

Exsplorative Study of the Use of Edible Flowers as Garnishs in Food Serving

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Abstract: This study was conducted with the aim of knowing students' awareness of the use of edible flowers as a garnish in the presentation of their food. Descriptive qualitative research is a research method used by means of observation, documentation studies, and distributing questionnaires. The Culinary Club Student Activity Unit is the population of this study. The sampling technique in this study was purposive sampling with 56 respondents. Data were analyzed using qualitative descriptive analysis techniques. Based on the results of the study, it can be concluded that students' awareness of the use of edible flowers is in a fairly good category and students' awareness of the impact of edible flowers on food is in good category.

Keywords: edible flower; food servin; garnishes; student awareness.

RESEARCH BACKGROUND

Culinary tourism nowadays does not only display beautiful food when served, and it seems that beautiful food offerings are an added point for some people because culinary tourism for some people is not only about the taste of the food they are looking for, but the appearance of the food served tends to be Instagrammable for story updates on their respective social media. Culinary actors must pay attention to the factors that will be served with food on a plate so that the food presentation looks attractive, one of which is by adding food decorations or garnishes to beautify the appearance of the food served.

The use of edible flowers as decoration on plates can indeed be relied upon as garnishes, especially with beautiful shapes and colors that contrast with food. Edible flowers can be used to add to the appeal of dishes and look classier because many people who are related to food use edible flowers to decorate their food, one of which is students who have cooking practices because they can use edible flowers on their food plates. have made.

In the research of Pratama et al. (2021) found that around 13% of respondents did not know the name of the edible flowers they used and about 22% did not know the taste of the edible flowers they used. Around 76% do not know much about the names of the edible flowers they use and about 62% of the respondents do not know much about the taste of the edible flowers they use. In accordance with the results of research conducted by Guiné et. Al (2020) who said that most of the general public know about edible flowers but most of them do not have enough information or understanding about it.

Therefore, I think there is a need for further research on this matter. It is hoped that this research can increase students' awareness and knowledge about edible flowers if they want to use them so that students know what they are serving on a plate.

REVIEW OF RELATED LITERATURE

Awareness.

According to Hasibuan (in Ricky Pratama et al., 2021) defines, awareness as the attitude of a person who voluntarily obeys all regulations and is aware of his duties and responsibilities. Meanwhile, according to Lesmana (2020), awareness is a state in which one knows or remembers and flashes or feels in oneself on something plus a response from oneself. The indicators or dimensions of awareness, according to Priyono (1996), are knowledge and understanding. According to the Big Indonesian Dictionary, awareness is a state of knowing, understanding, and feeling. From the explanation above, it can be concluded that awareness is a condition in which a person understands the rights and obligations that must be carried out

Knowledge

According to Mubarak (2011), knowledge is everything that is known based on human experience itself and knowledge will increase according to the process of experience experienced. Knowledge is the result of knowing someone after sensing (smell, hearing, seeing, feeling, and touching) an object, but most of the knowledge is obtained through the senses of hearing and sight (Notoatmodjo, 2014). According to Davenport & Prusak (in Arman & Siti 2020), knowledge is a combination of experiences, values, contextual information, and insights that provide a framework for evaluating and combining new experiences and information. So it can be concluded that knowledge is the basis of experience itself, where knowledge includes the results of the five senses to evaluate and combine experience with new information

Understanding

Understanding According to Sudijiono (2011), is a person's ability to understand or understand something and after that, it is known and remembered. Meanwhile, Widiaworo (2017) defines understanding as to the ability to connect or associate information that has been learned and stored into something intact in our brain. It can be understood that understanding means a person's ability to get information that has been learned and then stored in the brain as a whole.

College student

A student is someone who is registered in one of the universities regardless of the form of the college (university, institute, academic, etc.) and is in the process of studying or undergoing education (Hartaji, 2012). Students can be said to be someone who is categorized as being in a developmental stage aged 18 to 25 years or can be classified as late teenagers or early adults and in terms of development, the developmental task at this student age is the establishment of a life stance (Yusuf, 2012). Meanwhile, according to Iruwaka (2020) said that the understanding of students administratively can be interpreted as students who are registered in colleges. Where students at these colleges have met the requirements to be students in colleges and universities.

Food Serving

According to Deroy et al. (2014) food presentation is more than just visual stimulation, but

also affects the taste of the dish itself. In line with Michel et al. (2014), who stated that the presentation of food in an artistic way is considered to have a better taste than food containing the same ingredients that are served in a simpler way.

Visualization of the appearance of good food has become an important factor in influencing one's satisfaction in creating an unforgettable experience (Putra, Anantadjaya, and Nawangwulan, 2020). Febrian (2015) also mentions several things that need to be considered in food presentation, namely the combination of color, shape, texture, and thickness, taste and temperature, serving utensils, decoration/garnish, and presentation. According to Pratiwi, F.I (2008), food presentation is the last factor in the stages of organizing a food menu. Although the food is processed with a high taste, if the presentation is not done properly, then the value of the food will be meaningless because the food that is displayed during the serving process will arouse the sense of sight, so that it can cause tastes related to taste. Based on the understanding of the food presenter above, it can be concluded that the presentation of food is the most important factor in food preparation. In the food processing process, where food presentation is the most important indicator so that the food looks better and attracts the eyes of customers.

Food Decoration

According to Guggenmos and McVety (2010), garnish comes from the French word "Garnir" which means to decorate or complete. In culinary, garnishes are used to make food presentations more attractive. Nunung (in Dian, 2014) defines that garnishes will increase appetite if the decorations used look beautiful and beautiful. Karina and Amrihati (2017) divide garnishes into two types, namely simple garnishes and combination garnishes. Based on these statements, garnishes are decorations on food that function to make the food appear more attractive and arouse appetite.

