Acceptability of Coconut Meat *Sisig* Recipe

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Abstract – This study aimed to determine the level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers. A descriptive research design using survey technique utilized in this study. The data gathered using an adapted and modified-questionnaire. The statistical tools used are Frequency Count and Percentage Distribution, Mean and Standard Deviation, and Analysis of Variance (ANOVA). Results showed that the level of acceptability of Coconut Meat *Sisig* recipe is very acceptable in terms of appearance, color, aroma, taste, and texture. The innovative use of coconut meat as the main ingredient has proven to be well-received, indicating the dish's potential for positive integration into the culinary preferences of this target audience. Further, the Coconut Meat *Sisig* recipe appears to be universally well-received, with minor distinctions related to educational backgrounds in terms of texture. It is recommended to consider promoting the Coconut Meat *Sisig* recipe as an innovative and appealing culinary option for school canteen, given its widespread acceptance among Senior High School teachers.

*Keywords:*Coconut Meat *Sisig*, Senior High School teachers, Survey Technique

I. Introduction

The Philippine culinary landscape is renowned for its diverse and flavorful dishes, influenced by a rich blend of cultural and regional traditions. *Sisig*, a popular Filipino dish originally made with minced pork, has evolved over time, adapting to various ingredients and dietary preferences. In recent years, there has been a growing interest in exploring alternative and sustainable ingredients to create innovative versions of traditional dishes. One such attempt is the development of a Coconut Meat *Sisig* Recipe.

“Coconut palm, (Cocos nucifera), palm of the family Arecaceae, cultivated extensively in tropical areas for its edible fruit, the coconut”(The Editors of Encyclopaedia Britannica, 2023). It is considered the "tree of life" in the Philippines, has been a staple in Filipino cuisine for generations. Further, “the Philippines also remains to be the second-largest producer of coconut among the Association of Southeast Asian Nations” (ASEAN), wherein it comprises almost 40% of ASEAN’s total coconut production (Philippines Partnership for Sustainable Agriculture, 2020).Its versatile uses extend beyond coconut water and milk, making it an ideal candidate for experimentation in traditional recipes.

This Filipino dish is known for its savory and spicy flavors, presents an exciting opportunity for culinary exploration by replacing the conventional meat with coconut meat.“Based on the Department of Agriculture (DA)’s monitoring of Metro Manila markets, the retail price of ham ranged between P260 and P330 per kilo while pork liempo ranged between P290 and P400 per kilo” (Cariaso, 2023). With the current high price of meat, it is affordable to used an available ingredient that can be found everywhere in the Philippines.

In the context of St. Paul University Surigao, the acceptance and preferences of the teaching faculty, particularly the Senior High School teachers, towards this innovative Coconut Meat *Sisig* Recipe are yet to be explored. Understanding the factors influencing the acceptability of this alternative sisig preparation can provide valuable insights into the potential integration of sustainable and local ingredients into everyday meals. This prompted the researcher to conduct the study to determine the level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers of St. Paul University Surigao.

With this study, it will help to make the known Filipino dish cheaper in terms of the main ingredient and promote the other uses of coconut meat.This research contributes to the evolving landscape of Filipino cuisine by introducing an innovative twist to a beloved dish. Understanding the acceptability factors among Senior High School teachers can inform not only the culinary practices within the university but also contribute valuable insights to the broader discourse on sustainable and locally sourced ingredients in Filipino gastronomy.

II. Statement of the Problem

This study aimed to determine the level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers of St. Paul University Surigao. Specifically, it sought to answer the following questions:

1. What is the profile of the respondents in terms of:
   1.1. Age;
   1.2. Sex; and
   1.3. Highest Educational Attainment?
2. What is the level of acceptability of Coconut Meat Sisig Recipe among the Senior High School teachers in terms of:
   2.1. Appearance;
   2.2. Color;
   2.3. Aroma;
   2.4. Taste; and
   2.5. Texture?
3. Is there a significant difference of the level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers when grouped according to profile variables?
4. What recommendations may be proposed?

III. Hypothesis

At 0.05 level of significance, it is hypothesized that there is no significant difference the level of acceptability of Coconut Meat Sisig Recipe among the Senior High School teachers when grouped according to profile variables.

IV. Materials and Method

Research Design

This study utilized descriptive research design using survey technique. It is deemed appropriate since it describes the present phenomenaunderlying the evaluation by the respondents on Coconut Meat *Sisig*recipe in terms of the following parameters: appearance, color, aroma, taste and texture.

