

# ECO-CULINARY TOURISM IN INDONESIA

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## INTRODUCTION

Culinary is all of the aspects related to food, started from the provision, preparation, and processing the ingredients until it becomes food; and also its presentation. The cuisine in certain place can attract the domestic and foreign tourists, so it creates more job vacancies and occupations in culinary field; at the end this leads to the improvement of economy and food security. For the city population, such as in Yogyakarta, a popular food named gudeg Yogya attracts many tourists and becomes one of the boosters to visit Yogyakarta City (Picture 1).

Picture 1. Gudeg Yogya as tourism-culinary attraction in Yogyakarta City  
(Gudeg Wijilan Yogyakarta)



Courtesy : Special

Since the demand toward *gudeg* is quite high, therefore this business is

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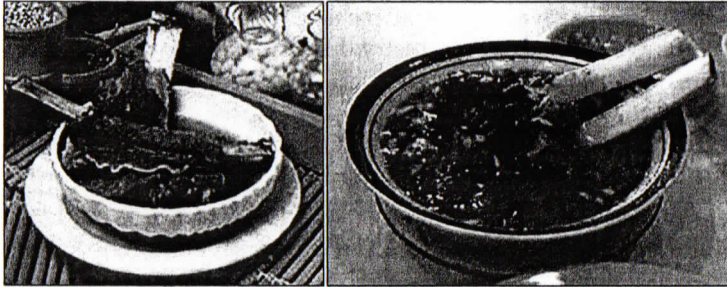
growing; like the provision of young jack fruit, coconut milk, eggs, tofu, *tempe*, chilli, and any other seasonings. Beside those businesses of main ingredients, the business of its outfits is also growing. The outfits are *kendil* (pot for *gudeg* container), banana's leaves, cardboard box, paper-wrap, and firewood. Furthermore, there are also some supporting businesses which surround small shop and *gudeg* restaurant like singing-beggar, keroncong music player, chips seller and also car and motorcycle park. This developing culinary business in many parts of Indonesia, directly and indirectly boosts the local people economy growth and influences the whole foodstuff security.

The tourism sector in Indonesia is an important and potential aspect to develop the economy development and increase the people's prosperity. This sector can produce foreign exchange and the benefit from many aspects increase the people's economy and wealth. In the last several years, The Ministry of Tourism and Economy Creative has done many efforts to attract foreign tourists. In 2013, some mega events are conducted to promote Indonesia tourism, both in the country and overseas countries, namely Tour de Singkarak V in West Sumatra, Festival Timoresia II in Ambon – Maluku, Sabang International Regatta II in Sabang Aceh, Wisata Ziarah in Surabaya – East Java, and etc. Besides that, the government has also developed specific tourism in history and culture, nature and ecotourism, culinary and shopping, sport and recreation, cruise ship and spa. Regarding to those developments, it is urgent to improve the infrastructure, connectivity and tourism access.

Up to now, the tourism sector development has not shown satisfying results, as seen from the infrastructure and its supporting aspects like improper public translation, unintegrated promotion, and the people's readiness to be visited by many tourists. In some tourism places in Indonesia, for example in area of Borobodur, there are many sellers who seem forcing the tourists to buy their goods or foods; though selling area has been provided. Somehow this condition shows that the local people do not understand yet what things liked/disliked by tourists.

In the future, tourism development should be created along with infrastructure restoration to easy access of finding food ingredients provision and services. A better access will increase the businessmen enthusiasm to do their individual/group efforts to attract visitors. In other words, special culinary attraction in certain regions should be preserved, since the tourist really like special, unique, quality and unforgettable things. For instance, *pepes ikan mas*, *pepes oncom*, *empal gepuk*, *mie kocok*, *siomay Bandung*, and many more, become most attraction of tourism destination for culinary lovers. In Makasar, there are Coto Makasar, otak-otak, sop konro, es palu hutung, and many more. While in Mataram, the tourists are presented with

Picture 2. Sop Konro as attraction from Makasar City



Courtesy : Special

By having 247 tribes, Indonesia has a huge ecoculinary potential to boost the tourism development. If every tribe and its cultural attributes become tourism attraction, therefore the culinary tourism will be an integrated package with that attraction. The events like City /Regency Jubilium can become a media to promote local culinary, which can be conducted in city hall or hotels, or also in various art or culinary festivals, conducted both by government or private (food industry or multinational companies) parties.

Picture 3. The Indonesian culinary promotion as attractions for local and foreign tourists



Courtesy : Special

The family prosperity indicator can be seen from the ability to fulfill family's need, like food, clothes, education, housing, protection, also affection and spiritual needs. While society prosperity level can be measured by seeing income per capita (economy aspect), the length of education year and number of illiterate (education aspect), and mortality and malnutrition rate (health and nutrition aspects). These three aspects are inter-related to each other. Hence, a society is considered advanced, if the economy sectors can improve the education ones, and then it can increase the health and then nutrition quality.

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However, these programs have not shown a great result. So that, the Ministry of Tourism and Creative Economy participates on program development by maintaining the maritime, forestry, history, mine, industry, and culinary tourism.

Culinary tourism can be used as one of the sectors to increase the society prosperity through the provision of ingredients (foodstuff and non-foodstuff) up to the serving process. In the production process, the cultivation process can be developed. For example, culinary tourism of *pepes ikan mas* can become a tourism attraction and also as a place for learning. The tourist will gain knowledge, especially from its cultivation process. In other words, the existence of culinary business can create many opportunities, like: (a) more job vacancies for local people so it will reduce the unemployment; (b) the local economy rotation caused by local and foreign tourists visit; (c) more economy activities, started from small-scale, medium-scale, and big-scale culinary business and also from non-formal and informal sectors; (d) more capable and competent personnel, started from chef assistant, chef and nutrition consultant; (e) more supporting business like non-foodstuffs and handmade products (container, packaging/label, tools for production and serving process, etc.).

Picture 4. Culinary business improves local economy rotation and provides more job vacancy



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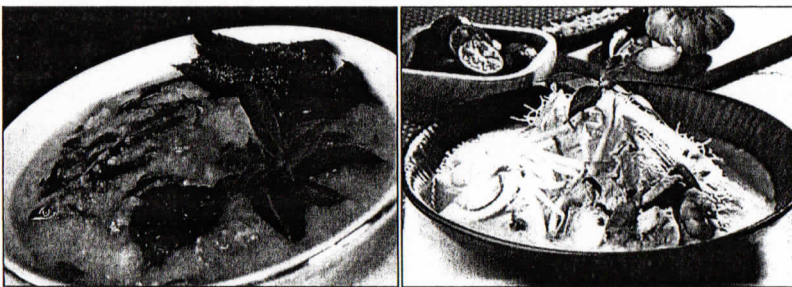
Through this writing, it is hoped that there will be more efforts to promote local culinary tourism, in order to attract local and foreign tourists, to create economy rotation (started from small-scale to big-scale business, and to synergy all of the tourism business personnel). Under the coordination and commitment of regional government, more policies concerning local tourism culinary is expected to be issued to enhance the local economy security, and it leads to foodstuffs security in each regions.

## THE POTENTIALS OF TRADITIONAL CULINARY IN INDONESIA

The traditional culinary in Indonesia is any food/beverages which has existed and passed by the ancestors to our generation nowadays. The processing steps and the food/beverages taste are still the same. The variety of traditional culinary in Indonesia is an enormous potency to support tourism in Indonesia. Based on its main ingredients and serving procedure, Indonesian traditional culinary in Indonesia can be classified into: (a) One pot cooking; (b) Processed Rice/Rice; (c) Side Dishes of Meats; (d) Side Dishes of Vegetable; (e) Vegetable and Fruits; (f) Non-flour Munchies (wet and dry); and (g) Beverages.

**One Pot Cooking.** One pot cooking or one dish meal is a cuisine served in one plate/bowl, where all of the side dishes are altogether in that "one plate". Even though it is served in one plate, but the need of carbohydrate, protein, fat, vitamin and mineral are expected to be fulfilled from this cuisine. This kind of cooking has been widely chosen because of its efficiency (time, power, and money). The examples of one pot cooking are kinds of porridge (chicken porridge, Manado porridge), fried rice, fried thin-rice noodle, fried noodle, *laksa*, *ketoprak*, vegetable *ketupat*, *rujakcingur*, kinds of *soto* and many more.

Picture 5. One Pot Cooking (a. Manado Porridge; b. Laksa Bogor)



Courtesy : Special

**Processed Rice/Rice.** Rice is main food of most Indonesian people. It is the main source of carbohydrate. Rice can be processed without any seasoning and can be combined with side dishes, and can also processed into tasty rice, like *nasi uduk*, *nasi kuning*, *nasi liwet*, *nasi gurihand* many more. Some examples of tasty rice are, as follows:

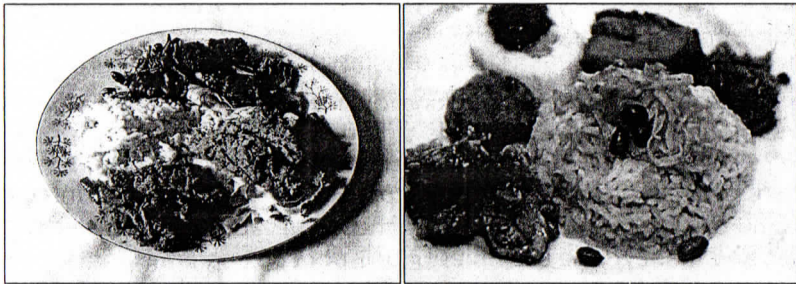
**Nasi Uduk (rice cooked in coconut).** This rice is tasty, so many people love it. To make *nasi uduk*, the rice is mixed with coconut milk, spices like ginger, laurellike leave, lemongrass and nutmeg seed. Once it is served, the fried

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served with fried chicken, empal, tofu or fried tempe, fried shrimp, and eaten raw like cucumber and basil leaves.

**Nasi Kuning (rice cooked with coconut milk and turmeric).** The taste of nasi kuning is similar to nasi uduk. Its yellow color is derived from the turmeric. It is usually served as tumpeng (cone shaped mound of rice surrounded by an assortment of other side dishes) in a ceremonial or feast. The side dishes are *perkedel*, omelet, *tempe*, fried *sambalati*, and *emping*, and eaten raw like cucumber and basil leaves.

Picture 6. Processed Rice/Rice (a. Yellow Rice; b. Aceh Tasty Rice)



Courtesy : Special

**Nasi Gurih (tasty rice).** This processed rice is popular in Medan and Aceh. This coconut milk-rice is similar to nasi uduk in Jakarta, but what makes it different is its color which is similar to *nasi tumpeng* or *nasi kuning*.

**Nasi Bogana.** It is originated from Tegal, which consists of plain rice mixed with *sambal goreng ati ampela*, *ayam suwir opor kuning*, *opor telur*, *tumis kacang panjang*, and *tumis cabai hijau*. This cuisine has already been served in several big cities in Indonesia, like Jakarta, Bogor, Bandung and Yogyakarta.

**Nasi Liwet.** The rice should be cooked in boiling water, which has been mixed with broth or coconut milk. Then it is served with fried sambal, opor ayam (Chicken cooked in coconut milk), and egg.

**Nasi Langi.** It is originated from Cirebon, which is served with *sambal goreng ati* (liver in chili sauce), *tempe goreng kering* (fried crispy tempe), *telur dadar yang diiris-iris* (chopped omelet), and ayam opor suwir. It will be more delicious if serundeng is spread over the rice.

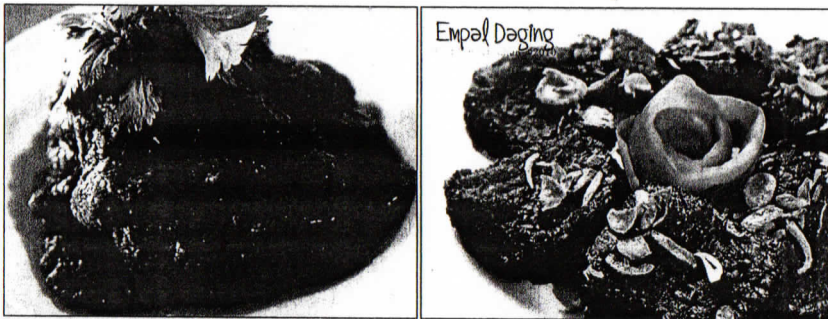
**Nasi Ulam.** This rice is originated from Jakarta or Batavia. It is served with *bihun goreng* (fried thin noodles), chopped omelet, and *semur kentang*.

**Nasi Krawu.** This rice is served in small portion and wrapped with banana leaves. Like *nasi langgi*, this one is also spread by serundeng. Even the serundeng has three kinds of colors, white, red, orange, or brown. The side dishes are chopped beef meat and *sambal terasi*.

**Side Dish of Meat.** The examples of meat side dish which are consumed by Indonesian people are beef, buffalo, sheep, chicken, duck, eggs, and kinds of fish. They can be processed in many ways, like fried, roasted, baked, made into soup or satay, or given cooking spices like *gulai*, *balado*, *rica-rica* and many more. This side dish can be categorized as: (a) Processed Meat; (b) Processed Chicken/Duck; (c) Processed Egg; and (d) Processed Fish.

