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*Emerging Global Food Innovation
for Future Quality of Life*

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EDITORS :

Maman Fathurrohman
Aliudin
Amalia Sholehah
Erlina Yustanti



Project Implementation Unit
Islamic Development Bank
University of Sultan Ageng Tirtayasa



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1st International Conference On Food Security Innovation 2017

Le Dian Hotel, Serang, October 18 - 20, 2017

*“Emerging Global Food Innovation for
Future Quality of Life”*

**Project Implementation Unit - Islamic Development Bank
University of Sultan Ageng Tirtayasa**



5
**1st International Conference
on Food Security Innovation 2017**

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IDENTIFICATION AND CHARACTERIZATION OF LOCAL FOOD INGREDIENTS OF BADUY ETHNIC TO SUPPORT FOOD SECURITY

⁸1*) Kartina AM, ³1) Dian Anggraeni, ³1) Fitria Riany Eris, ³1) Mirajiani, ³1) Dodi Hermawan, ³1) Alimuiddin

University of Sultan Ageng Tirtayasa, Indonesia

*) Correspondence e-mail: kartina_plg@yahoo.com

Abstract

The food production of Baduy area is always surplus, because they store partially of the grain in the barn or house leuit. Baduy ethnic food security is strongly influenced by the environmental resources of the forest. The research used a survey method using snowball sampling. Based on the findings of research that the food staple of Baduy consisted of rice as primary food, vegetables (Hiris vegetable, Mantang vegetable, bamboo shoots vegetable) and fish, especially anchovies. Several types of Baduy local food are wajik, Opak, Uli, Rengginang, Tape, Gipang, Gemplong, Ulen, Getuk Dangdeur, Getuk Cau, and Wijen. The drinks that many consumed were sugar ginger, acid keranji, and wild honey as a local typical product. Other food ingredients non-rice were cassava, yams and taro. Baduy food handling typically was stored in the storage barn or house of leuit as part of the efforts to ensure food security of local ethnic Baduy.

Keywords: Baduy, Characterization, Identification, Food Security, Local Food,

INTRODUCTION

Based on Indonesia constitution number 18, by the year 2012 (UU RI No.18/2012) about Food, it is stated that many things concerning with food security system is organized by the constitution, and the Province Government has its own role to create national food security. The province government has an important role since the system of food security is developed by the source of local food in order to fulfill the needs of national food security. The availability of local food sources in supporting the system of food security should be optimized so that it can be consumed by society.

Indonesia is facing a big challenge in developing food security, because of cultural conception of food and varieties of ethnic or traditional food. It happens since the society or particular ethnics group has its own system and specific ecological system. The social cultural system and ecology that they owned will create food security and specific nutrients which can be learnt interestingly.

Several tribes will choose the specific food sources not only based on nutrients level, but also considering the self-identity and the symbolic functions, values, and trust. Ethnical group of people need to understand the concept of food security. Every ethnics group has role in proposing the opportunity, difficulty, and challenge in the process of food diversification and food security.

Baduy tribe is a tribe spreaded around Banten Province. The most dominant ethnics group has its own various food diversity, both as *food stuff* and also food crops in producing and creating food security in each small town.

Baduy tribe is an original tribe which still runs their own faith and basic cultures. Eventhough the surroundings has been developed and changed because of modernization, the Baduy people keeps their own faith, habits, and basic cultures survived.

Baduy people live at *Kendeng* Mountains (the height is about 300-600 metres. above sea-level. It is located in *Kenekes* field, Lewidamar, Lebak-Rangkas Bitung District, Banten Province and about 40 km from Rangkas Bitung Districts.

Baduy society has special tradition called *Pikukuh*. *Pikukuh* tradition still works in *Baduy Dalam* (*tangtu*), while *Baduy Luar* people (*panamping*) do not really do *pikukuh* tradition. Baduy people have

produced their own local food autonomously long time ago, and nowadays it is called as implementation of food security in Indonesia.

