuk* spices and be useful as an immune enhancer in the era of the Covid-19 pandemic.

4. Conclusion

Based on the pretest and post-test conducted on mothers regarding *tinuktuk* spices, both the introduction to *tinuktuk* spices, manufacture, ingredients, benefits, and nutritional content, there was a significant difference in the results, namely 41% where the pre-test results were 43% and the post-test results were 84%. Participants in the socialization knew about the *tinuktuk* spices, the benefits and nutritional content of the *tinuktuk* spices. Based on the socialization regarding *tinuktuk* spices that was carried out, it is hoped that knowledge about *tinuktuk* spices will increase and can also be used as an immune enhancer in the era of the Covid-19 pandemic.

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