**Processed Meat.** The most famous and widely accepted processed meat from Indonesia is rendang. It is originated from West Sumatra and has special taste because it is mixed with complete spices and thick coconut milk. Rendang is usually made from beef meat, but it is also possible to use the meat of sheep or buffalo. Other examples of traditional processed meats are *semur* (Java), *empal* (Java), *daging masak rica-rica* (Manado), *rawon* (Jawa), *sup konro* (South Sulawesi) and others.

Picture 7. Processed Meat (a. Rendang ; b. Empal Gepuk)



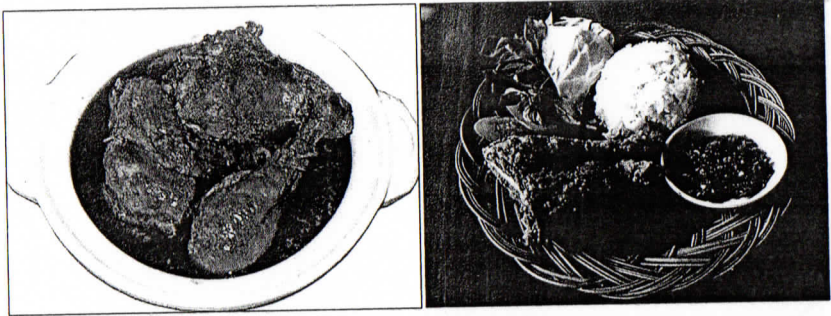
Courtesy : Special

**Processed Chicken and Duck.** There are many processed chicken and duck varieties, like *ayam tangkap* (Aceh), *gulai ayam* (West Sumatra), kinds of fried chicken from Java (Kalasan fried chicken, Ny, Suharti fried chicken, Mbok Berek fried chicken, etc.), *opor ayam* (Java), *ayam betutu* (Bali), *ayam Iloni* (Gorontalo), *ayam Taliwang* (West Nusa Tenggara), *ayam Cincane* (east Borneo). The unique taste makes each place interesting to visit; it is also very potential to be developed as culinary tourism to attract local and foreign tourists.

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The traditional processed duck from Indonesia is also various. They are fried and roasted duck (almost in all of Indonesia areas), *bebek cabai hijau* and *gulai bebek* (West Sumatra), *bebek rica-rica* (Menado). Alike the processed chicken, this processed duck is also potential to be developed as tourism culinary destination.

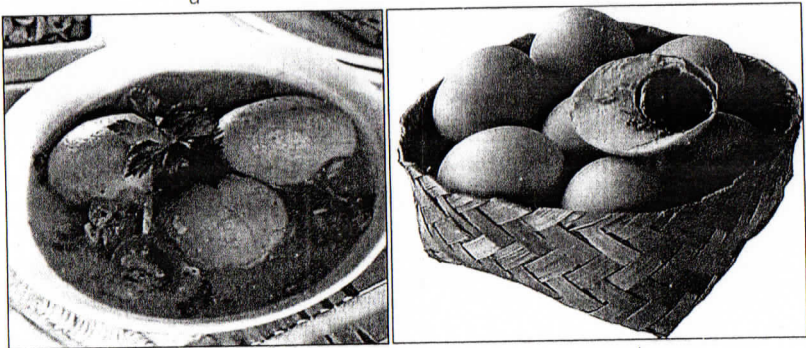
Picture 8. Processed Chicken and Duck (a. Gulai ayam; b. Fried Duck)



Courtesy : Special

**Processed Egg.** The various courtesies of specialities of processed egg are *telur Balado* and *rendang telur* (West Sumatra), *opor telur* (Java), *telur pindang* (Java), *telur bumbu petis* (Java), *telur asin* (Brebès), and many more. One of the processed eggs which is potential for souvenir is *telur asin* from Brebès.

Picture 9. Processed Eggs (a. Telur Balado; b. Telur Asin)



Courtesy : Special

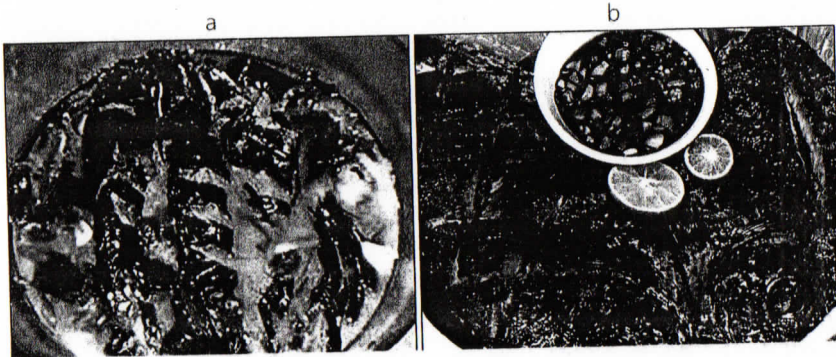
**Processed Fish.** As a maritime country, Indonesia has enormous fishery potency. There are a lot of fish varieties almost in all seas in Indonesia. Besides sea fish, Indonesia has also rich land fishery and brackish fishery. Interesting cuisines and processed fish



which are prospective to be culinary tourism. They are:

- *Fresh water fish*: *acar ikan mas* (goldfish pickles), *cobek* carp (gurame cobek), *lele penyyet* (penyset catfish, *mangut* catfish, *nila bakar bumbu kecap* (roasted Nile tilapia with soy sauce seasoning), *gurame bakar bumbu rujak* (roasted carp with rujak seasoning), *gurame goreng renyah* (crispy fried carp), etc.
- *Brackish water fish*: some processed *bandeng* (milkfish), like *bandeng asap sambel kecap* (smoked milkfish with soy sauce seasoning), *bandeng bumbu Bali* (milkfish with Bali seasoning), *bandeng kecap* (soy sauce milkfish), *bandeng kuah asam* (sour thin sauce milkfish), *bandeng tusuk bumbu Bali* (stick milkfish with Bali seasoning), and etc.
- *Sea water fish*: *baronang* (rabbit fish), *bawal* (pomfret fish), and *belanak* fish are fried or baked with soy sauce, Bali seasoning, and so on. Other sea food, like squid, shrimp, and crab are baked, mixed with sour-sweet sauce, and many more.

Picture 10. Processed Fish (a. *Mangut Lele*; b. *Baronang Bakar* (Fried Rabbit Fish))



Courtesy : Special

**Side Dishes from Plants.** The examples are *tofu*, *tempe*, *oncom*, which are made from soybean. The processing processes are fried both by using flour or not (Java), made into *bacem* (stewed in coconut sugar and spices, then deep fried), and *pepes* (wrapped in a banana leaf and steamed) (Java). The unique taste from those processed soybean can be used as tourism attractions.

Picture 11. Side Dishes from Plants a. *Tempe Goreng Tepung* (Fried Flour Tempe); b. *Pepes Tahu*

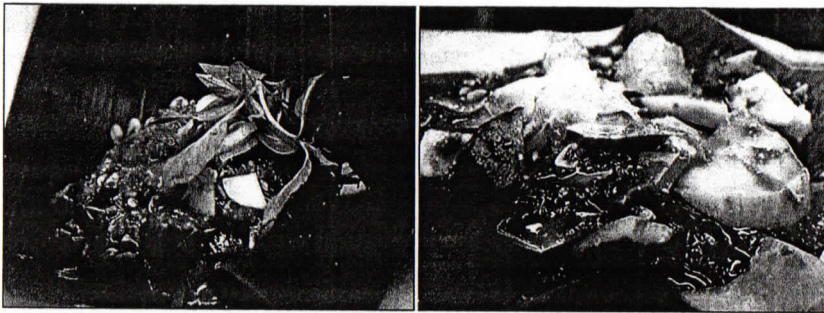


Courtesy : Special

**Vegetable and Fruit.** There are a lot of vegetable varieties like *sawi* (mustard green), *kol* (cabbage), *bayam* (spinach), *kangkung* (leafy vegetable), *kacang panjang* (long beans), *melinjo*, *buncis* (*string beans*) and more. The vegetables can be processed into clear watery soup, soup with coconut milk, or stir fried. Besides that, it can also be processed into *gado-gado* (salad of boiled vegetables dressed in a peanut-based spicy sauce), *pecel* (salad of boiled vegetables dressed in a peanut-based spicy sauce), *karedok* (salad of raw vegetables dressed in a peanut-based spicy sauce), *trancam* and many more. There are some favorites processed vegetables like *Daun Ubi Tumbuk* (North Sumatra), *Sayur Nangka*—Jackfruit Soup (West Sumatra), *Semur Jengkol* (DKI Jakarta), *sayur asam*—sour soup (West Java), *Gudeg*, *Trancam* and *Pecel* (Yogyakarta), *Pecel Semanggi* (Surabaya), *Pecel Madiun* (Madiun), *Plecing Kangkung* (Lombok), and *Sambel Pepaya*—Papaya Chili Condiment (Maluku) and also various kinds of *lalapan* (eaten raw vegetable) from Sundanese Land in West Java.

Indonesia fruits are usually eaten directly without many processing, but some fruits are processed into *manisan buah* (sweetened and preserved fruits), *asinan buah* (preserved fruits), *rujak ulek* or *rujak bebek*. The following fruits are made into *manisan* like mango, salak, (the fruits of *Zalacca palm*), *kedondong*, and *pala*. Moreover, the following are made into *asinan*, namely *bengkoang*, *kedondong*, unripe mango, *ketimun* (cucumber), *papaya mengkal*, and *jambu air* (water apple). Besides that, *rujak ulek* is usually made from fruits like *bengkoang*, *jambu air*, *papaya mengkal*, *kedondong*, *mangga mengkal*, and *mentimun*; while *rujak bebek* made from fruits like *mengkal*, *bengkoang*, *kedondong*, *jeruk bali* (Bali orange), *pisang batu* and *ubi jalar merah* (sweet potato).

Picture 12. Processed Vegetable and Fruit (a. Pecel ; b. Rujak Buah)



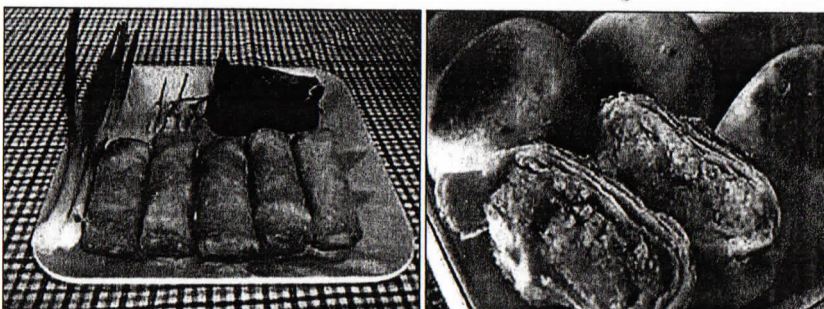
Courtesy : Special

**Munchies. The traditional Indonesia munchies cover cake and cookies.**

Some of the famous munchies are *roti cane dan martabak* (Aceh), *bika Ambon* (Medan), *Bolu Kojo* (Jambi), *Bolu 8 jam* (Sumsel), *Bolu Kemojo* (Riau), *Keripik pisang* (Lampung), *Gemblong* (Banten), *Roti buaya and Ongol-ongol* (DKI Jakarta), *Colenak and Peuyeum* (Bandung), *Tahu gejrot* (Cirebon), *Lumpia* (Semarang), *wajik dan getuk* (Magelang), *semar mendem*, *roti semirand* *jadah blondo* (Solo), *kue Cucur* (Surabaya), *jenang* (Ponorogo), *Wingko Babat* (Lamongan), *Bakpia*, *Gebleg*, *Geplak*, *Yangko* (Yogyakarta), *Brem* (Madiun), *kripik tempe* and *kripik apel* (Malang), *Suwar-suwir* (Bondowoso), *Amplang* (Samarinda), *kacang bali* (Bali), *Barongko*, *Jalangkote*, *Palu Butung*, *Pisang Ijo* and *Pisang Epe* (Makassar), *kue Bagea* (Papua) and many more.

Indonesian traditional munchies are very potential to be promoted because of its taste and varieties that can attract foreign tourists. One important thing to consider is its packaging to attract buyers. For a good example, interesting and practical packaging is Japanese munchies, so it attracts foreign tourists even though the taste is not very special.