Life principles of Baduy people is autonomy, they keep their faith to protect the origin of their tribes and natural environment. Baduy tribe society has been developing food security by planting their field without destroying natural environment nearby. They plant rice field around the hills and keep protecting the natural environment by giving more attention to water conservation as what their ancestor did long time ago.

Food security in Baduy Tribe is influenced by the natural forest resources. Baduy tribe has great natural resources, and they are processing their natural food related to natural resources in the forest. Since some Baduy people interact with common people surroundings their village, recently they are introduced with cooking utensils and modern additive food, but they still keep their special tradition, their food still use traditional natural resources. The main food of Baduy local food are rice, fish, and vegetables taken from the forest and field surroundings their home. The rice is cooked by using "tungku" or traditional stove using burnt woods. The rice being consumed is harvested rice, the rice is cooked by using a pan on the burnt woods. The exploration of local food resources from Baduy is very important and need to be introduced to our new generation as cultural inheritance.

Suryana (2005) stated that food security can be built strongly in every houses based on varieties of local food resources. As an effort to reach food security in Indonesia, food variety will be one of solution to overcome the limitness of food in the society, house or family environment, and individual. Many efforts have been done by family or society to prepare the availability of food for each person in the family and surroundings. One of the efforts is producing their own food in their own field or farm, or buying food in the traditional market or small warong in their surroundings (Khomsan 1993).

It is needed more research in identifying and characterizing local food based on cultural condition; how Baduy people eat, and how they can survive in the limitation of food. It is hoped that the result of the research can give a great contribution in developing staple food resources in order to establish national food security especially in the traditional tribes in Indonesia. The purposes of the research are identifying and characterizing local food of Baduy tribe based on local wisdom in order to reach food security of Baduy Tribe in Banten Province.

RESEARCH METHOD

The main focus of the research is identifying local food of Baduy tribe in Banten Province. The subject of this research is called informant. The method of choosing the informant focused on the data being searched, such as information related to local food of Baduy tribe. The informant is chosen purposively through snow ball sampling. Snow ball sampling is a technique of gathering data from limited number of informants to be developed into big number of informants based on recommendation from the previous subject about the informants. The informants are from Baduy, those are *Baduy Dalam* and *Baduy Luar* who live in Lebak district of Banten Province.

Data collecting technique of this research is through explorative survey method and in-depth interview with open-ended questions. The researchers also did a field observation and interview. Identification of local food culinary of Baduy tribe through data primer collecting by interviewing Baduy people related with preparing the resources of local food, processing the local food, until serving the local food and ready to be consumed.

The secunder data are written documents related with special tradition, habits, and daily life of Baduy people concerning with local food culinary, such as historical books, monographs and other research results available. Data Validity is examined through triangulation method. Informant triangulation was done through Focus Group Discussion (FGD) by the end of data collecting in the research site.

The aims of the research is identifying food culinary of special local food in Baduy tribe, covering the composition of raw food sources, additional food sources, the tools being used, the food

processing, and the amount of food being served. The method of the research is descriptive qualitative through data reduction, data description, and conclusion. The data is analyzed manually through transcription and matriculation. The last stage is data analysis by comparing information from the informant with the available theory, and then classifying the data to take the final conclusion.

RESULTS AND DISCUSSION

General Description of the Research Site

Kenekes village is one of village located in Leuwidamar, Lebak District, Banten Province. Geographical area is about 38 km from Rangkasbitung (the capital city of Lebak Districts). It is also 65 km from Serang (the capital city of Banten Province) and it is in the area of South Banten. The government has stated that *Kenekes Village (Kendeng Mountains)* is Culture Conservation. The wide of *Kenekes* village is 5101,85 hectare. It is a home of Baduy tribe society. They live in a remote area on the mountains. It is 100 km from Jakarta. (Provinsi Banten, 2002). The area is the inheritance lands from ancestors of Banten. People are to protect, guard the lands properly, and cannot be owned by individual, so it had been declared as belong to Baduy tribe society. Baduy tribe has a great and famous culture, so that the tourists from out of town and foreigner tourists really like to come and visit *Baduy Dalam* and *Baduy Luar* society. The tourist come to Baduy for natural holiday and also for doing a scientific research, (Langdon, 2003).

