CHAPTER IV
FINDINGS AND DISCUSSIONS

This chapter contains the findings which focus on answering the research question of this final project: *the steps in designing Palembang culinary book in order to preserve and promote Palembang cultural heritage.* It was emphasized on the design comments and suggestions. The answer is also explored in a discussion about comments and suggestions from the experts of book as the participants of this final project.

4.1 Findings

This section explores the steps in developing the book pertaining Palembang culinary in order to preserve and promote Palembang cultural heritage to answer the research question of this final project. Having the data from literature study, observation, and interviews, the steps in designing the book are started from development steps. The steps are chronologically mentioned as follows.

4.1.1 Planning

There were 5 steps in planning the design of Palembang culinary book before sending the booklet to a printing center.

1. Size

The first step was choosing the size of book. The writer used Adobe Photoshop 7.0 application. The media chosen was A4 paper size (21 x 29,7 cm), and then it was folded into two, so the paper could have four pages at a time, two pages on the front side and the other two on the back side.

2. Color

The color of the books were white to make the script can be read clearly and became the main focus of the reader when they read the book.

3. Layout

For layout, the writer used the same layout on each pages for the philosophy and recipe of ten culinary. It used the same editing style to give the simple impressions but highlight the main focus of the book which is the content.

4. Font

This book used some fonts. The title of booklet in the cover used *Times New Roman* size 36. For the title of content in each pages the writer used *Calibri* size 20. Meanwhile, the font of each philosophy used *Calibri* size 12 and for the recipe used *Calibri* size 10 was used.

5. Image

In this book, images were placed in the center on each page. The image on each page in this book is not too large, because the paper size is small.

4.1.2 Developing the Product

After the writer has completed the digital design using Adobe Photoshop 7.0 application, the writer printed the Palembang culinary book to proceed to the next steps. The trial version had 2 books, one in Bahasa Indonesia and one in English with 10 pages each. To get the best result, the writer printed the book in a professional printing center. These are the trial version of the design:

1. Covers

Covers of this book consist of front and back covers. The writer used the white color as shown in 4.1. On front cover, there was the Palembang culinary divided into five different Palembang culinary chosen as the image of the book cover. The title of this book is '*Unpopular Palembang Culinary'* and for the back cover the writer only used white color without any images.

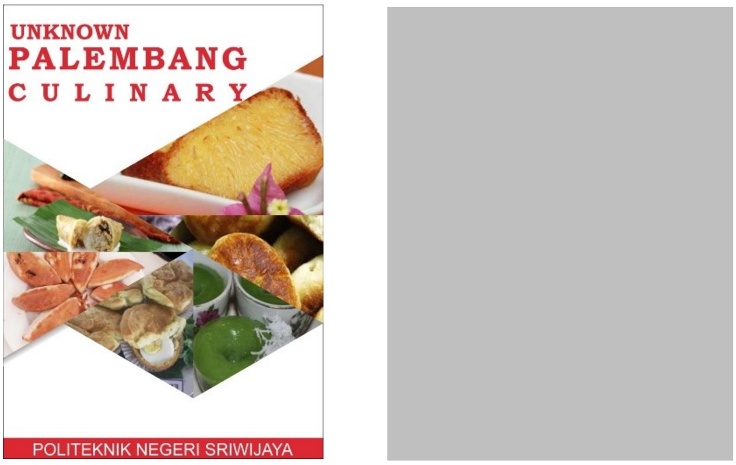
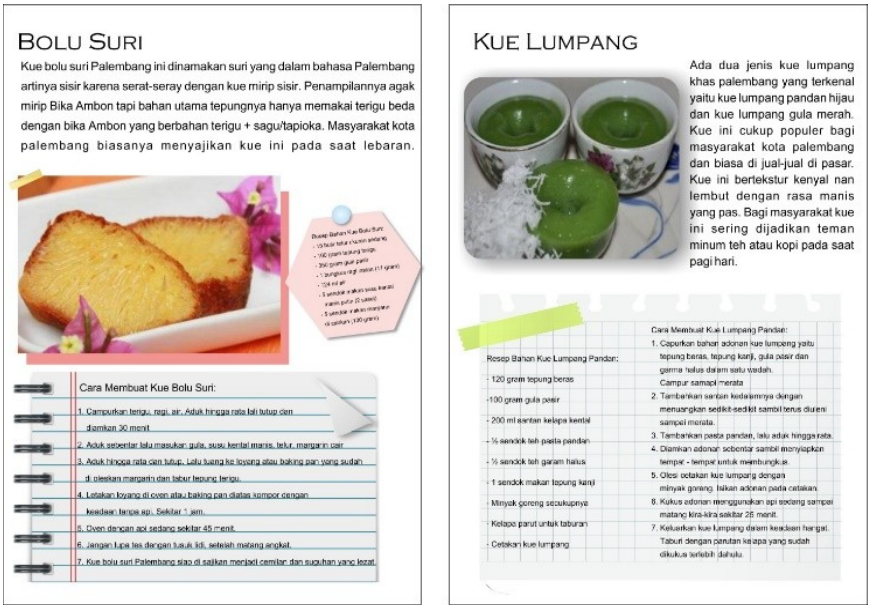