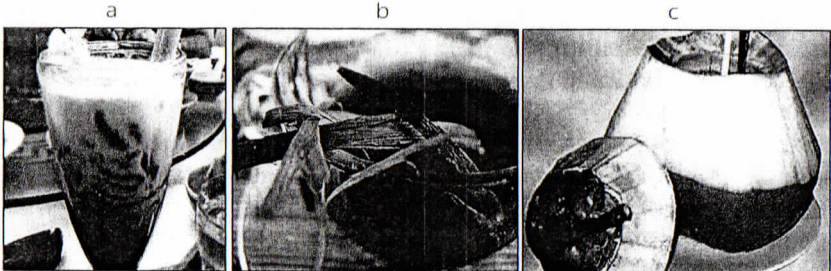
Picture 13. Traditional Munchies (a. Lumpia Semarang; b. Bakpia Yogya)



**Beverages.** There are many traditional beverages from Indonesia. Some famous beverages are *bir pletok* and *es doger* (DKI Jakarta), *Bajigur* (West Java), *Sekoteng* (Middle Java), *wedang Uwuh* (Yogyakarta), *wedang Angsle* and *wedang Cemoe* (East Java), *Bandrek* (Banten), *Kupi Ulee Kareng* (Aceh), *Talua* (East Sumatra), *es cendol* (Java), *es kelapa muda*, *kopi kowo-a* (West Sumatra) and many more.

Indonesian traditional beverages are very potential to be promoted because of its taste and varieties that can attract foreign tourists. It should also be noted that several Indonesian traditional beverages have been recognized as 50 most delicious beverages in the world. *Kelapa muda* ranks on 19<sup>th</sup> position, and *Es Cendol* ranks on 45<sup>th</sup> position.

Picture 14. Indonesian Traditional Beverages (a. Es Cendol; b. Wedang Uwuh; c. Es Kelapa Muda)



Courtesy : Special

## THE NUTRITION AND NUTRACEUTICAL POTENTIALS OF TRADITIONAL CULINARY IN INDONESIA

Indonesian traditional cuisine is plenty and it certainly has numerous nutrition and *nutraceutical* potentials. Generally, it is rich of fiber, vitamin, mineral, low of sodium and fatty acid. It is also healthy because of its *nutraceutical* contents. *Nutraceutical* is a foodstuff component which has beneficial nutrition for health. For example, West Java traditional food named *nasi timbel* is mixed with *gurame goreng*, *pepes oncom*, *pepes jamur*, *sayur asam*, and *lalab*.

*Ikan gurame* (fried carp) has good protein quality and non-fatty acid (omega 6). *Pepes oncom* and *pepes jamur* (mushroom) are technically healthy because it is processed by steaming. This kind of processing lessens small number of nutrition and less likely to bring danger contents compared to

frying and roasting. Then, *oncom* has isoflavon which benefits as antioxidant, while mushroom has fibre which benefits for digestion and avoiding high cholesterol. After that, *sayur asam* has many fibre, vitamin and mineral. Once it is served with orange juice, which contains vitamin C and *nutraceutical* limonene, it will be a perfect healthy dish.

The Indonesian traditional culinary usually uses spices which has *nutraceutical* and benefits the body. Many processed sea fish contains non-fatty acid, like fatty acid omega 3 and omega 6; and also they are good for heart's health. Besides that, if meat, chicken and egg are consumed in a balance portion, it will also beneficial for body since they contain iron (Fe), Zinc (Zn) and Selenium (Se). Those minerals function to keep the stamina and body's immune.

Foods made from soybean are nutritiously good and also *nutraceutical*, especially *tempe* which is fermented. By fermentating soybean, its nutrition is easier to digest. It also contains isoflavon (Diadzein, Genistein and Glycetein) which has benefits like anti-inflammation, anti-cancer, anti-allergic, and preventing osteoporosis. The isoflavon concentrate is various, but processes soybean (like tofu, *tempe* and *oncom*) contain good isoflavon.

The Indonesian vegetables and fruits contain rich fibre, vitamin, mineral and *nutraceutical* components. The vegetables which contain water-soluble like cassava leaves, *kangkung*, spinach, and *katuk* leaves are good for digestion system; while *cruciferous* vegetables like cabbage, cauliflower, broccoli and lettuce contain *Thiol*, which is good for carcinogen detoxification and other strange components. Moreover, the orange vegetables (like carrot, and tomato) and green vegetables (spinach, *kangkung*, cassava leaves, *katuk* leaf, and orange fruits like mango and pepaya) are rich of carotene (vitamin A) which are good for eye's health and immune system.

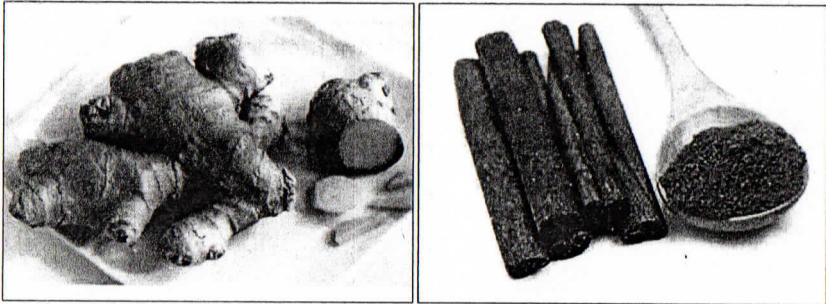
Indonesian traditional beverages like *Bajigur*, *Sekoteng*, *wedang Uwuh*, *Wedang Angsle*, *wedang Cemoe*, dan *Bandrek* are made from *nutraceutical* spices. Generally, this kind of beverage uses ginger and cinnamon. The ginger contains *nutraceutical* gingerol and shagoal which is beneficial for antioxidant. Some researches have also proved that ginger contains strong antioxidant. In addition, the cinnamon contains strong antioxidant, namely antioxidant glutation; then its oil has anti-microbe characteristic. The anti-oxidant characteristics of from those spices are beneficial to prevent oxidization of our body cells so we can avoid cancer.

Wedang Uwuh is not only made from ginger cinnamon; but it also uses the

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shavings of *kayu secang*, *cengkeh*(clove), *daun pala*(nutmeg leaves), *batang sereh*(lemongrass stem) and *orange leaves*. *Kayu secang* is popular in Sulawesi and used as dye to drinking water named *teh secang*. It is also used as an ingredient of making *bir pletok* (Batavian traditional beverage). This spice has contains red compound which popular as brazilin group compound. Brazilin is an antioxidant compound which is expected to protect the body from poison caused by chemical radical and has anti-inflammation effect. The *cengkeh* extract functions antioxidant and anti-hiperkolesterolemia because of its fenol, flavoniod, tannin, and eugenol compounds. Furthermore, the nutmeg fruit contains mirusticin which function as hepatoprotetor (protecting liver) and eugenol (to block fat peroxidation, and to improve certain enzymes activities).

Picture 15. Ginger and Cinnamon



Courtesy : Special

Picture 16. Clove Leaves and Secang Wood



Courtesy : Special

## THE VARIOUS CUISINES IN INDONESIA

The grouping of cuisines kinds in Indonesia is presented in the following Table 1-8. In Table 1, it can be seen kinds of *one pot cooking*.

**Mie Aceh (Acehnese Noodle).** This noodle is originated from China, since China and Aceh have cooperated since 13<sup>th</sup> Century. This noodle is then processed based on Acehnese's people appetite which derives from native, Arab, India and China cuisines.

Tabel 1. Various kinds of One Pot Cooking in Indonesia

No.	Origin		Name of Cuisine	Main Ingredients
	Province	City/Region		
1	D.I. Aceh	Banda Aceh	Mie Aceh	Noodle
2	Sumatera Utara (North Sumatra)	Medan	Lontong Sayur Medan	Rice
3	Sumatera Barat (West Sumatra)	Padang	Soto Padang	Beef meat
4	Jambi	Jambi	Mie Celor	Noodle
5	Sumatera Selatan (South Sumatra)	Palembang	Tekwan	Sago dan Fish
			Celimpungan	Sago dan Fish
			Laksan	Sago dan Fish
			Empek-empek	Sago dan Fish
6	Riau	Pekanbaru	Soto Pekanbaru	Noodle (Sago) and Salai Fish
7	DKI Jakarta	Jakarta	Soto Betawi	Meat
			Bubur ayam betawi	Rice
8	Jawa Barat (West Java)	Bandung	Ketoprak	Rice, Vegetable
			Mie Kocok	Noodle
			Soto Bandung	Beef Meat
		Bogor	Tauge Goreng	Bean sprouts
			Soto Mie	Beef Meat
			Soto Kuning	Beef Meat
			Cirebon	Mie Koclok
Cianjur	Tauge Tauco	Bean sprouts		
Purwakarta	Soto Sadang	Beef Meat		

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9	Jawa Tengah (Center Java)	Semarang	Soto Semarang	Meat
		Magelang	Kupat Tahu Magelang	Rice and Tofu
		Jepara	Soto Jepara	Chicken meat
			Timlo	Chicken, soun, egg
		Solo	Selat Solo	Beef Meat, Potato, Vegetable
		Soto Gading	Chicken	
10	Jawa Timur (East Java)	Surabaya	Lontong Balap	Lontong
			Rujak Cingur	Vegetable, cingur/ beef's snout
			Tahu Tek	Lontong and tofu
		Sidoarjo	Lontong kupang	Lontong and white shellfish
			Lontong Cecek	Lontong and beef's skin
10	Jawa Timur (East Java)	Lamongan	Soto Lamongan	Chicken Meat
			Tahu Campur	Beef meat, tofu and vegetable
		Jombang	Soto Dok	Meat and bean sprout
		Kediri	Soto Kediri	Chicken
		Banyuwangi	Rujak Soto	Lontong, vegetable
		Malang	Bakso Malang	Beef meat, tofu
			Soto Madura	Beef meat
		Madura	Kalsot (Kaldu Soto)	Mung bean and kikil
11	DI Yogyakarta	Yogyakarta	Tiwul	Cassave
			Bakmi Jawa	Noodle
			Soto Kadipiro	Chicken
12	West Borneo	Pontianak	Bubur Pedas	Rice
			Mie Sagu	Sago flour
13	South Borneo	Banjarmasin	Soto Banjar	Chicken
			Lontong Banjar	Lontong and vegetable
			Ketupat Kandan- gan	Ketupat dan ikan
14	South Su- lawesi	Makassar	Burasa	Rice
			Coto Makassar	Beefs innard



15	South East Sulawesi	Kendari	Sinonggi	Sago
			Kasoami (Soami)	Cassava
16	Gorontalo		Binte Biluhuta/ Milu Siram	Corn and fish
17	Center Sulawesi	Palu	Sup Ikan Jantung Pisang	Kakap fish and banana blossom
18	North Sulawesi	Manado	Bubur Manado/ Tinutuan	Rice and vegetable

**Rujak Cingur.** This cuisine is originated from Surabaya. In Javanese language, *cingur* means 'mouth', it is referring to the slice of beef's snout or mouth which is boiled and mixed to the food. *Rujak cingur* usually consists of fruits slices like cucumber, *krai* (East Java cucumber), young mango, pineapple, *kedondong*; and they are mixed with bean sprout, *kangkung* and long beans. All of those ingredients are mixed with sauce or seasoning made from the *petis udang* (condiment of the fermented shrimp), boiled water to dilute, sugar/brown sugar, chilli, fried peanut, fried onion, salt, and also thin slices of green young banana (*pisang kluthuk*). Then all of the sauce/seasoning is mixed by pulverizing.

**Coto Makassar.** This cuisine has a quite complex history. It was made from the nobleness and imagination of predecessor, which acculturated from many recipes and culture procession, and then it becomes one monumental cuisine in Indonesia. In the past, *Coto Makassar* was often served in Gowa Kingdom which was glorious in 1538. Nowadays, it can be easily found in many street small shop/stall. Apparently, *Coto Makasar* was influenced by Chinese food which came in the 16<sup>th</sup> century. It can be seen from the *tao-cosambal* (chili condiment) which is part of Chinese food science.

**Bubur Manado (Manado Porridge).** Bubur Manado or *Tinutuan* is originated from Manado, North Sulawesi. But some other says that it is special food from Minahasa, North Sulawesi. *Tinutuan* contains mixed vegetables and has no meat; therefore it can be used as association food between group people in Manado. It is usually served as breakfast with its side dishes.

Based on predecessor stories, in the Dutch colonization era, the people economy condition was very poor, so they found it hard to fulfill their foodstuff needs. Then, they creatively utilized the plantation production like pumpkin, sweet potato, papaya leaves, *kangkung*, corn and *gedi*, then all of them are mixed and cook with rice altogether. This food is now popular

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as *tinutuam*, porridge with vegetable varieties. In Table 2, it can be seen the processed rice in Indonesia. Some of their origin and history are explain on it.