Edible Flowers

Edible flowers can be interpreted as non-toxic flowers, flowers that are not harmful and have health benefits for human food (Alasalvar et al., 2013). The addition of edible flowers can affect the texture, taste, appearance of the food, and bioactive content (Rivas-García et al., 2021). In line with that, Husti, et al. (2013) stated that since ancient Rome, edible flowers have been used to strengthen the taste and aroma, sprinkle color, texture in soups, desserts, salads, and drinks, or just as a complement to a dish. According to Yana (2019), the edible flower is a type of flower that is safe to eat. Yana said that around 2017 in Indonesia, edible flowers began to be widely used to beautify dishes, while in Europe itself, edible flowers have been used for decoration for a long time.

History of Edible Flowers

The use of edible flowers in cooking has been around since ancient times, but in recent years consumers have become increasingly successful, paying more attention to healthy and high-quality food, without compromising on taste, taste, and visual appeal (Drava et al., 2020). Edible flowers have been traditionally consumed in various cultures (Fernandes et al., 2017).

In Indonesia, according to Fatmawati (2013), Indonesian food generally uses flowers as its raw material. Many regions have used flowers as food ingredients. These ingredients are very popular among the Indonesian people, which until now have been used as popular processed menus such as stir-fried papaya flowers, chili Honje or Kecombrang flowers, pecel flower Turi, Betawi besan vegetables which use Terubuk flowers, and many other dishes that use flowers around the house or garden.

RESEARCH METHOD

The method used in this study is a qualitative descriptive method. The population of this study were students of STP AMPTA Yogyakarta who participated in the Culinary Club Student Activity Unit, the sampling technique was purposive sampling technique with semantic differential technique with 56 respondents. The data collection techniques of this research applied observation, questionnaires, in-depth interviews, documentation and literature study. Then, the data analysis technique used by the researchers for this qualitative method refers to Bungin (2003) theoretical framework, namely data collection, then data reduction, followed by data presentation, and finally drawing conclusions.

RESULT AND DISCUSSION

Edible flower

Gayatri (2020) edible flowers are ornamental plants that can be consumed. Its unique texture, taste, and aroma make flowers increasingly popular as creative and innovative ingredients in the culinary world. Marigolds, dianthus, chrysanthemums, zucchini flowers, nasturtiums, pansies, roses, sunflowers, lavender, and viola are included in edible ornamental plants. Not all flowers can or are suitable for consumption, but there are requirements that must be met, ranging from types of plants free of pesticides to cultivation methods. Edible flowers can be processed into food and non-food products. The types of edible flowers can be seen from the following table.

Table 1. Kinds of Edible Flowers

No	Kinds of edible flowers
1	Dianthus
2	Great Dianthus
3	Star Flower
4	Calendula
5	Daisy
6	Cosmos
7	Baby Rose
8	Nasturtium
9	Pansy
10	Marigold
11	Butterfly Pea
12	Viola

Beautiful flowers can be used to decorate and add color, texture, aroma, and taste to dishes. These flowers can be included in main meals, desserts, salads, and even drinks. Awareness of knowledge and understanding of edible flowers is needed by every student, especially AMPTA Tourism College students who take the Culinary Student Activity Unit. The results of this research are

Knowledge

Knowledge					
Garnish					
	1	2	3	4	5
Total			3	47	6
No					

Garnishes. From the data above, forty-seven respondents said they "understood" on a 4-dimensional differential scale, where this understanding is that all students who take part in the culinary student activity unit know that edible flowers can be used as garnishes for the dishes they make. This makes the dishes they make can be the main attraction of the food they make.

Pengetahuan					
Color					
	1	2	3	4	5
Total				51	5
No					

Color. From the data above, fifty-one respondents said they "understood" on a 4-dimensional differential scale, where students know about the color classification of edible flowers that are suitable for use when decorating/garnishing the dishes they make. This means that the dishes they make will have a beautiful mix of colors between the garnish and the dish itself.

Understanding

Knowledge					
Edible flower texture					
	1	2	3	4	5
Total			5	40	11
No					

Edible flower texture. From the data obtained as many as forty respondents said "like" on a 4-dimensional differential scale. Where edible flowers have a soft texture when chewed and are easy to swallow, because of the function of edible flowers as decoration, edible flowers do not need to be processed or cooked, even though the texture of the edible flower still feels fresh in the mouth.

Understanding					
Flavor Classification					
	1	2	3	4	5
Total			2	50	4
No					

Flavor classification. Based on the data above, fifty-one respondents said it was "delicious" on a 4-dimensional differential scale. This shows that students can classify the flavors produced from various types of edible flowers that can affect the taste of the dishes made

Understanding					
Shape Classification					
	1	2	3	4	5
Total			4	47	5
No					

Shape classification. Based on the data obtained, forty-seven respondents said "like" on a 4-dimensional differential scale. Where the students understand the selection of edible flower shapes that are suitable to be used as garnishes for the food they make. So this has a good impact on the appearance of the food which is made to be more attractive when served.

CONCLUSION

Based on the discussion presented above, it can be concluded as follows:

Knowledge

AMPTA Tourism College students, especially those who participate in the Student Activity Unit in the Culinary field, have knowledge of edible flowers as food decorations/garnishes. This knowledge can be seen from the procedure for using edible flowers in the dishes they make. In addition, they are also quite good at choosing the color of edible flowers as decorations that have been adapted to the dishes they make.

Understanding

AMPTA Tourism College students who participated in the student activity unit in the Culinary field had understood and were able to classify edible flowers based on taste, texture, and shape, where these three things are very important for a cook to do when decorating food.

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