Figure 4. 1 Book Covers
(Left : Front cover – Right : Back cover)

2. Palembang Culinary

There are 10 Palembang culinary which are used in this Palembang Culinary book. Each food is described in two languages: Bahasa Indonesia and English. They are separated in two books language version. Each food has its own philosophy, ingredients, and procedures descriptions with each photograph. Those descriptions and photographs are shown in figure 4.2 until 4.6

- Figure 4.2: Bolu Suri and Kue Lumpang
- Figure 4.3: Engkak Medok and Kue Khamir
- Figure 4.4: Kue Mentu and Kue Gunjing Gemuk
- Figure 4.5: Gulo Puan and Manan Samin
- Figure 4.6: Dadar Jiwo and Maksuba



BOLU SURI

Kue bolu suri Palembang ini dinamakan suri yang dalam bahasa Palembang artinya sisir karena serat-seray dengan kue mirip sisir. Penampilannya agak mirip Bika Ambon tapi bahan utama tepungnya hanya memakai terigu beda dengan bika Ambon yang berbahan terigu + sagu/tapioka. Masyarakat kota palembang biasanya menyajikan kue ini pada saat lebaran.

Cara Membuat Kue Bolu Suri:

1. Campurkan terigu, ragi, air. Aduk hingga rata lalu tutup dan diamkan 30 menit
2. Aduk sebentar lalu masukan gula, susu kental manis, telur, margarin cair
3. Aduk hingga rata dan tutup. Lalu tuang ke loyang atau baking pan yang sudah di oleskan margarin dan tabur tepung terigu.
4. Letakan loyang di oven atau baking pan diatas kompor dengan keadaan tanpa api. Sekitar 1 jam.
5. Oven dengan api sedang sekitar 45 menit.
6. Jangan lupa tes dengan tusuk lidi, setelah matang angkat.
7. Kue bolu suri Palembang siap di sajikan menjadi cemilan dan suguhan yang lezat.

KUE LUMPANG

Ada dua jenis kue lumpang khas palembang yang terkenal yaitu kue lumpang pandan hijau dan kue lumpang gula merah. Kue ini cukup populer bagi masyarakat kota palembang dan biasa di jual-jual di pasar. Kue ini bertekstur kenyal nan lembut dengan rasa manis yang pas. Bagi masyarakat kue ini sering dijadikan teman minum teh atau kopi pada saat pagi hari.

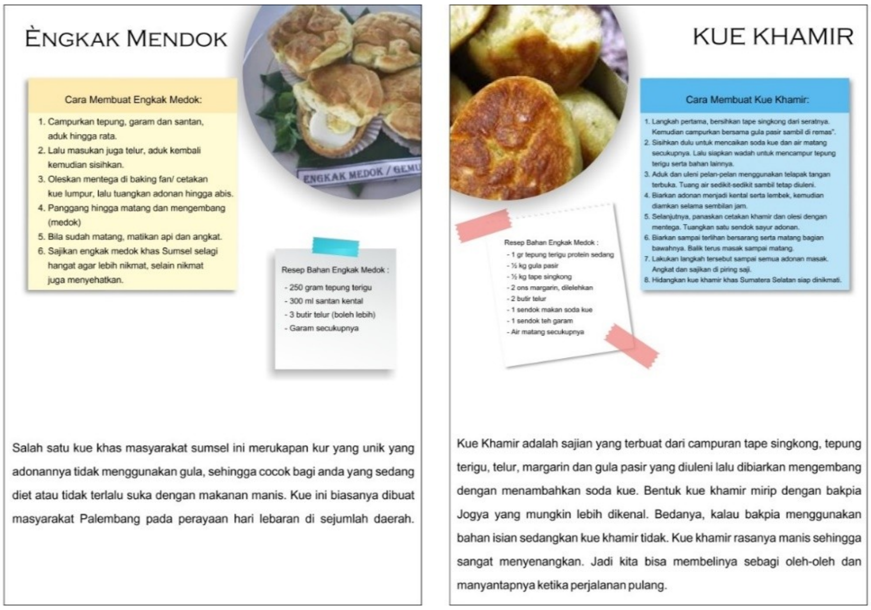
Resep Bahan Kue Lumpang Pandan:

- 120 gram tepung beras
-100 gram gula pasir
- 200 ml santan kelapa kental
- ½ sendok teh pasta pandan
- ½ sendok teh garam halus
- 1 sendok makan tepung kanji
- Minyak goreng secukupnya
- Kelapa parut untuk taburan
- Cetakan kue lumpang

Cara Membuat Kue Lumpang Pandan:

1. Capurkan bahan adonan kue lumpeng yaitu tepung beras, tepung kanji, gula pasir dan garma halus dalam satu wadah. Campur samapi merata
2. Tambahkan santan kedalamnya dengan menuangkan sedikit-sedikit sambil terus diuleni sampai merata.
3. Tambahkan pasta pandan, lalu aduk hingga rata.
4. Diamkan adonan sebentar sambil menyiapkan tempat - tempat untuk membungkus.
5. Olesi cetakan kue lumpang dengan minyak goreng. Isikan adonan pada cetakan.
6. Kukus adonan menggunakan api sedang sampai matang kira-kira sakitar 25 menit.
7. Keluarkan kue lumpang dalam keadaan hangat. Taburi dengan parutan kelapa yang sudah dikukus terlebih dahulu.

Figure 4. 2 Left : Bolu Suri – Right: Kue Lumpang in Bahasa Indonesia version



ÈNGKAK MENDOK

Cara Membuat Engkak Medok:

1. Campurkan tepung, garam dan santan, aduk hingga rata.
2. Lalu masukan juga telur, aduk kembali kemudian sisihkan.
3. Oleskan mentega di baking fan/ cetakan kue lumpur, lalu tuangkan adonan hingga abis.
4. Panggang hingga matang dan mengembang (medok)
5. Bila sudah matang, matikan api dan angkat.
6. Sajikan engkak medok khas Sumsel selagi hangat agar lebih nikmat, selain nikmat juga menyehatkan.

Resep Bahan Engkak Medok :

- 250 gram tepung terigu
- 300 ml santan kental
- 3 butir telur (boleh lebih)
- Garam secukupnya

Salah satu kue khas masyarakat sumsel ini merukapan kur yang unik yang adonannya tidak menggunakan gula, sehingga cocok bagi anda yang sedang diet atau tidak terlalu suka dengan makanan manis. Kue ini biasanya dibuat masyarakat Palembang pada perayaan hari lebaran di sejumlah daerah.

KUE KHAMIR

Cara Membuat Kue Khamir:

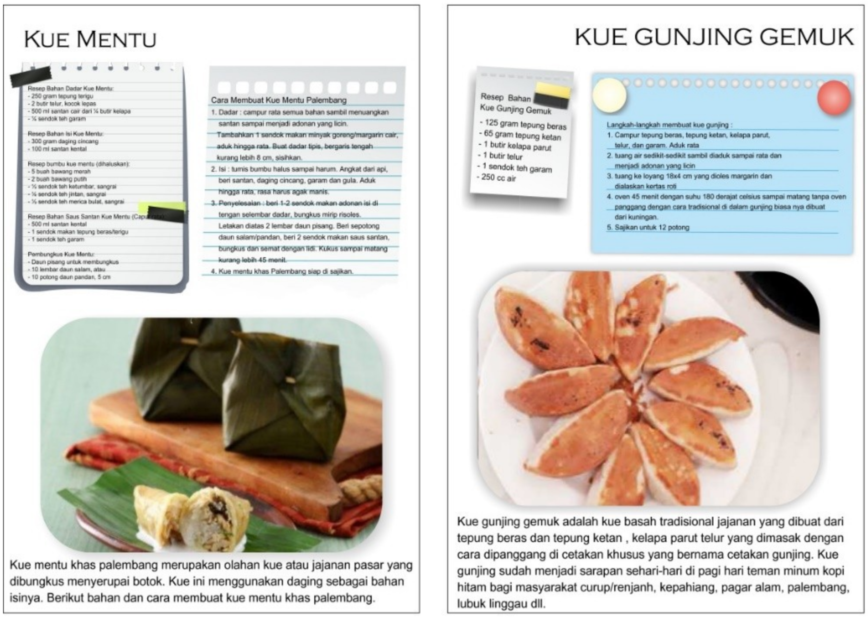
1. Langkah pertama, bersihkan tape singkong dari seratnya. Kemudian campurkan bersama gula pasir sambil di remas".
2. Sisihkan dulu untuk mencaikan soda kue dan air matang secukupnya. Lalu siapkan wadah untuk mencampur tepung terigu serta bahan lainnya.
3. Aduk dan uleni pelan-pelan menggunakan telapak tangan terbuka. Tuang air sedikit-sedikit sambil tetap diuleni.
4. Biarkan adonan menjadi kental serta lembek, kemudian diamkan selama sembilan jam.
5. Selanjutnya, panaskan cetakan khamir dan olesi dengan mentega. Tuangkan satu sendok sayur adonan.
6. Biarkan sampai terlihan bersarang serta matang bagian bawahnya. Balik terus masak sampai matang.
7. Lakukan langkah tersebut sampai semua adonan masak. Angkat dan sajikan di piring saji.
8. Hidangkan kue khamir khas Sumatera Selatan siap dinikmati.

Resep Bahan Engkak Medok :

- 1 gr tepung terigu protein sedang
- ½ kg gula pasir
- ½ kg tape singkong
- 2 ons margarin, dilelehkan
- 2 butir telur
- 1 sendok makan soda kue
- 1 sendok teh garam
- Air matang secukupnya

Kue Khamir adalah sajian yang terbuat dari campuran tape singkong, tepung terigu, telur, margarin dan gula pasir yang diuleni lalu dibiarkan mengembang dengan menambahkan soda kue. Bentuk kue khamir mirip dengan bakpia Jogya yang mungkin lebih dikenal. Bedanya, kalau bakpia menggunakan bahan isian sedangkan kue khamir tidak. Kue khamir rasanya manis sehingga sangat menyenangkan. Jadi kita bisa membelinya sebagi oleh-oleh dan manyantapnya ketika perjalanan pulang.

Figure 4. 3 Left: Engkak Medok – Right: Kue Khamir in Bahasa Indonesia version



KUE MENTU

Resep Bahan Dadar Kue Mentu:
- 250 gram tepung terigu
- 2 butir telur, kocok lepas
- 500 ml santan cair dari ¼ butir kelapa
- ¼ sendok teh garam

Resep Bahan Isi Kue Mentu:
- 300 gram daging cincang
- 100 ml santan kental

Resep bumbu kue mentu (dihaluskan):
- 5 buah bawang merah
- 2 buah bawang putih
- ½ sendok teh ketumbar, sangrai
- ¼ sendok teh jintan, sangrai
- ½ sendok teh merica bulat, sangrai

Resep Bahan Saus Santan Kue Mentu (Cap
- 500 ml santan kental
- 1 sendok makan tepung beras/terigu
- 1 sendok teh garam

Pembungkus Kue Mentu:
- Daun pisang untuk membungkus
- 10 lembar daun salam, atau
- 10 potong daun pandan, 5 cm

Cara Membuat Kue Mentu Palembang

1. Dadar : campur rata semua bahan sambil menuangkan santan sampai menjadi adonan yang licin. Tambahkan 1 sendok makan minyak goreng/margarin cair, aduk hingga rata. Buat dadar tipis, bergaris tengah kurang lebih 8 cm, sisihkan.
2. Isi : tumis bumbu halus sampai harum. Angkat dari api, beri santan, daging cincang, garam dan gula. Aduk hingga rata, rasa harus agak manis.
3. Penyelesaian : beri 1-2 sendok makan adonan isi di tengan selembar dadar, bungkus mirip risoles. Letakan diatas 2 lembar daun pisang. Beri sepotong daun salam/pandan, beri 2 sendok makan saus santan, bungkus dan semat dengan lidi. Kukus sampai matang kurang lebih 45 menit.
4. Kue mentu khas Palembang siap di sajikan.