Table 2. Various Kinds of Processed Rice in Indonesia

No.	Origin		Name of Cuisine	Main Ingredient
	Province	City/Region		
1	Jambi	Jambi	Nasi Minyak	Rice
2	Banten	Serang	Nasi Sumsum	Rice
3	DKI Jakarta	Jakarta	Nasi Goreng Kambing	Rice
4	Jawa Barat (West Java)	Bandung	Nasi Timbel	Rice
		Cirebon	Nasi Jamblang	Rice
5	Jawa Tengah (Central Java)	Semarang	Nasi Gandul	Rice
		Pekalongan	Sego Megono	Rice and young jackfruit
		Solo	Nasi Liwet	Rice and vegetable
			Cabuk Rambak	Rice
6	Jawa Timur (East Java)	Surabaya	Sego Sadukan	Rice
		Lamongan	Nasi Boranan	Rice/Corn
		Gresik	Nasi Krawu	Rice and beef meat
			Sego Roomo	Rice
		Banyuwangi	Sego Tempong	Rice, vegetable
			Sego Cawuk	Rice, vegetable, and scraped coconut
7	Kalimantan Barat (West Borneo)	Pontianak	Nasi Tomat	Rice, tomato
8	Sulawesi Utara (North Sulawesi)	Manado	Nasi Bungkus Manado	Rice

**Sega Jamblang (Jamblang Rice/ Nasi Jamblang in Bahasa).** It is special food from Cirebon, West Java. The name 'Jamblang' is derived from a city in the west of Cirebon city, the origin place of the food seller. This rice is wrapped by *jati* leaves, and it is served as buffet. The side dishes are *sambal goreng* (fried sambal), *tahu sayur* (tofu vegetable soup), *paru-paru* (pusu), *semur hati or daging* (stewed with spices liver or meat), *perkedel* (boiled and croquette), potato satay, fried egg/omelete, *semur ikan* (stewed with spices fish), salted fish, tofu dan *tempe*. Purportedly, this food was made for forced labor who built Daendels Highway (from Anyer to Panarukan, which crosses Cirebon Regency. At that time, it was wrapped by *jati* leaves to make it well-preserved and soft.

**Sego Megono (Megono Rice).** It is *nasi liwet* which is mixed with a slicing young jackfruit and *kecombrang*. This food is originated from Pekalongan. One may say that the color was pale and not attractive and it was made from rice crust. But nowadays, *Sego Megono* looks more interesting. It is not only mixed with young jackfruit, but also *rebung* (bamboo shoot), long beans, pumpkin, and young papaya; and certainly mixed with the same delicious seasoning. The young jackfruit is chopped and covered with tasty and spicy coconut seasoning. This vegetable is then mixed with cooked rice. Another thing, this food is served with *sambal jenggot* (beard sambal) which was made from scraped coconut fruit. This food is not interesting at the glance, but the taste is very delicious.

Generally, *Sego Megono* is served in a *pincuk* (folded-over banana leaf used as a container for portions of food). It indirectly explains that a portion of *Sego Megono* is 1 *pincuk*. In the past, *Sego Magono* is only served with salted fish; it might be at that time the condition was very poor. But now, the side dishes of *Sego Megono* are various, started from quail egg satay, roasted fish, squid, beef rib, *tempe mendoan* and tasty fried chicken. Pekalongan people generally consume it as breakfast menu.

**Nasi Liwet.** This food is originated from Solo. The taste is tasty (cooked with coconut), and served with pumpkin soup and *ayam suwir* (mince of chicken) and *areh* (a tasty seasoning made from coconut). The community in Solo usually consume nasi liwet in any time; it can be in breakfast time until dinner time. It is usually peddled by using *bakul bamboo* by some women who carry it every morning, or sold in *warung lesehan* (ground sitting small food restaurant). The most famous *nasi liwet* small shops in Keprabon area, which sells only at night.

In the Table 3, the various side dishes of meat in West Indonesia are explained. There is *Arsik* from Medan, a Bataknese special dish which becomes a symbol of life blessing. Its complete name is *Dan Dekka Na Niarsik or Ikan*

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made from *ihan* fish (which was only lived in Toba Lake). However, fishing this fish is restricted because it is considered as holy fish and can only be fished on Batakese custom ceremony. Therefore, this fish is popular as *Dekke si Tiho*, means Dekke the Holy Fish.

Table 3. Kinds of Side Dish from Animal in West Indonesia

No.	Origin		Name of Cuisise	Main Ingredient
	Province	City/Region		
1	D.I. Aceh	Banda Aceh	Ayam tangkap	Chicken
			Eungkot asam Keueng	Fish
2	Sumatera Utara (North Sumatra)	Medan	Arsik	Goldfish
			Dengke Mas na Niura	Goldfish
			Saksang	Pork or dog meat
3	Sumatera Barat (West Sumatra)	Padang	Rendang	Beef meat
			Kalio	Beef meat, chicken
			Dendeng	Beef meat
			Gulai Banak	Beef brain
			Asam Padeh	Fish, beef meat
4	Jambi	Jambi	Tempoyak	Durian and fish
5	Bengkulu	Bengkulu	Bagar Hiu	Shark fish
			Ikan Pais	Fish
6	Sumatera Selatan (South Sumatra)	Palembang	Pindang Ikan Patin	Pangasius fish
7	Riau	Pekanbaru	Sate Senapelan	Pangasius fish
8	Lampung	Bandar Lampung	Seruit	Fish
9	Banten	Serang	Sate Bandeng	Milkfish
10	DKI Jakarta	Jakarta	Pecak Gurame	Carp fish
			Gabus pucungcak	Gabus fish
11	Jawa Barat (West Java)	Bandung	Pepes Ikan Mas	Goldfish
		Cirebon	Empal Gentong	Beef meat
		Purwakarta	Sate Maranggi	Beef meat

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12	Jawa Tengah (Central Java)	Semarang	Bandeng Presto	Milkfish
		Tegal	Sate Tegal	Sheep meat
		Jejara	Sate Kikil	<i>Kikil</i>
		Solo	Garang Asem	Chicken
			Tengkleng	Sheep meat
			Tongseng	Sheep meat
			Sate buntel	Sheep meat
13	Jawa Timur (East Java)	Surabaya	Rawon	Beef meat
		Ponorogo	Sate Ayam Ponorogo	Chicken
		Gresik	Otak-otak Bandeng	Milkfish
			Keropok Bandeng	Milkfish
			Sate Kijing	<i>Kerang Sipping</i>
			Oseng-oseng Sipping	<i>Kerang Sipping</i>
		Kerang Dodo	<i>Kerang Genteng</i>	
		Ponorogo	Sate Ayam Ponorogo	Chicken
		Kediri	Sate Bekicot	Escargot
		Madiun	Sate Kelinci	Rabbit
Madura	Sate Laler	Sheep meat/chicken meat		
14	DI Yogyakarta	Yogyakarta	Mangut Lele	Catfish
			Oseng-oseng Mercon	Beef bones
			Sate Klatak	Chickem
15	Kalimantan Barat (West Borneo)	Pontianak	Sotong Pangkong	Squid
			Sate Kepah	Cockle Sheels
			Burung punai goreng/ bakar	Punai Bird
16	Kalimantan Tengah (Center Borneo)		Bangamat/ paing	Bats
			Wadi	Fish or pork
			Sala Lauak	Ricce flour and salted fish

According to Batak culture observer, *Arsik* is given to someone in order to make him/her pure, both in heart and behavior. The fish size is varied; the

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adult's hand span. Because this fish is getting rare, therefore it is changed into goldfish. Goldfish is chosen because it swims forward in a group without slamming each other. The philosophy is those who eat this fish will live harmoniously until the end of their life. Besides of its economical reason, goldfish is easier to cultivate, so it should always be present in Bataknese custom ceremony.

There is also a change in its serving. In the past, it was soaked in *lalang* which had been softened to lose the fish odor and mucurs. Then its innards were taken and changed with various seasoning, like Batak onion, *andaliman*, *mobe* (Batak tamarind) and boiled with salty water until dries. Unlike *dekke na niarsik* nowadays, it uses turmeric to make it watery and salty.

However, the *dekke* serving cannot be done perfunctorily, because of its cultural values. The served *dekke* should be intact from head to tail, even its scales. This value describes a whole picture of people life. Moreover, its head should face the people who will receive it. If there are more than one fishes, then they should be put in line. In Bataknese language, it is called *dekke si munder*. The value means that the family who receive the fish are hoped to walk altogether, and when some obstacles rise, then it should be overcome by all family members. *Na niarsik* can also be given to anyone who asks for health recovery to God. In another custom activity, like *sulang-sulang pahoppu* (giving foods to grandmother and grandfather), this kind of food is also required.

**Rendang.** This side dish is spicy and made from meat by using some seasonings and spices. It is processed by heating it up with coconut milk for many times. It takes about 4 hours until the water vaporized and the meat become black in color. In room temperature, *rendang* can be preserved for weeks. Besides that, the *rendang* which cooks in a shorter time and still contains coconut water named *kalio* and its color is brownish gold. *Rendang* can be found in all *Rumah Makan Padang* all over the world and it is very popular in Indonesia, and South East Asia contries like Malaysia, Singapura, Brunei, Philipine and Thailand. Furthermore, in its origin place, Minangkabau, *rendang* is served in many custom ceremonies and special occasion. In the year 2011, *rendang* is appointed one the first rank of *World's 50 Most Delicious Food*, conducted by CNN International. Traditionally, *rendang* has noble position in Minangkabau culture, its philosophy named *musyawarah* and *mufakat* are derived from four main ingredients which symbolize the unity of Minang people, as follows:

- *Dagiang* (beef meat), as symbol of *Niniak Mamak* (the tribe leader);
- *Karambia* (coconut), as symbol of *Cadiak Pandai* (intellectuals);
- *Lado* (chili), as symbol of *Alim Ulama* (who is firm in teaching religion)

rules); and

- *Pamasak* (seasoning) as symbol of whole Minangkabau people.

In Minangkabau tradition, *rendang* is a compulsory dish in every special occasion, like Minangkabau custom ceremony, ritual meal, and welcoming honorary guests. In Melayutradition (Riau, Jambi, Medan or Semenanjung Malaya), *rendang* is special dish served in *khitanan* (circumcici ceremony), birthday party, wedding, *barzanji*, Ied Fitri, and also Ied Adha.

The following Table 4 explains many kinds of side dishes in Central and East Indonesia. Some of them are completed with its history.

Table 4. Kinds of Side Dish from Animal in Center and East Indonesia

No.	Origin		Name of Cuisine	Main Ingredient
	Province	City/Region		
1	Kalimantan Timur (East Borneo)	Samarinda	Ayam Cincane	Chicken
2	Bali	Denpasar	Lawar	Meat, young jackfruit, young papaya
			Ayam Betutu	Chicken
			Babi Guling (Be Guling)	Pork
			Sate Plecing	Meat
			Sate Lilit	Meat
			Be Pasih Mesambel Matah	Sea Fish
3	Nusa Tenggara Barat	Lombok	Ayam Taliwang	Chicken
			Sate Bulayak	Beef meat
			Sate Rembiga	Beef meat
3	Nusa Tenggara Barat	Lombok	Sate Tanjung	Cakalang or Langoanfish
			Bebalung	Beef/sheep rib
4	Nusa Tenggara Timur	Flores	Sate Kerang Belawar	Green shellsfish
			Se'i Babi	Pork
			Tongkol Bakar Asap	Tongkol Fish
			Lawar Sarden	Sardenis
			Pelepah Manuk	Chicken meat
			Kerang Masak Sem-boko	Shellfish meat
			Dendeng Sapi	Beef meat

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5	Sulawesi Selatan (South Sulawesi)	Makassar	Sop Konro	Beef meat
			Pallu Kaloa	Lemuru Fish
			Ulu Juku	Head fish
			Sop Kikil	Kaki sapi
		Toraja	Pa'piong	Pork
			Pantollo'pamarasan	Pork
6	Sulawesi Tenggara (East West Sulawesi)	Kendari	Sate Tambulinas	Pork
			Sate Pokea	Snaol (Pokea)
7	Gorontalo		Ayam Iloni	Chicken
			Illabulo	Chicken gizzard
			Dabu-dabu Lo Sagela	Head fish
			Sup Ikan Bilendhango	Kembung Fish
8	Sulawesi Tengah (Central Sulawesi)	Palu	Palumara	Fish
			Kaledo	Beef bones
			Ikan Bakar Khas Palu	Sea fish
			Uvempoi	Beef bones
			Uta Dada	Fish or chicken
			Duo	Fish
9	Sulawesi Utara (North Sulawesi)	Manado	Cakalang Fufu	Cakalang Fish
			Sambal Ikan Roa Manado	Roa fish
			Paniki	Bats
			RW	Dog meats
			Babi isi Bulu	Pork
			Sambal Bakasang	Egg Fish
10	Maluku	Ambon	Ikan Asar	Cakalang/ Tongkol Fish
			Gohu Ikan	Tuna Fish
			Ikan Colo-colo	Fish
11	Maluku Utara (North Maluku)	Ternate	Kohu-kohu	Tongkol/ Teri Fish
			Getang Kenari	Kenari Crab
			Ikan Kuah Garam	Fish
12	Papua	Jayapura	Sate Ulat Sagu	Sago Caterpillar
			Ikan Kuah Kuning	Cakalang/ Tuna Fish
			Ikan Asap	Fish
			Aunu Senebre	Teri fish rice
			Anuve Habre	Cakalang Fish
			Ikan Bakar Manokwari	Tongkol fish



**Betutu.** This side dish is made from whole chicken or duck which contains certain seasoning then it is roasted. Betutu is popular in all Bali regencies. One of the producers is Melinggih Village, in Kecamatan Payangan, Gianyar Regency, This food is also a special dish from Gilimanuk. Betutu is usually served in religious and custom ceremony and also served and sold. The consumers are not only Bali people but also foreign tourists who visit Bali, especially in certain places like hotels and restaurants.

