

EVALUATING THE LEVEL OF ACCEPTABILITY OF MILKFISH-BASED SIOMAI AMONG RESIDENTS AT BARANGAY SAN AGUSTIN, NOVALICHES, QUEZON CITY

ABSTRACT

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Food Science & Engineering

KEYWORDS

*barangay san agustin;
milkfish-based siomai; quezon
city; product acceptability;
novaliches; affordable food
alternatives*

ARTICLE ID

AASGBCPJMR-B61089

Siomai, a traditional Chinese dumpling commonly served as dim sum, has been widely adopted in Filipino cuisine. In the Philippines, siomai is typically made from ground pork, beef, or chicken, often mixed with extenders such as garlic and carrots and wrapped in wonton wrappers. However, frequent consumption of pork-based siomai may lead to elevated cholesterol levels and increased risk of cardiovascular diseases. Furthermore, overpriced siomai with insufficient meat portions has been observed in several communities. To address these concerns, this study aims to evaluate the level of acceptability of milkfish-based siomai as a healthier and more affordable alternative among residents of Barangay San Agustin, Novaliches, Quezon City. A descriptive research design was used to provide data through observation and participant feedback. Quota sampling was employed to ensure cost efficiency and accurate representation while maintaining an appropriate sample size. One hundred (100) residents were selected from the total population of 25,355 in Barangay San Agustin. Data were collected through survey questionnaires, which served as the primary research instrument for gathering reliable information on the respondents' evaluation of the milkfish-based siomai. The results showed that the milkfish-based siomai was rated as "Much Acceptable" in terms of appearance, with a weighted mean of 3.39. In terms of texture, the product received a weighted mean of 3.09, also interpreted as "Much Acceptable." However, the taste was rated lower, with a weighted mean of 2.30, and verbally interpreted as "Acceptable." Among the 100 respondents, 36% were aged 16 to 20 years old, and 56% were female. The majority identified as Catholic. Based on 82 recommendations and suggestions, the most common feedback (28%) was to add more vegetables to enhance the product's overall quality. The study concludes that the milkfish-based siomai is generally acceptable in terms of appearance and texture, with moderate acceptability in taste. These findings indicate that the product has potential as a healthier siomai variant, although improvements in flavor are necessary. Adjusting ingredient proportions, particularly through the inclusion of more vegetables, may further enhance the product's appeal. This study contributes to the development of nutritious and cost-effective food alternatives suitable for local communities.

RECOMMENDED CITATION

Alit, J. M., Belgado, J., Galleto, E. M., Quisel, J. L., Rioflorido, L., Santos, P., & Tatad, K. (2025). Evaluating the Level of Acceptability of Milkfish-Based Siomai Among Residents at Barangay San Agustin, Novaliches, Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(4), 99.