Materials and IngredientsUsed

The materials used in cooking the Coconut meat *Sisig* recipe are as follows:stove bowl, frying pan, wooden laddle, chopping board, spoon, knife, fork, and plate. On the other hand, the ingredients utilized are ½ kl coconut meat, 1 cup onion minced, 3 tbsp. soy sauce, 1 tsp. ground black pepper, 1 knob ginger minced, 3 tbsp. chili, 3 to 5 pcs calamansi or 1 pc. lemon, ½ cup butter or margarine, ¼ lb. chicken liver, 34 ounces water, 3tbsp. mayonnaise, and 1 tsp. salt.

Preparation of Coconut Meat *Sisig* Recipe

To prepare the Coconut Meat *Sisig*, begin by boiling the coconut meat until it reaches a softened consistency. Meanwhile, gather and chop all the required ingredients. In a pan, initiate the cooking process by sautéing onions, garlic, and ginger. Once the coconut meat achieves a semi-cooked state, introduce it to the pan. Enhance the flavors by adding spices such as salt, black pepper, cayenne pepper, soy sauce, among others. Allow the coconut meat to fully cook, ensuring that it absorbs the aromatic blend of spices. Once done, plate the Coconut Meat *Sisig*, presenting a visually appealing, flavorful, and innovative rendition of the traditional Filipino dish.

Respondents

The respondents of the study are the Senior High School teachers of St. Paul University Surigao, S.Y. 2023-2024. The researcher did not used a sampling technique due to a small number of teachers in the Senior High School. In this reason, the researcher decided to get the total population of 30 teachers.

Instrument

This study adapted a research instrument from the study of Tamundong and Aliguyon (2022). The researcher modified the indicators using the same variables to fit the recipe developed. There are two parts in the research instrument: Part 1 is the profile of the respondents and Part 2 is the level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers.Food experts validated the instrument to ensure that the indicators measure what it intends to measure.

Data Gathering Procedure

The researcher requested permission from the school administration to perform the said study. The processes followed by the researcher in the preparation of the Coconut Meat *Sisig* Recipe and the research questionnaire were given to the respondents via Google Forms. It was retrieved, tallied, tabulated, treated and analyzed.

Data Analysis

The data were analyzed through the use of the following statistical tools:

Frequency Count and Percentage Distribution. These tools determined the profile of the respondents.

Mean and Standard Deviation. These statistical tools determined the level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers.

Analysis of Variance (ANOVA). This tool was used to test the significant difference of the level of acceptability of Coconut Meat *Sisig* Recipe among the Senior High School teachers when grouped according to profile variables.

V. Results and Discussions

Profile of the Respondents

Table 1 shows the distribution of the profile of the respondents in terms of *age, sex and highest educational attainment.*

Table 1.*Distribution of the Profile of Respondents*

Sex	f (30)	%
Age		
16 – 23	5	17
24 – 31	15	52
32 – 39	5	17
40 – 48	4	14
Sex		
Male	11	38
Female	18	62
Highest Educational Attainment		
College Graduate	14	49
With Master's Units	13	45
Master's Graduate	1	3
With Doctoral Units	1	3

As shown from the table in terms of*age*, 15 (52%) respondents belong to 24-31 years old, then 5 (17 %) respondents belong from 16-23 years old & 32-39 years old, and 4 (14%) respondents belong to 40-48 years old. In terms of *sex*, most of the respondents are females, with 18 (62%), while 11 (38%) are males. Considering the *highest educational attainment*, 14 (49%) are college graduate, 13 (45%) with master's units, 1 (3%) is master's graduate, and 1 (3%) with doctoral units.

Level of Acceptability of Coconut Meat Sisig Recipe

Table 2 shows the level of acceptability of Coconut Meat Sisig recipe among the Senior High School teachers in terms of *appearance*, *color*, *aroma*, *taste*, and *texture*.

Table 2. *The Level of Acceptability of Coconut Meat Sisig Recipe among the Senior High School Teachers*