**Sup Konro** This dish is not as popular as Coto Makasar, but this soup is favorite menu for culinary lover in Angin Mamiri City (South Sulawesi). Its soupy food and its color is black brownish and made from beef rib. Since 1960s, this soup was popularized by Mr. Hanafi. He was a teacher, but then starting this business in a blue tent near Karebosi Field, Makassar. Less than 8 years, this business is growing fast. The delicacy of this soup is known to other cities. Since the customers were increasing, Mr. Hanafi changed its blue tent into restaurant. In 1990s, he moved to Jakarta and he successfully built a branch restaurant there. After that, he also opened another branch in Surabaya. Seeing his success, the people in Makassar are interested to run the same business. Now we can easily find *sup konro* in a stall and also restaurant.

Nowadays, the *Sup-Konro* is also usually served in two ways, soupy or non-soupy. The non-soupy one consists of *Sup Konro Bakar* and *Sup Konro Rica-rica*. Even though they are different in serving, but all of them still use the same seasoning and spices. The seasoning and spices are kidney bean, onion, *cengkeh*, chilli, cinnamon, *pala*, turmeric, *ketumbar*, pepper and *kluwak*. Each of them has different taste, color and aroma, therefore its unity create new taste which increase the appetite. Seeing this phenomenon, this business gets a National Award in UKM Pangan Award 2011, in The Best Taste Category.

The kinds of side dishes from plants can be seen in Table 5. Unlike with the previous side dishes, this one is limited to processed soybean products like *tofu*, *tempe*, *oncom*, and only certain regions consume it.

Tabel 5. Kinds of Side Dish from Plants in Indonesia

No.	Origin		Name of Cuisine	Main Ingredient
	Province	City/Region		
1	West Java	Bandung	Pepes	Tofu, oncom
2	Central Java	Solo	Tahu Acar	Tofu
		Purwokerto	Mendoan	Tempe and tofu

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3	East Java	Kediri	Tahu Pong	Tofu
4	DI Yogyakarta	Yogyakarta	Brongkos	Tofu, tempe and kolo nuts
			Bacem	Tofu and tempe

**Mendoan.** The name mendoan is derived from Banyumasan language, *mendo* means half-cooked or soft. So mendoan means cooking with a lot of hot oil in short time, so the tempe will be half-cooked. *Tempe* and tofu are usually cooked this way. Mendoan is usually served when it is still hot, accompanied with chilli or chilli soysauce. It can also be served as side dishes or munchies in a spare time with coffee or tea.

Sayur Brongkos. This is a popular processed food in Java, especially in Yogyakarta, because it is an inheritance food. This food is interesting both for local and foreign tourists. The main ingredients are tofu, tempe, and tolo nuts. In the Table 6, the kinds of vegetables in Indonesia are explained. Apparently, compared to other vegetables dishes, sayur brongkos does not have many variations. The other examples of certain vegetables from specific places are Daun Ubi Tumbuk, Semur Jengkol, Pecel Madiun, Gudeg dan Plecing Kangkung.

Table 6. Kinds of Vegetables in Indonesia

No.	Province	Origin City/Region	Name of Cuisine	Main Ingredient
1	D.I. Aceh	Banda Aceh	Pliek U	Long beans
			Asam Sunti	Jackfruit and sweet potato leaves
2	Sumatera Utara	Medan	Daun Ubi Tumbuk	Cassava leaves
3	Sumatera Barat	Padang	Sayur Nangka	Jackfruit
4	DKI Jakarta	Jakarta	Semur Jengkol	Jengkol
5	Jawa Barat	Bandung	Sayur Asam	Vegetables

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6	Jawa Timur	Surabaya	Semanggi	Semanggi leaves
			Pecel Surabaya	Vegetable
		Gresik	Kothokan	Coconut milk
		Kediri	Pecel Sambel Tumpang	Vegetable, tempe and coconut milk
		Madiun	Pecel Madiun	Vegetable and peanut
7	D.I. Yogyakarta	Yogyakarta	Gudeg	Jackfruit
8	Kalimantan Tengah	Pontianak	Juhu Singkah	Young rattan
			Juhu Umbut Sawit	Young coconut
			Botok Daun mengkudu	Mengkudu leaves
			Kalumpe/ Karuang	Cassava leaves
9	Kalimantan Selatan	Banjarmasin	Tumis kacang Banjar	Long beans
			Gangan Asam Banjar	Fish or chicken liver
			Mandai	Inner skin of tiwadak
			Kalumpe/ Karuang	Cassava leaves
10	Bali	Denpasar	Srombotan	Young botor fruit, bean sprout, cabbage
11	Nusa Tenggara Barat	Lombok	Plecing Kangkung	Kangkung
			Ares	Banana stem
			Beberuk Terong	Eggplant and tomato
12	Nusa Tenggara Timur	Flores	Catemak Jagung	Corn
			Rumpu-rampe	Banana blossome and leaves
13	Sulawesi Tengah	Palu	Uta Kelo	Merunggang leaves and coconut milk
14	Maluku	Ambon	Sambal Pepaya	Papaya
			Acar Kuning	Vegetables
			Ulang-ulang	Vegetables
15	Maluku Utara	Ternate	Ulak-ulak	Kangkungand papaya flower

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**Sayur Daun Ubi Tumbuk.** This processed vegetable is very special from Medan. It is made from sweet potato leaf, onion, garlic, chilli, ginger, candlenut, ginger plant, lemongrass, *tekokak/leunca/rimbang*, *kecombrang/kincung*, *ikan teri nasi*, *ikan asap/saleh*, and coconut milk

**Semur Jengkol.** This processed vegetable is originated from Batavia, Jakarta. It is very popular in the entire of Indonesia. The most important thing in making *semur jengkol* is accuracy in its seasoning to make it absorbed with the other seasoning.

**Pecel.** This processed vegetable is similar to salad, namely mixed of vegetables and given topping. The difference is that salad uses mayonnaise as topping, while *pecel* uses sambel *pecel*. *Nasi pecelis* usually served with rice. But if someone is doing diet, therefore the white rice can be replaced with red rice. But, when it is served without rice, it is named *pecelan*. The serving technique can be used plate or *pincuk* (a folded-over banana leaf used as a container for portions of food). While *sambel pecel* is the main part to determine whether the *Nasi Pecel Madiun* is delicious or not. Many people name it as *sambel kacang* as it is made from peanut. The *sambel pecel* is made from peanut, chilli, small lime leaf, onion, Java tamarind, *kencur*, pepper, sugar, and salt. Before it is processed into sambel, the peanut should be fried first. The aroma of small lime leaf is a special item of *Sambel Pecel Madiun*. The level of spicy depends on each person's appetite.

Spinach, bean sprouts, long beans, basil, turi flowers, cucumber are the vegetables which are often used for making *pecel*. Generally, those vegetables are boiled first, but to keep them green and fresh, it is better to only dip them to hot water for 2-3 minutes. But the basil and cucumber are fresher if it is served raw. Moreover, *nasi pecel* is also served with side dishes like fried *tempe*, *rempeyek kacang* (peanut cracker), *ebi*, *kedele* and *teri* or *lempeng beras*. It can also be served with some additional dishes like *tahu*, *bakwan jagung*, egg, fried chicken, or any other dishes.

**Gudeg.** This processed vegetable from young jackfruit becomes a compulsory food for those who visit Yogyakarta. The sapped *Gori* (young jackfruit) is cleaned and cooked in a seasoned and spiced coconut milk for hours. After it is cooked, *gori* becomes soft and a bit sweet. It is usually served with spicy *sambel goreng kerecek* (beef skin), *telur pindang*, tofu, *tempe bacem*, and *ayam opor/ayam bacem*. In the final touch, *gudeg* is poured by tasty *areh* to make the taste special.

**Plecing Kangkung.** This processed vegetable is originated from Lombok. It consists of boiled *kangkung* and served cold and fresh with tomato sambal, which is made from chilli, salt, tomato, and *terasi* (condiment made from pounded and fermented shrimp or small fish), and sometimes it is given lime rops. As side dishes of *ayam taliwang*, *plecing kangkung* is usually served with additional vegetables like bean sprout, long bean, fried peanut, or *urap* (grated coconut with spices). *Kangkung* used for this cooking is very special. It should be a *water kangkung* which is planted in a river with flowing water and produced big stems *kangkung*.

The following Table 7 describes various kinds of munchies in West Indonesia. It consists of dry munchies (like chips) and wet cakes. Some munchies use the name of its origin. For instance, Martabak Aceh, Dodol Garut and Lumpia Semarang. However, there is also a munchy which uses the name of different place, like Bika Ambon from Medan.

Table 7. Kinds of Munchies from West Indonesia

No.	Origin		Name of Cuisine	Main Ingredient
	Province	City/Region		
1	D.I. Aceh	Banda Aceh	Roti Cane	Flour
			Martabak Aceh	Flour and egg
			Meuseukat	Flour
2	Sumatera Utara	Medan	Bika Ambon	Egg
			Kue Lampet	Rice flour
			Kue Pohulpohul	Rice flour
3	Sumatera Barat	Padang	Keripik Sanjai	Cassava
			Galamai	Sticky Rice
4	Jambi	Jambi	Bolu Kojo	Egg
5	Bengkulu	Bengkulu	Kue Tat	Tepung Gandum
6	Sumatera Selatan	Palembang	Bolu 8 Jam	Egg
7	Riau	Pekanbaru	Bolu Kemojo	Labu Manis
8	Lampung	Bandar Lampung	Keripik Pisang	Pisang
9	Banten	Serang	Gemblong	Glutinous rice
10	DKI Jakarta	Jakarta	Roti Buaya	Flour

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11	Jawa Barat	Bandung	Colenak	Cassava
			Peuyeum	Cassava
		Bogor	Asinan Bogor	Vegetable and fruit
		Cirebon	Tahu Gejrot	Tofu
		Cianjur	Manisan Cianjur	Fruits
		Garut	Dodol Garut	Flour and brown sugar
12	Jawa Tengah	Semarang	Tahu Bakso	Tofu
			Lumpia Semarang	Rebung, egg
		Magelang	Wajik	Glutinous rice
			Getuk	Cassava
		Jejara	Tawur	Corn
		Solo	Semar Mendem	Glutinous rice
			Roti Semir	Wheat flour
			Jadah Blondo	Glutinous rice and coconut milk
Carang gesing	Banana			

**Bika Ambon.** It is a munchy made from eggs, sugar, coconut milk, and usually sold pandanus flavor (even though there are also other flavors like durian, cheese and chocolate). *Bika Ambon* is inspired from Malayan cakes named *Bika* or *Bingka*. Then it is modified with *nira/tuak enau*, so it has hollow and space. This cake was firstly sold and popular in the crossroad of Jalan Ambon – Sei Kera Medan. Nowadays, it is popular as gifts from Medan, North Sumatra. Apparently, the name bika Ambon was taken from bika produced in Jalan Ambon, Medan. Then, the people are accustomed to call it that way.

**Keripik Sanjai.** This munchy is made one of processed cassava which is originated from West Sumatra. This chip is crispy, tasty, spicy and delicious. The making of these chips is started from peeling, washing, slicing, and frying. Besides those processes, there are more processes which is intended to improve the packaging and final taste, like soaking, dipping in hot water, drying, and many more.

**Tahu Gejrot.** It is Cirebonese munchy which can easily found in other cities like Jakarta, Bandung, Bogor, and many more. It is not only about its unique name, but is also about its tasty and spicy delicious taste. That is why *tahu gejrot* is considered as unique food. The tofu is taken and made in Cirebon. The outer skin taste of the tofu is plain and has more rough texture compared

Besides slices of tofu, there is also sambal gravy which is mixed with salt, onion, garlic, brown sugar and chilli. All of them are pulverized roughly in a container (*cobek* made from tanah liat) and water mixed soysauce and brown sugar are poured into the tofu. This brownish gravy—which penetrates to the tofu—makes tahu gejrot very delicious.

**Dodol Garut.** This sweetmunchy is originated from Garut, West Java. The main ingredients are flour/wheat flour, coconut milk, brown sugar/sugar and salt. The difference is that Dodol Garut modifying the main ingredients and utilizes other ingredients like chocolate and fruits. So that it has various kind of taste. The fruits used as modifier are squash (red pumpkin), potato, peanut, papaya, pineapple, *durian*, soursop, tomato, *wijen*, and many more. Dodol Garut has been known since the era of Dutch colonization. At that time, many Dutch women were capable in making dodol, both for sale and self-consumption. In the year 1926, this industry started to develop. Even though it has simple packaging, this commodity keeps developing because of its specific taste, and moreover its price is also affordable. Nowadays, dodol has been produced modernly, so it has reached overseas market like Brunei, Malaysia, Japan, Saudi Arabia, Singapore, and England.