Kenekes has 65 Villages (Kampung). Baduy tribe people live in the three villages, they are *Cibeo*, *Cikeusik* and *Cikertawana Kampung*, it is called as *Baduy Dalam*, while *Baduy Luar* people live in 62 villages. Baduy tribe society has special law custom, they have to follow their *Puun* (*Puun* is the leader of Baduy society) from *Cikertawana* and *Cibeo*. The *Puun* has eight (8) assistances which have the same responsibility, it is called *Joro*.

Most Baduy tribe people live as farmers who plant rice in the rice field (*Huma*). They also plant some other vegetables and fruits in the field or yard. Some of them also work as craftsmen, such as; *Koja* Craftsmen, woven fabric, knitted product (sling bags), and brown sugar producer. Their religion is *Sunda Wiwitan*, they believe in one God, *Hyang Tunggal* as the creator, the arranger and the determinant of life, (Ekadjati, 1993).

Types of Processed Food in Baduy Tribe Society

Production of rice in Baduy society can not fulfill their everyday needs, since some of harvested rice being consumed not only for family but also for traditional tribe ceremony (the rice is given to parents, *Jaro*, *Puun*). The rest of harvested rice is stored in the barn (*leuit house*) for their daily needs. Baduy people sometimes buy other staple food from warong or small shop and market nearby their society if their food storage getting limited. The closest market is *Ciboleger* town market. They can reach *Ciboleger* town market by walking. The market is very near with *Kampung Kaduketug 3* (the out of Baduy area). *Ciboleger* village is a place where Baduy people shop and interact with other society. They can buy their daily needs and staple food, such as rice, vegetables, salted fish and noodle. The bus station also in *Ciboleger* village.

The farthest market from Baduy is located in Rangkas Bitung. It took 2 hours to Rangkas from Baduy (*Baduy Luar-Kampung Kaduketug 3*). Baduy people go shopping for a few food because actually they already have their own stored food in *leuit house* or barn. They usually go to the market early in the morning before dawn, and go back to their village before lunch time. They go and back to the nearest market on foot for three hours. The main food of baduy society are rice, cassava and corn. All Baduy people plant rice, corn, and cassava. They also plant vegetables such as *petai*, *jengkol*, cassava leaves, hiris nut vegetables, nut, jaan, cucumber, and eggplant. Only a few of food that they buy from market, such as salted fish, fresh fish, chicken, tofu, tempe. They plant those vegetables in their field nearby their houses. They cannot plant spinach and *kangkung* since they need more attention in planting them. They also plant some fruits tree, for example papaya and banana. The

followings are kinds of bananas they plant in their field: Ambon banana, Raja banana, and Tanduk Banana.

Traditions, habits, and culture create the people's thoughts and emotion. Through culture, people also learn to fulfill their basic and biological needs. Culture also determines the way the people eat, what to eat, when to eat, and what kind of food that is forbidden for them. It also works in Baduy tribe, they develop social culture of local food that reflect how they consume their food in their social community. Culture also leads their faith and moral in the society, (Aspartia, 1996).

Food is the basic needs of all human being, we cannot live without food. Our body needs good food as source of energy, runs our metabolism and help us grow. Food also an element of culture, not only for its nutrients, but also for it tastes, colour, and the form of food when it served well, (Soemarwoto, 1991). Eating habits in one society is different to other people from other society. The differences of eating habits because of the differences of cultural components in the society. Eating habits in the society plays an important role in building the eating habits in each home of a family. As stated by Soehardjo (1989), Every society has its own culture. As *Baduy Dalam* and *Baduy Luar* have different habits with other people outside of their community in consuming their food. There are several food that they processed and consumed based on their tradition and culture.