Kue mentu khas palembang merupakan olahan kue atau jajanan pasar yang dibungkus menyerupai botok. Kue ini menggunakan daging sebagai bahan isinya. Berikut bahan dan cara membuat kue mentu khas palembang.

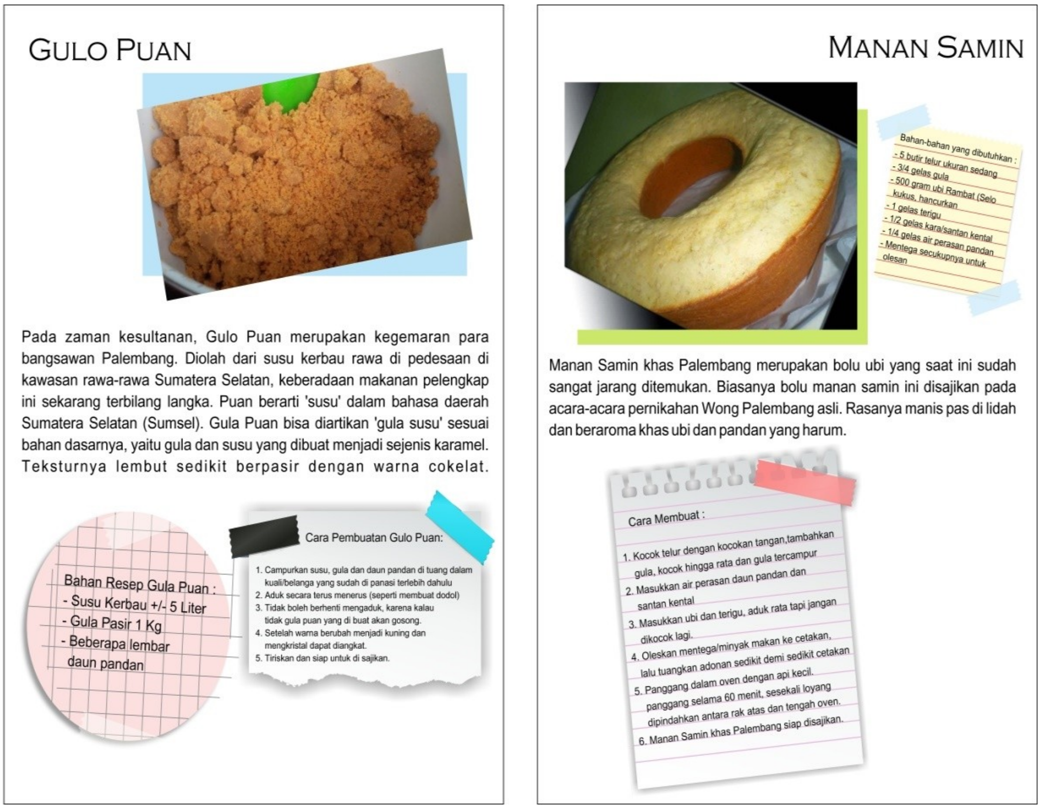
KUE GUNJING GEMUK

Resep Bahan
Kue Gunjing Gemuk
- 125 gram tepung beras
- 65 gram tepung ketan
- 1 butir kelapa parut
- 1 butir telur
- 1 sendok teh garam
- 250 cc air

Langkah-langkah membuat kue gunjing :
1. Campur tepung beras, tepung ketan, kelapa parut, telur, dan garam. Aduk rata
2. tuang air sedikit-sedikit sambil diaduk sampai rata dan menjadi adonan yang licin
3. tuang ke loyang 18x4 cm yang dioles margarin dan dialaskan kertas roti
4. oven 45 menit dengan suhu 180 derajat celsius sampai matang tanpa oven panggang dengan cara tradisional di dalam gunjing biasa nya dibuat dari kuningan.
5. Sajikan untuk 12 potong

Kue gunjing gemuk adalah kue basah tradisional jajanan yang dibuat dari tepung beras dan tepung ketan , kelapa parut telur yang dimasak dengan cara dipanggang di cetakan khusus yang bernama cetakan gunjing. Kue gunjing sudah menjadi sarapan sehari-hari di pagi hari teman minum kopi hitam bagi masyarakat curup/renjanh, kepahiang, pagar alam, palembang, lubuk linggau dll.