**Lumpia Semarang.** This munchy is kind of rissole which contains *rebung*, eggs, chicken meat or shrimp. The taste is like the unity of Tionghoa and Indonesian foods, since it was made for the first time by Tionghoa descent who married to Indonesian and they stayed in Semarang, Central Java.

**Getuk.** (Javanese: *gethuk*). It is kind of snack which is made from cassava. This snack is easily found in Central Java and East Java. The making of getuk is started from peeling, steaming/boiling, ground and given sweetener and food coloring. Then, it is usually served with the rasp of coconut. Moreover, Getuk Magelang has different appearance and texture which is different with the common *getuk*. Usually it has three colors namely white, chocolate and pink; and it also has chewy texture.

**Bakpia.** This Yogyakarta munchy is made from the mixing of mung bean and sugar. It is covered by flour and then roasted. The name *bakpia* is derived from Hokkian dialect, namely *bak* which means meat (generally pork) and *pia* which means cake. Then it literally means breads contain meats. In some places in Indonesia, it is known as *pia* or *kue pia*. Bakpia is one of popular food in Chinese or Tionghoa family. Another kind of famous bakpia is from Pathuk in Yogyakarta. Considering that most of Yogya people are Muslim, therefore the pork is changed into mung bean. Now, the taste of bakpia is various, started from chocolate, cheese, *kumbu hijau* and *kumbu hitam*.

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In Table 8, it can be seen kinds of munchies in Central and East Indonesia.

Table 8. Kinds of Munchies from Central and East Indonesia

No.	Origin		Name of Cuisine	Main Ingredient
	Province	City/Region		
1	Kalimantan Selatan	Banjarmasin	Amparan Tatak	Pulverize rice
2	Kalimantan Timur	Samarinda	Amplang	Tapioca flour and fish
			Gula Galit	Brown sugar and sugar
			Keminthing	Wheat flour
3	Bali	Denpasar	Lempok Durian	Durian
			Rujak Kuah Pindang	Fruits and broth of pindang fish
			Ongol-ongol	Sago flour
4	Nusa Tenggara Barat	Lombok	Kacang Bali	Nuts
			Iwel	Glutinous rice
5	Nusa Tenggara Timur	Flores	Dodol Rumput Laut	Seaweed
			Onde-onde Singkong	Cassava and brown sugar
6	Sulawesi Selatan	Makasar	Barongko	Banana
			Jalangkote	Wheat flour
			Palu Butung	Green banana
			Pisang Ijo	Pisang Raja (large sweet banana)
		Toraja	Pisang Epe	Banana
7	Sulawesi Tenggara	Kendari	Deppa Tori'	Wheat flour
			Baruasa Mete	Mende cashew
8	Gorontalo		Sabongi	Banana and cassava



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9	Sulawesi Utara	Manado	Kokole	Corn
			Gohu	Papaya
			Lalampa	Glutinous rice and cakalang fish
			Panada	Wheat flour and cakalang fish
			Balapis Manado	Wheat flour and canary
			Pisang Goroho	Banana
			Dodol Manado	Pulverize rice
			Kue Lampu-lampu	Wheat flour
			Apang	Young coconut
10	Maluku	Ambon	Asida	Wheat flour
			Kue Serut	Sago flour
			Pisang Rampai	Pisang Raja (large sweet banana)
11	Maluku Utara	Ternate	Halua Kenari	Brown sugar and canary
			Kue Apem Ternate	Wheat flour
12	Papua	Jayapura	Kue Sagu/ Bagea	Sago flour
			Sagu Lempeng	Sago
			Eurimoo	Sago flour and banana
13	Papua Barat	Fakfak	Martabak Sagu	Sago
			Manisan Buah Pala	Nutmeg fruit

**Kerupuk Amplang.** This munch is originated from East Borneo, and it is also popular as *Kerupuk Kuku Macan*. The taste is delicious and tasty, because it is made from mackerel fish and sago. The mackerel fish can be replaced with another fish, but the taste will be different. This munch is better enjoyed in spare time.

**Pisang Ijo.** This munch is more popular as *Es Pisang Ijo*, since it is usually found during Ramadhan. It is similar to another munch in Makasar named *pallu butung*. The difference is that the banana in *pallu butung* is not covered with green flour outer, even though they are made from banana.

In Table 9, it is depicted kinds of traditional beverages in Indonesia, as

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follows:

Table 9. Kinds of Traditional Beverages in Indonesia

No.	Origin		Group	Name of Cuisine	Main Ingredient
	Province	City/Region			
1	D.I. Aceh	Banda Aceh	Beverages	Kupi Ulee Kareng	Coffee
				le Boh Timon	Cucumber and lime
2	Sumatera Utara	Medan	Beverages	TST (Teh Susu Telur)	Tea, milk, egg
				Susu Badak	Milk and soda Cap Badak
3	Sumatera Barat	Padang	Beverages	Teh Talua	Free-range chicken eggs and tea
4	Sumatera Selatan	Palembang	Beverages	Es Kacang Merah	Kidney bean and coconut milk
5	Riau	Pekanbaru	Beverages	Lakksamana Mengamuk	Kweni mango
6	Lampung	Bandar Lampung		Es Kopi Luwak	Luwak coffee
7	Banten	Serang	Beverages	Bandrek	Ginger and brown sugar
8	DKI Jakarta	Jakarta		Bir Pletok	Spices
				Es Doger	Tape (cassava and black sticky rice) dan young coconut
9	Jawa Barat	Bandung	Beverages	Bajigur	Ginger and coconut milk
				Es Oyen	Young coconut and fruits
10	Jawa Tengah	Semarang	Beverages	Sekoteng	Ginger
		Solo	Beverages	Wedang Dongo	Ginger
			Gempol Plered	Pulverize flour	
			Serbat	Spices	

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11	Jawa Timur	Surabaya	Beverages	Teh kocok	Black tea and milk
				Wedang Angsle	Ginger and coconut milk
		Ponorogo	Beverages	Dawet Jabung	Brown sugar flour
		Jombang	Beverages	Es Lodeh	Fruits
		Madiun	Beverages	Wedang Cemoe	Coconut milk and plain bread
		Malang	Beverages	Sari Apel	Apple
12	DI Yogya- karta	Yogyakarta	Beverages	Wedang Uwuh	Leaves
13	Kalimantan Barat	Pontianak	Beverages	Es Lidah Buaya	Aloe vera
				Air Tahu (Susu Kede- lai)	Soyabean extract
14	Bali	Denpasar	Beverages	Rujak Tibah	Mengkudu fruit
				Brem Bali	Extract of sticky rice
15	Nusa Teng- gara Barat	Lombok	Beverages	Tuak Manis	Enau fruit
16	Nusa Teng- gara Timur	Flores	Beverages	Moke	Nira
17	Sulawesi Selatan	Toraja	Beverages	Minas	Cassava tape
18	Gorontalo			Es Brenibon	Kidney bean and milk
19	Sulawesi Utara	Manado	Beverages	Saguer	Incised enau
20	Maluku	Ambon	Beverages	Sopi	The fermentation of incised arentree
21	Papua Barat	Fakfak	Beverages	Sirup Pala Harum	Nutmeg fruit

**Kopi Luwak.** This beverage is made from the beans of coffee berries once they have been eaten and excreted by the Asian Palm Civet. These coffee beans have different taste after consumed and passed the civet's digestion system. Civet is kind of animal which like to find ripe fruits, including coffee. It is believed that the best coffee bean is the one which has been naturally fermented in civet's digestion system. To many coffee lovers in the worlds,

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**Bir Pletok.** This traditional drink is originated from Batavia. It is made from the mixture of ginger, pandanus leaf, and lemongrass. It is served with *kayu secang* to make the color more attractive, because it will spread red color if poured with hot water. This beer does not contain any alcohol, because it benefits to smooth the blood circulation. The Batavian people consume it at night as body warmer.

**Bajigur.** This is Sundanese traditional drink from West Java. The main ingredients are brown sugar and coconut milk; but they are also mixed with ginger, salt, vanilla powder to improve the taste. This beverage is usually served with *bandrek*, boiled peanuts, boiled sweet potato, and *klepon* in one cart. It is best consumed in rainy or cold weather.

**Sekoteng.** This beverage is originated from Central Java. It has ginger taste and best served when it is hot. The other ingredients mixed to the beverage are mung bean, peanut, *pacar cina*, and slices bread. It is usually served at night and sold by using carried cart.

**Wedang Uwuh.** It is originated from Yogyakarta and made from look like garbage leaves. In Javanese language, *wedang* means beverages, while *uwuh* means garbage. It is best served cold or warm. It has sweet and spicy taste (from the ginger), has bright red color (from the *secang*) and good aroma.

## THE POTENTIAL OF ARTCULINARY IN INDONESIA

The potential magnitude of culinary art in Indonesia doe not only become a cultural identity but also become a booster of the national economy. We have a lot of culinary arts which can be presented for tourists when they visit many areas in our country. Every province in Indonesia has its own various special foods in the term of their flavor. Bali, for Example, has a special variety of food menu which gives positive contributions for the welfare of society, especially for economy and tourism. Dewata Island, besides known as a popular natural attraction in the world, could also be a promising culinary tourism destination.

Bali's culinary potentialis outstanding andshouldbeseriously paid attention, as examples; chickenbetutu, a typical food fromUbud, belayagBuleleng, andlawarkuwirPanSinar. BesidesBali, introducingunique culinary of another areato be knownandloved bythe communityis alsoveryimportantbecause the futureof this sectorcouldsupport theeconomy sector, particularlyan empowerment ofsmall and medium enterprises. Oneculinary in Yogyakartawhichisalsoconsideredpotentialis "Jadah bride" or "Jadah APA". This kind of sticky foodispotential enough to be developedandfavored by

**Definition of Culinary Art.** Before talking about culinary art, it is important to know first what is called the "culinary". Culinary means food or cuisine, so culinary Indonesia means Indonesian foods or archipelago's food. In more detail, Tarwotco in his book "The Basic of Culinary nutrition" defines "Culinary" as an art food processing which is starting from choosing food and preparing food to be cooked; including correctly and appropriately peeling, washing, chopping, and giving shape and flavor. The next stage is to cook food that has been prepared with a wide range of cooking techniques, as well as the final stage is a way of serving food or dishes with interesting appearance, so it can be tempting and certainly with a delicious flavor. Cooking is an art of food processing and presenting with interesting and beautiful appearance which aims to make it so tempting and indulge the audience.

Culinary creation requires a skill and an art in itself, so it means that Culinary Art is Art in culinary. Indonesian Culinary Art means an art of Indonesian cuisine, begins with cuts of food preparation, cooking techniques, and presentation of the food. The cuts in the culinary Indonesia is very much, in line with the number of culinary each tribe residing in Indonesia, therefore it needs a particular skill and art.

Picture 17. Kinds of Tumpeng



Courtesy : Special

**Philosophy of Culinary Art.** One of the well-known Indonesian food is a cone, which has a philosophical meaning in. Cone is a traditional Javanese food which has a conical appearance. According to the history of the origin, the cone is not only food, but in the form of the cone there are also symbols of divinity in the public trust. Cone shape in the form of a cone is a symbol of the origin of man and the world which is led to man's relationship with

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which exists in this world will end in God Almighty. The bottom of the cone symbolizes the nature and its contents with the various creatures created as a complement to life. Rose at a higher level is the human world with others. Up to the middle - top is the world of virtuous and intelligent person who are able to pass various life examinations with consciousness approach to the creator. In this relationship, it is expected to create life harmony between creators, humans, and nature.

Variations of vegetables in the cone ornament symbolize human variation in the term of forms and personality. Human variation makes much difference that must be addressed if human beings relate to one another. If you do not appreciate the difference then there would be a conflict. Javanese philosophy of life is to avoid conflict, it means that people should respect the differences and expected to be tolerant, so harmonious life in society could exist.

Vegetables which are generally contained in the cone are spinach, sprouts, and kale. *Bayam* (spinach) is respectively derived from the word 'ayem' which means 'to obtain peace'. Sprouts in the Java language called 'thokolan' which is taken from the word 'Thukul' which means 'to grow'. Thokolan is a seed that will bring a new crop; it means that one's life will be sustainable in the presence of a new life. Kale is a plant that can live in two worlds, in the waters and on the land; thus kale is used to symbolize that people should become more resilient in their life to undergo any trials and obstacles. Wherever they live, they should be able to adapt to their environment. In addition to a variety of vegetables, there is also salted fish as a representative of the animals that live in colonies in the ocean. Salted fish life is always in groups and never lives alone. Salted fish in the cone symbolizes that humans should live together and be accepted in the community, where the mutual cooperation in the Java community is a source of strength. By working together, difficult activities can be resolved.