Baduy tribe creates their own processed food by using local food resources in their own surroundings. These are various kinds of local food processed in Baduy tribe society :

1. Wajik. This is a special food of Baduy tribe society. Wajik is always present in every occasion comparing with other kinds of processed food in Baduy society. The ingredients needed are as follows: sticky rice, brown sugar and coconut. The followings are the process of cooking Wajik: wash the sticky rice cleanly. Put them in the big bowl or soak with water for 2 hours. Steam the rice until it is well done. Grated the coconut and then fry the grated coconut in the frying pan without oil cooking. Put the slices brown sugar into the frying pan. Put the steamed sticky rice into the frying pan and stir it evenly until it is not sticky anymore. And then, take out the sticky rice dough and wrap it in small pieces by using banana leaf. The Wajik is ready to serve.



Figure 1. Wajik Baduy

2. Uli. This is also a special processed food of Baduy tribe society. The ingredients need are as follows: soak the rice in a big bowl with water for one night, and then wash it cleanly. Steam the rice until it is done. Prepare a grated coconut in a big bowl and mix with some salt. Put the steamed rice into the big bowl with grated coconut in it. Mix and stir it evenly and then pound it until it is soft and smooth. After that mold it as you like it. You can serve *Uli* sticky rice by frying it. The *Uli* is ready to serve.



Figure 2. Sticky Rice *Uli* molded in banana leaf (Uli Ketan)

3. Rengginang. Rengginang is a common food processed by Baduy Dalam and Baduy Luar People. The ingredients are as follows: sticky rice, garlic, and salt. The following is the process of making Rengginang: wash the sticky rice until it is clean. Put the rice in a big bowl with water. Soak the rice. Prepare a steam pan, put water into a steam pan. Put the steam bowl on the stove wait until the water is boiling. After that, put the rice into the steam pan. Steam the rice until it is half done. Boil some water in a small pan, pour garlic and salt into the boiling water. Mix the sticky rice with garlic and salt. Then, steam the rice again until it is well done. Mold the sticky rice into a molding tray (it can be round molding or as you like it). After that, put the molding sticky rice under the sun light until it is dry. After it has dried, fry it in the frying pan. Rengginang is ready to serve.



Figure 3. Rengginang of Baduy Local Food

4. Sticky Rice Tapai. The ingredients needed: sticky rice, yeast (fermentation), suji green leaves, sugar. The process of making the sticky rice Tapai as follows: wash the sticky rice cleanly, and put in inside the water for 8 hours. Wash the rice cleanly, and take it out from water. Steam the sticky rice until half done and then put it in a big bowl. Pour slowly hot water into the sticky rice and then steam it again until it is well done. Take out the sticky rice and pour it on the tray until it

is cold. After it is cold, pour the yeast and sugar evenly. At last, wrap the sticky rice tapai with banana leave. Put the wrapped sticky rice tapai into a big bowl and let it stays for 3 days to be fermented. Finally, The Sticky Rice Tapai is ready to serve.



Figure 4. Sticky Rice Tapai of Baduy Local Food

5. Gipang. The ingredients are: sticky rice, sugar, water, vegetable oil, *asam cuka* or vinegar. The following is the process on how to make Gipang crunchy. Put the sticky rice in water for a whole night, and then clean the sticky rice in the morning after staying in the water for a whole night. Then steam the sticky rice for 30 minutes. After that put the steamed sticky rice in a big flat tray made of wood, try to spread the sticky rice so that it will not stick to each other. And then, sunburn it under the sun light until it dries. Heat the oil in a frying pan, put the dried sticky rice into the frying pan by using frying scoop. While putting the frying scoop into the frying pan, try to stir it slowly. After frying the dried sticky rice, put it into a tray. Then, pour sugar into frying pan without oil, keep stirring the sugar in the frying pan until it is done and pour some acid water or vinegar slowly with a very low level of fire gas stove. Fry it until it curdled (*mengental*). Make sure that all sugar was curdled. And then pour the fried sticky rice and mold it in the molding tray. It is done, then try to cut it into small pieces or into four part. Gipang crunchy is ready to serve.



Figure 5. Gipang of Baduy Tribe

6. Cassava (*Dangdeur*) Getuk. Getuk is a special local food of Baduy that is served in special moments. The ingredients are Cassava and salt. There are some steps of making Getuk Cassava: first, peel off the Cassava and then wash it. Steam the cassava until it is done. Take out the steamed cassava, and punch the steamed cassava until it becomes starch, then add some salt. Mold the starch cassava as you like. *Dangdeur* Getuk (Cassava Getuk) is ready to eat.