Figure 4. 4 Left: Kue Mentu – Right: Kue Gunjing Gemuk in Bahasa Indonesia version



GULO PUAN

Pada zaman kesultanan, Gulo Puan merupakan kegemaran para bangsawan Palembang. Diolah dari susu kerbau rawa di pedesaan di kawasan rawa-rawa Sumatera Selatan, keberadaan makanan pelengkap ini sekarang terbilang langka. Puan berarti 'susu' dalam bahasa daerah Sumatera Selatan (Sumsel). Gula Puan bisa diartikan 'gula susu' sesuai bahan dasarnya, yaitu gula dan susu yang dibuat menjadi sejenis karamel. Teksturnya lembut sedikit berpasir dengan warna cokelat.

Bahan Resep Gula Puan :
- Susu Kerbau +/- 5 Liter
- Gula Pasir 1 Kg
- Beberapa lembar daun pandan

Cara Pembuatan Gulo Puan:

1. Campurkan susu, gula dan daun pandan di tuang dalam kuali/belanga yang sudah di panasi terlebih dahulu
2. Aduk secara terus menerus (seperti membuat dodol)
3. Tidak boleh berhenti mengaduk, karena kalau tidak gula puan yang di buat akan gosong.
4. Setelah warna berubah menjadi kuning dan mengkristal dapat diangkat.
5. Tiriskan dan siap untuk di sajikan.

MANAN SAMIN

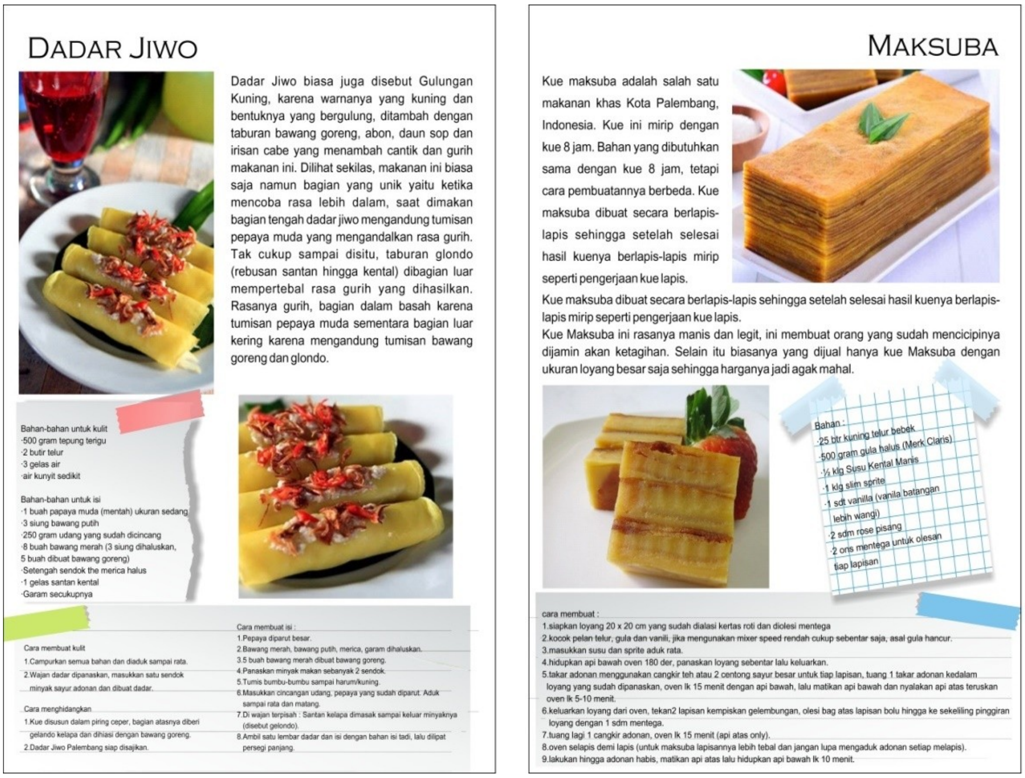
Bahan-bahan yang dibutuhkan :
- 5 butir telur ukuran sedang
- 3/4 gelas gula
- 500 gram ubi Rambat (Selo kukus, hancurkan
- 1 gelas terigu
- 1/2 gelas kara/santan kental
- 1/4 gelas air perasan pandan
- Mentega secukupnya untuk olesan