Picture 18. Urap sayur in tumpeng , which full of philosophy values

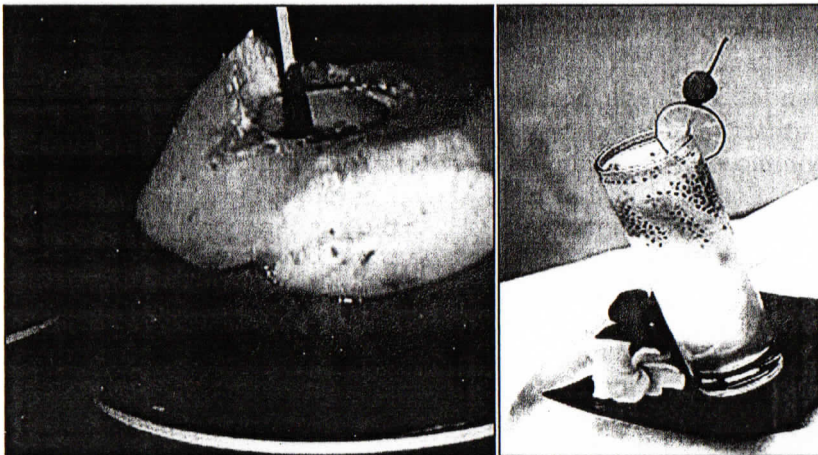


Courtesy : Special

**Development.** Indonesia has been acknowledged as a country that have a multicultural ethnic, culture and language. Indonesia has a thousand unique culinary that quite different among one region and others. Indonesia has a special quality of culinary, which has a potential to be loved by people around the world. People of Indonesia should be proud and want to love and enjoy Indonesian food. Indonesia culinary has a special potential, start from style, taste and serves. Art culinary which has different style and taste should be maintained as Indonesian original food. There are a lot of Indonesian foods that has been accepted by foreigner, what should be corrected is the procedure to serve the food. For example, rice that serve in 'bakul'-a kind of place for rice made by bamboo can be served in 'bakul,' but need to be covered by leaf of banana which make a good appearance and more hygiene. Another example is a serve for 'Nasi Campur' of 'Nasi Rames' which is usually serve in plate, can be serve in cane work of bamboo that covered by leaf of banana. Consequently, Indonesian food and how to cook of the food itself should be preserved and what should be corrected is in how to serve the food itself.

Another case in Indonesian food is 'Es Kelapa Muda, - a kind of Indonesian drink that made by coconut – can be serve in attractive way by covered the drink by coconut shell. This is happen because of this drink is available in almost all of Indonesia's island and had been acknowledged as one of the most delicious drink of fifty drinks in the world. One of website in travel and culinary international appraise that 'Es Kelapa Muda' is one of unique traditional drink in the world. *"Fresh on the taste that lasts through whole meal, es kelapa muda is Indonesian tradition at its finest and purest."* that written in the website.

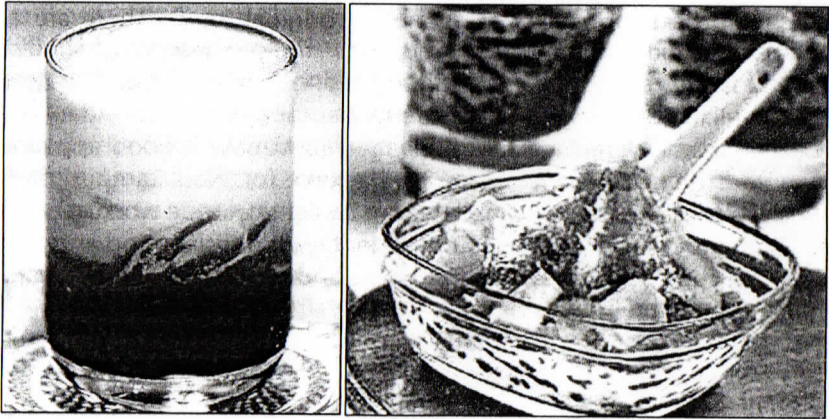
Picture 19. Ice coconut, from simple to culinary art



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'Cendol' is one of Indonesian drink that found in Java, that also acknowledge as delicious drink. Indonesia and it is own culinary should be proud of the tradition. 'Cendol' should be preserved in the process of making 'Cendol' itself by using leaf of 'Suji' not by using food colour. In this time, there are a lot 'cendol' that using food colour which change the colour of 'cendol' itself.

Picture 20. Es cendol as art culinary potency



Courtesy : Special

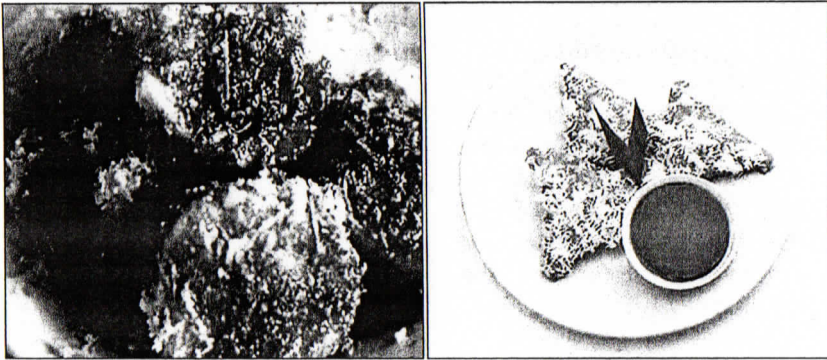
Beside colour, cendol itself is changing taste cause of the use of Java sugar is changing by another sweeter. The seller make admixture sweeter from Java sugar and plain sugar to minimize production cost. In fact, 'Es Cendol' should be preserve with an original recipe that used original ingredient, but for improve culinary potential, 'Es Cendol' can be serve in interesting ways, like using leaf of 'suji' as ornament, adding jackfruit to improve a taste or a kind place for improve the look of 'Es Condol.'

**Potential.** Indonesia local culinary is a strong power for Indonesian people, an artifact from the ancestor that one of the local wisdom and can move economic value for Indonesian people. Local culinary that has been made as tradition food in that place should be protected and developed. The preserve of local culinary is equal with protect of national asset and develop an extraordinary value that must be done by Indonesian people. It can be used in popularizing Indonesian culinary in a contest like "spektakuler" then it is hoped that it will develop creative idea to improve traditional food recipe. Preserving a traditional shop with traditional menu and the hygiene procedure for making the food will attract the costumer; and in the end will improve the economic sector for people of Indonesia.



Some of art culinary of Indonesian food is like *wadah clorot* that the material is made from leaf of coconut that found in Lombok (South West Nusa) and used to cover *lepet ketan* using the same leaf in Java. Another case is shaping 'sudi' from leaf of banana for 'klepon' and *ketan urap*, covering *lapek bugih* shape like pyramid by using leaf of banana and forming *takir* as porridge plate. Alongside, a slice of *kue lupis ketan* can be covered by leaf of banana in different shape, like triangle, round; in North Molucas has been found *lupis* like pyramid covered by leaf of coconut. In conclusion, art culinary of Indonesia is highly recommended to be developed and preserved by Indonesia, to be accepted by people around the world Indonesian culinary should be improved in style and taste

Picture 21. Round-sized kue lupis become triangle-sized



Courtesy : Special

## CONTEMPORARY CULINARY POTENTIAL IN INDONESIA

**Definition.** Contemporary culinary is a nowadays culture, it's the culture of food making that is no longer stick to the rules of fine art making process. In contemporary culinary, every cook has the freedom to make their own work. But those that are recognized by a society become the contemporary culinary. For instance, a cook makes a sprawl or square meatballs instead of a ball that it has its own trademark so people like them. Those recognized and well-known food become the contemporary culinary in current days. In other words, something popular at the time embodies a culture, so contemporary culture is also known as popular culture.

Another example is that people like it more instant, because the time and space conception has shifted in recent time; fast food is more preferable by the society. We can see this tendency from the fast growth of pragmatically

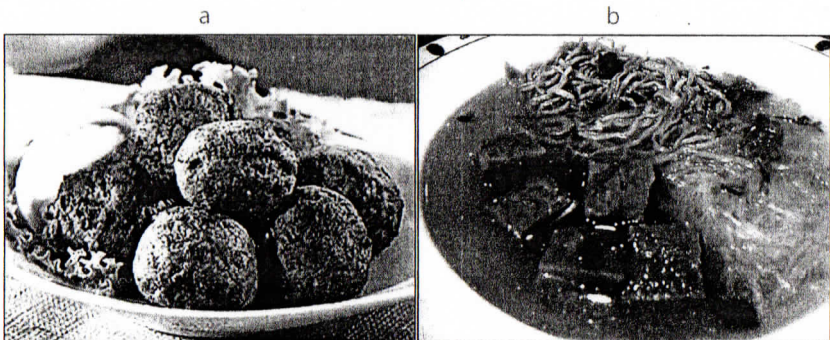
## ECOTOURISM AND SUSTAINABLE TOURISM DEVELOPMENT

practical food, even adopted from another culture's food like them matching with Indonesian flavors. Nowadays, there are many contemporary Indonesia culinary that integrates other culture's food with Indonesian taste like the variants of pizza with Indonesian taste and ingredients, as well as spaghetti and many others.

Other feature of contemporary culinary is that it has no boundaries in a meaning of a food. For example the blurring lines of the use of certain ingredients because of one social condition like the people used to have black rice only for monarchy and elite family food, but now we can find it anywhere at the groceries. Another one is that people are fond of it, tend to change, but still influenced by precious time.

**The Development of Contemporary Culinary.** The world has been developing, changing from time to time, and so is the life. Culinary that's also one of the art forms always tries to find another yet most developing shape. Contemporary culinary is a form of culinary that is different with its original one, in a way of form and cooking technique. It's like the meatball that's traditionally boiled, and now we can find it roasted or fried, as well as the menu of fried ice cream. Another example is the fast food and beverages that become more popular nowadays. We can also find it the modern forms of *tumpeng* more preferred by the people because it's more instant than the traditional way along with its meaning.

Picture 22. Contemporary cuisines (a. fried corned meat ball; b. square-shaped meatball)



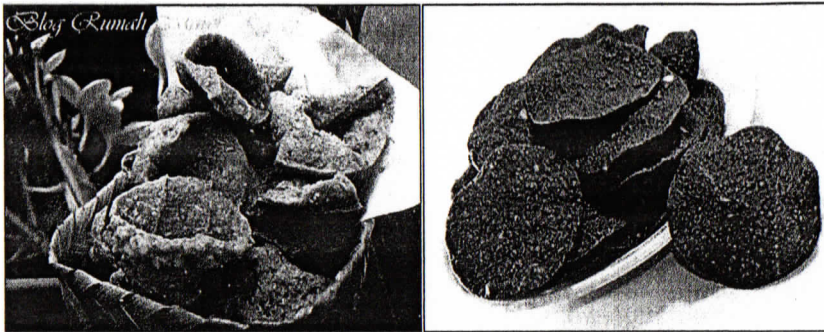
Courtesy : Special

**Contemporary Culinary Potential.** Discussing about Indonesian culinary has no end. Everyone agrees that it has so many variants. Indonesia is well-known for its rich and tasty food. Every one of it has specific taste that mirrors the richness of Indonesian culinary. Based on that assumption, it is hoped

that Indonesian culinary will become more popular in other countries and liked not only by those who live abroad but also the citizens. The potential of Indonesian culinary to be accepted by other people in other countries is very big. Now, the world has been massively looking into South East Asian's culinary especially Indonesia. They would like to find out the mysterious taste of Indonesian culinary, and we have to take advantage of it. Indonesia is a country that has the most variants of culinary around the world; and it is sad if the people have no knowledge to cook its authentic foods, especially, professionally.

The example of Indonesian contemporary culinary is the tuber crisps influenced by the technique of the french fries cooking from western countries. We have a very big potential of cassava, tuber and taro crisps, as well as tofu and *tempe* crisps, that is accepted by Indonesian people and foreigners. It will become a very big one especially when it's well-packaged. Contemporary *bakso* (meatball), *tumpang*, crisps or *sate ayam* can be developed to be kinds of food that internationally accepted.

Picture 23. Various contemporary crispy chips (a. Tofu crispy chips; b. Purple sweet potato chips)



Courtesy : Special

### 30 TRADITIONAL INDONESIAN CULINARY ICONS

Indonesian culinary is bestowed with a very unique profile and covers a wide spectrum. There is no other country in the world with such culinary resplendence. From Sabang to Merauke, from Talaud to Rote Island, Indonesian culinary is innumerable. Judging from its vast variety. It would be unfitting to claim any dish as purely Indonesian. True Indonesian culinary is marked by cuisines of Aceh, Melayu, Palembang, Java and dozens of other "Originating cuisines". Just as Indonesia recognizes a wide variety of local

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Kotogadang cuisine, and nothing in common with Kapau cuisine- even though they all belong to the genre of Minang cuisine.

The visionary Empu Tantular, a 14th century poet sage of Majapahit Empire, wrote the sacred phrase which then became Indonesian national motto, *Bhinneka Tunggal Ika*. Unity in Diversity!

Whereas *Bhinneka Tunggal Ika* originated from the principle tenet of *gotong-royong* (working together towards a common goal), Indonesian culinary stems from the tradition of communal eating. One dish for all, in the past, the Dutch discovered this principle and created the *rijsttafel* tradition. We now bring you closer to the onset of the tradition. *Tumpeng Nusantara*. With cone-shaped rice in the middle, *Rendang Padang* sits in the state with *Ayam Goreng Lengkuas* from Bandung, *Urap Sayuran* from Yogyakarta and *Sate Lilit* from Bali. *Tumpeng Nusantara* is proof that elements Indonesian culinary can meet together beautifully in a state of harmony.