Indicators	M	SD	VI	QD
Appearance				
1. The appearance of the dish prepared with coconut pulp as a meat substitute is visually appealing.	3.34	0.55	SA	VA
2. The dish using coconut pulp is appetizing	3.66	0.61	SA	VA
3. The coconut pulp-based dish resembles that of the ground pork	3.41	0.63	SA	VA
4. The visual similarity between coconut pulp and ground pork is convincing	3.48	0.63	SA	VA
Average	3.47	0.61	SA	VA
Color				
1. It has pleasing golden brown edges	3.66	0.55	SA	VA
2. It has pleasing contrasting colors	3.28	0.53	SA	VA
3. It has light golden brown in color	3.21	0.49	A	A
4. It has aesthetically pleasing color	3.41	0.57	SA	VA
Average	3.39	0.53	SA	VA
Aroma				
1. The sisig has creamy smell	3.61	0.50	SA	VA
2. It has aromatic savor	3.79	0.41	SA	VA
3. It has no foul odor	3.76	0.44	SA	VA
4. The sisig has fresh herby smell	3.38	0.56	SA	VA
Average	3.63	0.48	SA	VA
Taste				
1. It has sweet taste	3.45	0.51	SA	VA
2. It has no after taste	3.24	0.64	A	A
3. it has well blended flavor	3.38	0.62	SA	VA
4. It has creamy taste	3.28	0.53	SA	VA
Average	3.34	0.57	SA	VA
Texture				
1. The sisig has smooth and firmly texture	3.38	0.73	SA	VA
2. It has slightly moist texture	3.28	0.65	SA	VA
3. The sisig is soft	3.24	0.69	A	A
4. The sisig is chewy	3.34	0.61	SA	VA
Average	3.31	0.67	SA	VA
Overall Average	3.43	0.57	SA	VA

Scale	Interval	Verbal Interpretation	Code	Qualitative Description	Code
4	3.25-4.00	*Strongly Agree*	SA	*Very Acceptable*	VA
3	2.50-3.24	*Agree*	A	*Acceptable*	A
2	1.75-2.49	*Disagree*	D	*Least Acceptable*	LA
1	1.00-1.74	*Strongly Disagree*	SD	*Not Acceptable*	NA

As gleaned from the table, in terms *appearanc*e, the indicator*The dish using coconut pulp is appetizing*got the highest mean (M= 3.66 SD=0.61), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable*. The high acceptability in appearance may be attributed to the appetizing look of the dish made with coconut pulp, possibly due to its presentation and overall aesthetic appeal. It implies that the appearance of the Coconut Meat *Sisig* recipe is likely to attract and please the senses of the Senior High School teachers.

Meanwhile, the indicator *The appearance of the dish prepared with coconut pulp as a meat substitute is visually appealing*got the lowest mean (M=3.34 SD=0.55), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.*The term

"visually appealing" in this context implies the overall attractiveness of the dishes when coconut pulp is used as a meat substitute. While the mean is high, the fact that it is lower than other attributes, particularly the one related to the dish using coconut pulp, may indicate some variability in individual preferences or expectations among the respondents.

On average, the level of acceptability of Coconut meat *Sisig* recipe among the senior high school teachers in terms of *Appearance*(M= 3.47 SD=0.61), can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.*It reinforced the positive sentiment towards the appearance of the dish. This also suggests a consistent and positive response, with the standard deviation suggesting a relatively low degree of variability among the respondents.

As to the *color,* the indicator*It has pleasing golden brown edges*got a highest mean (M=3.66 SD=0.55), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.* This means that the Senior High School teachers fully accepted the Coconut Meat *Sisig* has a gold brown edge. This contributes positively to the overall color of the dish. This conveys that the color is not only acceptable but is viewed very favorably.Golden brown edges often signify desirable qualities in various dishes(McLain, n.d.)

However, the indicator *It has light golden brown in color*got the lowest mean (M=3.21 SD=0.49, which can be verbally interpreted as *Agree* and qualitatively described as *Acceptable.* This means that the Senior High School teachers accepted the Coconut meat *Sisig* recipe has a light golden brown color. But it is relatively lower score compared to other color-related attributes, whichsuggests that some respondents may not find this specific color attribute as compelling as others.Color perception is inherently subjective and can be influenced by individual preferences, cultural factors, and personal experiences(Antenor et al., 2022).

On average, the level of acceptability of Coconut meat Sisig recipe among the senior high school teachers in terms of *Color*(M=3.39 SD=0.53),can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.* This means that the senior high school teachers find the color of the Coconut Meat *Sisig*recipe highly accepted. This further emphasize the positive perception of the color among the teachers. A lower standard deviation indicates that the ratings are clustered closely around the mean, reinforcing the idea that there is a general agreement among the senior high school teachers regarding the acceptability of the color.

As to the aroma, the indicator*It has aromatic savor*got a highest mean (M=3.79 SD=0.41), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.* This means that there is a high acceptability of the aromatic savor of the coconut meat *Sisig* recipe. This positive response may be attributed to the enticing and aromatic qualities of the Coconut Meat *Sisig* recipe, which could contribute to an overall positive dining experience.However, it's crucial to recognize that personal and cultural preferences can influence perceptions of aroma(Antenor et al., 2022).