Figure 6. Cassava (*Dangdeur*) Getuk of Baduy Tribe

7. Getuk Cau Panggalek (*Getuk Panggalek Banana*). The Ingredients needed are: Four Bananas (*Panggalek Banana*), and salt as you like it. How to make it: Peel off the banana and then roast it until it is done. After it is well done, punch or pound it until it becomes smooth and pour some salt and rice, mix them until it mixed. Finally, the Getuk Banana is ready to serve.

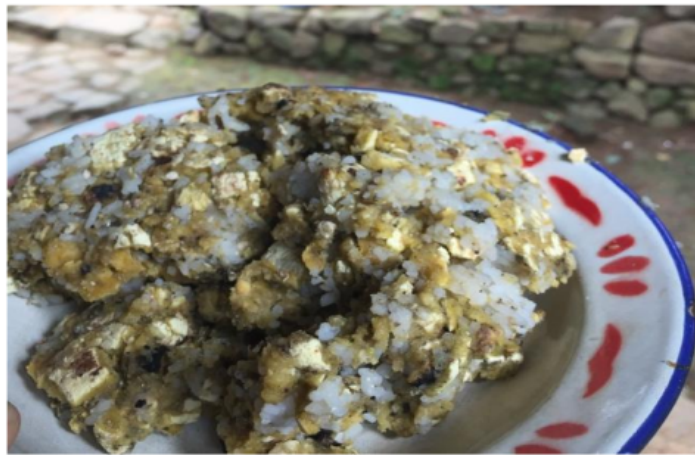


Figure 7. Panggalek Banana Getuk of Baduy Tribe

8. Ginger drinks. The special drink of Baduy tribe is made of Ginger. The ingredients are: Ginger, brown sugar (*gula aren*), and hot water. How to make ginger drink: Peel of the ginger and clean it, boil some water. While boiling the water, roasted the ginger for a while, and if it is done, you can cut the ginger into small pieces and then punch them so that the smell of roasted ginger comes out. Put the roasted ginger into a glass and pour hot water in it then stir it evenly. The ginger drink is ready to drink.



Figure 8. Ginger Drinks as Special Drink of Baduy tribe

9. Hiris nut Vegetable soup. This is a special vegetable soup of Baduy tribe. The ingredients are: hiris small nut vegetable, sugar, salt, and *Honje* flower. The process of making hiris soup: Wash the Hiris small nut, and then boil it. Pour sugar and salt in the boiled Hiris. After that, wash *Honje* flower and boil the *honje* until it was done. Then, put the boiled Hiris and *Honje* into a bowl. The hiris soup is ready to serve.



Figure 9. Hiris Nut Vegetable soup

10. Dodol. Dodol is a special food in Baduy tribe, the ingredients of Dodol are: brown sugar, rice flour, coconut milk. The process of how to make it: slice the brown sugar into small pieces, stir it evenly, and pour coconut milk accordingly and then stir it slowly until sticky. If the dough is not sticky anymore, take it out and wrap it in a plain plastics. Special Dodol of Baduy tribe is ready to eat.



Figure 10. Special Dodol of Baduy tribe

CONCLUSION

1. Local food of Baduy tribe are *wajik, uli, rengginang, tape ketan, gipang, getuk dangdeur, getuk cau panggalek, ginger drinks, hiris nut vegetable, dodol*.
2. Based on the result of identification, local food of Baduy tribe can substitute main food in the future so that it can support the food security in Indonesia.
3. A brief information about the numbers of nutrients in local food of Baduy tribe is not available yet.

SUGGESTION

1. Local food of Baduy tribe has its own history and uniqueness so that it can be developed into the main food of special local food in Banten Province and promoted commercially.
2. The researcher needs to identify and analyze the composition of numbers of nutrients in the local food of Baduy tribe.
3. Small business in the local food of Baduy tribe industry need to be developed to become excellent products.

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