In line with development of culinary in Indonesia, The Ministry of Tourism and Creative Economy encouraged 30 Traditional Indonesian Culinary Icons (IKTI). This is an effort to register and document the wealth of Indonesian traditional culinary culture handed down through generations in layers until it reaches its existence in the present. Being intended and pursued in earnest to represent all traditional culinary culture that flourished in the entire country, it is undeniable that in the development of this listing will be an imbalance of representation some areas. From the list that was originally numbered 30, will continue expanded over time to include traditional Indonesian culinary riches of complete and represent all cultures.

The full representation will be achieved in the traditional culinary developmental stages this IKTI 30 listings. Acceleration of the completeness of this representation would happen if in every province also established the Working Group Culinary - either on the initiative of the local government, and the civil initiative - in collaboration with the Working Group Culinary Ministry of Tourism and Creative Economy

Objectives formulated for publication 30 IKTI this includes:

- Standardization of traditional Indonesian culinary nomenclature;
- Standardized recipes and traditional Indonesian culinary process through test kitchen;
- Development of Indonesian cuisine in the world market;
- Preserving traditional Indonesian culinary wealth.

This listing will be equipped with standardized recipes, accompanied by an explanation video graphic about the manufacturing process as well as the

any patent, trademark, or copyright. The criteria of 30 IKTI includes material easily obtained both at home and abroad; recognized nationally by the public; there are professional actors who are not from among housewives; and it is a traditional food.

Types of food in 30 IKTI divided into categories:

- Food Opener; pickled jakarta, surabaya know eggs
- Soto or Soup; rawon Surabaya, Lamongan soto
- One Dish Meal; laksa bogor, gado-gado jakarta
- Vegetables; ointment yogyakarta vegetables, vegetable Kapau desert, beans scrambled solo
- Sate; Balinese satay wrap fish, chicken satay Lamongan, satay Maranggi Purwakarta
- Key Food; rendang padang, boiled fish palembang, acid padeh desert cob, grilled chicken salad seasoning Yogyakarta, Bandung fried chicken galangal,
- Dessert; sarikayo Minangkabau, ice dawet ayu Banjarnegara, yam banana compote bandung, bandung pancake,
- Snacks; klapertaart Manado, Jakarta mud pie, lumpia Semarang, Yogyakarta nagasari
- Welcome Drink; beer pletok jakarta, turmeric, tamarind solo,
- Rice. Kampung fried rice, yellow rice, liwet rice solo

## CLOSING

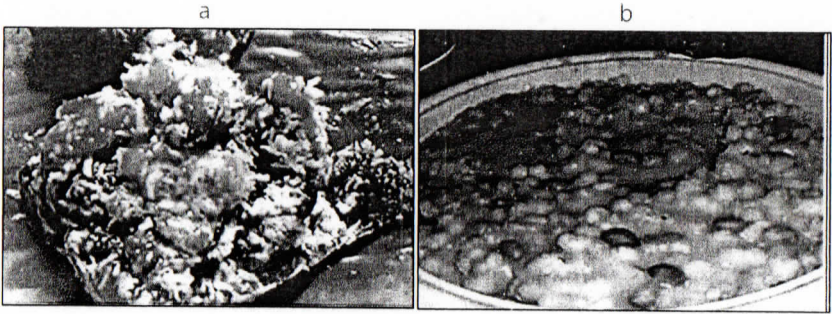
Indonesian traditional culinary is very rich with the wide array of food and beverages. There are more than 247 tribes spread across the nation from Sabang to Merauke. This condition cannot be separated from the areal variety covering lands, small islands and wide oceans, spread along the continent line with more than 17.000 islands, the small and the big ones. This is consistent with the biological variety of flora and fauna as the main culinary staff like the rice, vegetables, fruits, beans, and animals and cattle and their processed products.

With millions of material products variety from one area to another, an island to another, the variety of Indonesian culinary becomes an incredible asset possessed by the country. Two kinds of climates in Indonesia make the culinary more variant adapting the condition the availability of the main materials. In East Nusa Tenggara, when the dry season comes, they stock the staff of beans and corns, as well as tubers, and they dry them so that they have long expire date. This is done as a preparation if the rice is out of stock. Meanwhile the people of Java make the food called *gaplek* to extend the expire date of tubers. This shows the mechanism of "coning" done by every

## ECOTOURISM AND SUSTAINABLE TOURISM DEVELOPMENT

material is closely related to the staff endurance of one family, and it affects to it of a society, tribe and eventually of Indonesia.

Picture 24. Culinary for staff endurance (a. processed dried cassava; b. bose corn in NTT, mixed with beans)



Courtesy : Special

**Culinary Tour and Staff Endurance.** The condition of Indonesian society that consists of islands separated by oceans describes the variety of staff endurance. The research shows it is evident that there is a rare stock of staff in in certain part of Indonesia in one season. But if it's well-managed it can be an interesting domestic and international tourist site that shows the power of how one society survive against the lack of staff stock. Thus the objects like rice barn in Java, Mingkabau West Sumatra, Baduy tribe in Banten, round house in NTT are definitely the interesting theme for tourists. When the betterment of infrastructures is done in the deepest villages, it will make it easier to reach those places. The strengthening of village institutions in managing the culture of processing food with its traditional values will also become a good show for the tourists.

Picture 25. The supply of foodstuff to attract tourists (a. Rice barn of Sasak Tribe NTB Province; b. Baduy Tribe in Banten Province)

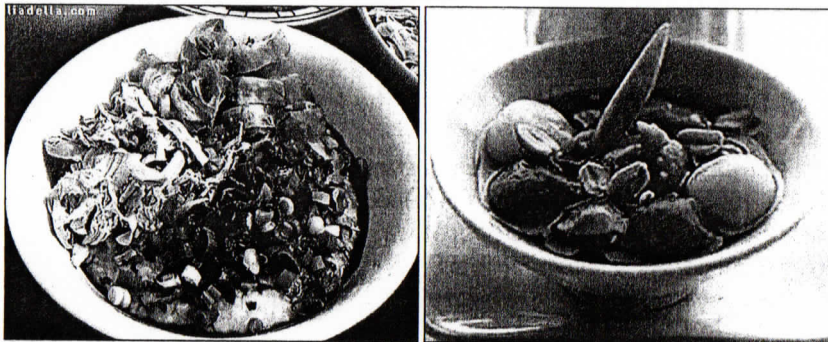


Courtesy : Special

**Culinary Tour and Labour.** In the aspect of labour, the Indonesian culinary holds an important part that can be seen from its big contribution to absorb the employees, including the informal sector of food. This is resulted by the economy life that covers food trading in the informal sector from the morning until late at the night. In Indonesia we can find meals in the morning, the day and the night sold in Indonesian culinary market. They are:

- Food in the morning: *bubur ayam*, *bubur kacang ijo*, *nasi uduk*, *nasi kuning*, varies of *jamu*.
- Food in the day: *nasi rames*, *aneka mie*, *bakso dan soto*, *aneka rujak dan asinan*, *aneka es*.
- Food in the afternoon and the night: varies of *gorengan*, *nasi uduk*, varies of noodles, varies of *bakso* and *soto*, *nasi goreng*, varies of *sate*, and hot beverages like *wedang ronde*, *jahe*, *sekoteng*, *bajigur*, and many others.

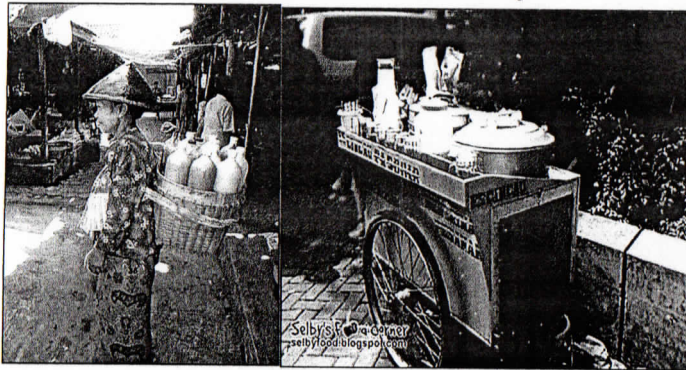
Picture 26. Morning culinary (chicken porridge) and night culinary (*wedang ronde*)



Courtesy : Special

Beside of its varied kinds, Indonesian culinary in informal sector has the potential from the kinds of the food sold. There are the foods sold in one permanent place, and there are ones sold mobile. The examples from the former kind are *warung*, *gerobak*, *kios* and tables. While the examples of the latter are *gendong*, *pikul*, *sunggi* and *gerobak*. Those kinds of trading mean describe that not only the culinary industry becomes an interesting site for the tourists, but it also a source of income of the people. In the era of monetary crisis back in 1990's, this informal sector became a 'back-up' survival strategy for the people suffered by the crisis.

Picture 27. Carried cart (*jamu gendong*) and peddled (*es cincau*) are the alternatives of small business which contribute to people economy, and show high autonomous of the society



Courtesy : Special

To develop this informal sector, small and middle business attempts there are some steps that can be conducted so that the activity of culinary trading can increase and support people's economy, it is to build the small and middle traditional culinary entrepreneurship especially in the matter of hygiene, sanitation and food safety. Then it is also important to manage the infrastructures for culinary tour in the level of light meals to be more appropriate, clean, healthy and safe for the tourists, both domestics and international. Beside that, Department of the Industry and Trade in association with The Department of Health has to manage the sellers to increase the quality and to support local culinary tour. This can be reached through the certified sellers of food.

Picture 28. The training of food seller is needed to improve the culinary quality in informal sector in order to support the foodstuff and economy security



Courtesy : Special

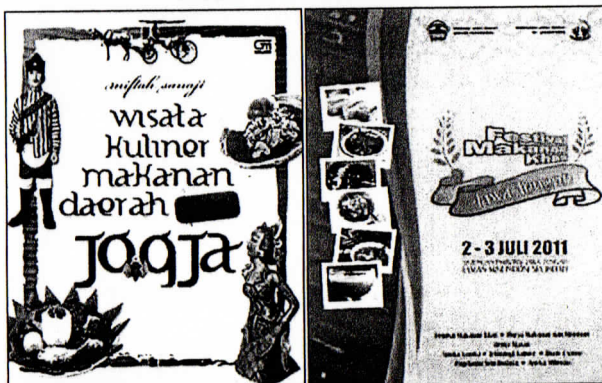


For the middle and high-end culinary tour, the attempts to increase the quality and to promote Indonesia culinary can be done by expanding the information reach about the unique of varied Indonesian culinary, the rich fibre, vitamin and mineral, natrium and fat, contained and other useful contents in Indonesian culinary. Therefore, there has been arranged the programs to increase the quality of culinary tour like the providing culinary tour package in every local government office. Generally, the promotion through posters is quite effective if it's placed in the reachable positions for the government guests like the receptionist table that is specifically designed to support the idea.

The placing of culinary tour list in a local tour guide detailed with the address is considered significant to inform the potentials. The information can be made in the form of interesting leaflets and booklets spread to tourism institutions and its clients, including hotels and restaurants, tour and travel, land and sky transportation companies, and many others. The culinary promotion through the internet via the making of Indonesian culinary websites, both in local and national level is effective to inform about the news. These websites is detailed with all information about food, places and even the events about Indonesian culinary. This is also aimed for the people interested in the information about the Indonesian culinary.

The holdings of cooking local culinary contests by involving people's participation can be conducted regularly. This is good to increase the knowledge of the people and to widely spread the contemporary and traditional culinary in every region. Therefore the coordination between the local and central tourism institutions must be regulated to assist the programs.

Picture 29. Culinar promotion through poster and festival are the most effective media to attract tourist



**The Quality Increasing Attempts.** In such globalisation era, when the information is wide open to the deepest parts of the country instantly, it is time to build the information about Indonesian culinary so that the culinary tour can be a part of city life and the capital holders become interested to try the traditional and contemporary Indonesian culinary. So it is necessary to promote the Indonesian culinary, both traditional and contemporary one, regularly in the daily, weekly, and monthly menu in every three-star hotel. This is not only to directly promote the Indonesian culinary and to prove its magnificent taste and rich yet healthy contents, but it's also to disseminate and to build the knowledge of consumers taste to many original

Showing the chef that has the expertise in traditional Indonesian culinary to the public in big events like the Independence Day is an effective yet entertaining way to disseminate those potentials. This can be reached in coordination with the local tourism institutions, local staff institution, and the local hotel and travel business. Beside that, the submission of materials about the traditional food in a curriculum of Food Subject in high school or college and to have chef as the lecturer is also one of the attempts to increase the quality of younger generation. Last but not least, it is also important to have Registered Dietitian in starred hotels in the matter of increasing the quality in every menu served. This is needed as the people are more aware of the contents of the food and this tendency of certain societies that concern certain healthy food with its nutritious contents.

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