On one hand, the indicator*The sisig has fresh herby smell* got a lowest mean (M=3.38 SD=0.56), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.*This means that the senior high school teachers find a positive overall sentiment toward the fresh herby smell of the Coconut Meat *Sisig*. It also indicates thatdespite being slightly lower in mean compared to other indicators, it is still considered accepted by the respondents.This could imply that the fresh herby smell contributes positively to the sensory experience of the Coconut meat *Sisig*, although with some variability in individual preferences.

On average, the level of acceptability of Coconut Meat *Sisig*recipe among the senior high school teachers in terms of *Aroma* (M=3.63 SD=0.48), can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.* This suggests that the senior high school teachers have a positive evaluation of the aroma of the Coconut Meat *Sisig* recipe. It also indicates a high level of agreement among the respondents. This implies that the aroma of the Coconut Meat *Sisig* recipe is not only widely accepted but also highly appreciated, contributing positively to the overall sensory experience of the dish.

As to the *Taste*, the indicator*It has sweet taste* got a highest mean (M=3.45 SD=0.51), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.*This means that the presence of a sweet flavor in the Coconut Meat *Sisig* is well-received among the senior high school teachers. This suggests a strong consensus among the respondents. With these, the sweet element contributes significantly to the overall taste profile of the dish.

On the other hand, the indicator *It has no after taste* got a lowest mean (M=3.24 SD=0.64), which can be verbally interpreted as *Agree* and qualitatively described as *Acceptable.*The data indicates that, regarding the absence of an aftertaste in the Coconut Meat *Sisig*, the senior high school teachers generally express agreement. However, the acceptability may not be as strong as with some other indicators, the response indicates an acceptable perception among the respondents. It's crucial to acknowledge the subjectivity of aftertaste preferences, as individuals may have varying expectations and sensitivities in this regard (Sibal, 2018)

On average, the level of acceptability of Coconut Meat *Sisig*recipe among the senior high school teachers in terms of *Taste* (M=3.34 SD=0.57), can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.*The data suggests that, on the whole, senior high school teachers find the taste of the Coconut Meat *Sisig* recipe to be highly acceptable. It indicates a strong consensus and the taste of the Coconut Meat *Sisig* recipe is not only widely accepted but is also highly appreciated by the respondents.

As to the *Texture*, the indicator*The sisig has smooth and firmly texture*got a highest mean (M=3.38 SD=0.73), which can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.*This implies a high degree of agreement among senior high school teachers, signifying a collective positive perception of the texture of the Coconut Meat *Sisig*.This indicates that the smooth and firm texture of the Coconut Meat *Sisig* recipe is widely accepted. Mature coconuts is known to have firm meat that can be consumed raw or processed to make shredded coconut (Broschat& Crane, 2020).

However, the indicator*The sisig is soft* got a lowest mean (M=3.24 SD=0.69) which can be verbally interpreted as *Agree* and qualitatively described as *Acceptable*. The data implies that, in terms of the indicator related to the softness of the Coconut Meat Sisig, senior high school teachers generally express agreement. While the agreement may not be as strong as with some other indicators, the response indicates an acceptable and agreeable perception among the respondents.

On average, the level of Coconut Meat *Sisig*recipe among the senior high school teachers in terms of *Texture*(M=3.31 SD=0.67), can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.*This means that the texture of coconut meat *Sisig* recipe is highly accepted by the senior high school teachers. It can be inferred that the teachers generally share a positive and favorable perception of the texture of the Coconut Meat *Sisig*.

On the overall average, the level of acceptability of Coconut Meat *Sisig* recipe among the senior high school teachers(M=3.43 SD=0.57), can be verbally interpreted as *Strongly Agree* and qualitatively described as *Very Acceptable.*This means that the senior high school teachers highly accepted the new develop innovative *Sisig* using coconut meat as the main ingredient. The strong agreement implies a widespread acceptability and appreciation of the various attributes, including taste, aroma, and texture, contributing to the overall positive evaluation.

Table 3. *Significant Difference on the Level of Acceptability of Coconut Meat Sisig Recipe among the Senior High School Teachers when grouped to their Profile*

Profile	Factors	F	p-value	Decision	Interpretation
Age	Appearance	1.094	0.370	Do not reject Ho	Not Significant
	Color	0.580	0.634	Do not reject Ho	Not Significant
	Aroma	0.361	0.782	Do not reject Ho	Not Significant
	Taste	0.192	0.901	Do not reject Ho	Not Significant
	Texture	0.308	0.819	Do not reject Ho	Not Significant
Sex	Appearance	0.001	0.977	Do not reject Ho	Not Significant
	Color	0.000	0.987	Do not reject Ho	Not Significant
	Aroma	0.146	0.705	Do not reject Ho	Not Significant
	Taste	0.130	0.721	Do not reject Ho	Not Significant
	Texture	0.012	0.915	Do not reject Ho	Not Significant
Highest Educational Attainment	Appearance	0.903	0.454	Do not reject Ho	Not Significant
	Color	0.385	0.764	Do not reject Ho	Not Significant
	Aroma	0.310	0.818	Do not reject Ho	Not Significant
	Taste	0.562	0.645	Do not reject Ho	Not Significant
	Texture	4.075	0.017	Reject Ho	Significant

P-value < 0.05 = Reject Ho

Table 3 illustrates the significant difference on the level of acceptability of Coconut Meat *Sisig* recipe among the senior high school teachers when grouped to their profile. As to the significant difference between the *age* of the respondents and the variables *Appearance, Color, Aroma, Taste,* and *Texture,* findings revealed that there is no significant difference between these variables (p-values=0.370, 0.634, 0.782, 0.901, 0.819. respectively). It appears that the age of the respondents does not have a statistically significant impact on their evaluations of the appearance, color, aroma, taste, and texture of the Coconut Meat *Sisig* recipe.This lack of significance implies that individuals of varying ages within the population hold similar views and preferences regarding the sensory aspects of the Coconut Meat *Sisig*.Alkerwi, et al. (2015) conveys that the recipe's visual appeal, color, aroma, taste, and texture are likely perceived similarly across different age groups among the respondents.

As to the significant difference between the *sex* of the respondents and the variables *Appearance, Color, Aroma, Taste,* and *Texture,* findings revealed that there is no significant difference between these variables (p-values=0.977, 0.987, 0.705, 0.721, 0.915, respectively). It implies that both male and female respondents within the studied population tend to view the appearance, color, aroma, taste, and texture of the Coconut Meat *Sisig* recipe similarly.This suggests that the recipe has broad appeal, making it suitable for diverse audiences without the need for sex-specific modifications.

As to the significant difference between the *highest educational attainment* of the respondents and the variables *Appearance, Color, Aroma,* and *Taste,* findings revealed that there is no significant difference between these variables (p-values=0.454, 0.764, 0.818, 0.645, respectively). This means that there is no statistically significant distinction in how individuals with different levels of educational attainment perceive the sensory attributes of the Coconut Meat *Sisig* recipe, specifically in terms of appearance, color, aroma, and taste. It challenges the notion that "individuals with higher educational attainment might have distinct preferences or expectations on a certain dish (Christensen, 2020)".

As to the significant difference between the *highest educational attainment* of the respondents and the variable *Texture,* findings revealed that there is a significant difference between this variable (p-value=0.017). This means that there is a notable distinction in how individuals with different levels of educational attainment perceive the texture of the Coconut

Meat *Sisig* recipe.This significant difference may signify that individuals with higher educational attainment might have distinct preferences or expectations specifically related to the texture of the Coconut Meat *Sisig*. Leng, et al. (2016) suggests that individuals with varying educational backgrounds may approach the sensory aspect of texture with different perspectives or sensitivities.

VI. Conclusions

Based on the research findings, it can be concluded that the Coconut Meat *Sisig* recipe has garnered widespread acceptance among Senior High School teachers, with positive feedback on its appearance, color, aroma, taste, and texture. The innovative use of coconut meat as the main ingredient has proven to be well-received, indicating the dish's potential for positive integration into the culinary preferences of this target audience. Further, the Coconut Meat *Sisig* recipe appears to be universally well-received, with minor distinctions related to educational backgrounds in terms of texture of the dish.Continuous monitoring and feedback collection from Senior High School teachers can help refine the Coconut Meat *Sisig* recipe to evolving preferences, ensuring a sustained popularity and relevance.

VII. Recommendation

Based on the findings and the significance of this study, the following recommendations were suggested:

1. Consider promoting the Coconut Meat *Sisig* recipe as an innovative and appealing culinary option for school canteen, given its widespread acceptance among Senior High School teachers in terms of appearance, color, aroma, taste, and texture.

2. Explore opportunities to incorporate the Coconut Meat *Sisig* recipe into educational programs or workshops to enhance culinary diversity and expose students to alternative and nutritious ingredients.

3. Emphasize the dish's positive attributes, particularly its innovative use of coconut meat, in marketing materials to appeal to a broader audience beyond Senior High School teachers.

4. Acknowledge and address the observed distinction in texture perception based on educational backgrounds, suggesting potential adjustments or variations to the recipe to accommodate diverse preferences among individuals with varying levels of educational attainment.

IX. References

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