Manan Samin khas Palembang merupakan bolu ubi yang saat ini sudah sangat jarang ditemukan. Biasanya bolu manan samin ini disajikan pada acara-acara pernikahan Wong Palembang asli. Rasanya manis pas di lidah dan beraroma khas ubi dan pandan yang harum.

Cara Membuat :

1. Kocok telur dengan kocokan tangan,tambahkan gula, kocok hingga rata dan gula tercampur
2. Masukkan air perasan daun pandan dan santan kental
3. Masukkan ubi dan terigu, aduk rata tapi jangan dikocok lagi.
4. Oleskan mentega/minyak makan ke cetakan, lalu tuangkan adonan sedikit demi sedikit cetakan
5. Panggang dalam oven dengan api kecil. panggang selama 60 menit, sesekali loyang dipindahkan antara rak atas dan tengah oven.
6. Manan Samin khas Palembang siap disajikan.

Figure 4. 5 Left: Gulo Puan – Right: Manan Samin in Bahasa Indonesia version



DADAR JIWO

Dadar Jiwo biasa juga disebut Gulungan Kuning, karena warnanya yang kuning dan bentuknya yang bergulung, ditambah dengan taburan bawang goreng, abon, daun sop dan irisan cabe yang menambah cantik dan gurih makanan ini. Dilihat sekilas, makanan ini biasa saja namun bagian yang unik yaitu ketika mencoba rasa lebih dalam, saat dimakan bagian tengah dadar jiwo mengandung tumisan pepaya muda yang mengandalkan rasa gurih. Tak cukup sampai disitu, taburan glondo (rebusan santan hingga kental) dibagian luar mempertebal rasa gurih yang dihasilkan. Rasanya gurih, bagian dalam basah karena tumisan pepaya muda sementara bagian luar kering karena mengandung tumisan bawang goreng dan glondo.

Bahan-bahan untuk kulit
·500 gram tepung terigu
·2 butir telur
·3 gelas air
·air kunyit sedikit

Bahan-bahan untuk isi
·1 buah papaya muda (mentah) ukuran sedang
·3 siung bawang putih
·250 gram udang yang sudah dicincang
·8 buah bawang merah (3 siung dihaluskan, 5 buah dibuat bawang goreng)
·Setengah sendok the merica halus
·1 gelas santan kental
·Garam secukupnya

Cara membuat kulit
1.Campurkan semua bahan dan diaduk sampai rata.
2.Wajan dadar dipanaskan, masukkan satu sendok minyak sayur adonan dan dibuat dadar.

Cara menghidangkan
1.Kue disusun dalam piring ceper, bagian atasnya diberi gelando kelapa dan dihiasi dengan bawang goreng.
2.Dadar Jiwo Palembang siap disajikan.

Cara membuat isi :
1.Pepaya diparut besar.
2.Bawang merah, bawang putih, merica, garam dihaluskan.
3.5 buah bawang merah dibuat bawang goreng.
4.Panaskan minyak makan sebanyak 2 sendok.
5.Tumis bumbu-bumbu sampai harum/kuning.
6.Masukkan cincangan udang, pepaya yang sudah diparut. Aduk sampai rata dan matang.
7.Di wajan terpisah : Santan kelapa dimasak sampai keluar minyaknya (disebut gelondo).
8.Ambil satu lembar dadar dan isi dengan bahan isi tadi, lalu dilipat persegi panjang.

MAKSUBA

Kue maksuba adalah salah satu makanan khas Kota Palembang, Indonesia. Kue ini mirip dengan kue 8 jam. Bahan yang dibutuhkan sama dengan kue 8 jam, tetapi cara pembuatannya berbeda. Kue maksuba dibuat secara berlapis-lapis sehingga setelah selesai hasil kuenya berlapis-lapis mirip seperti pengerjaan kue lapis.

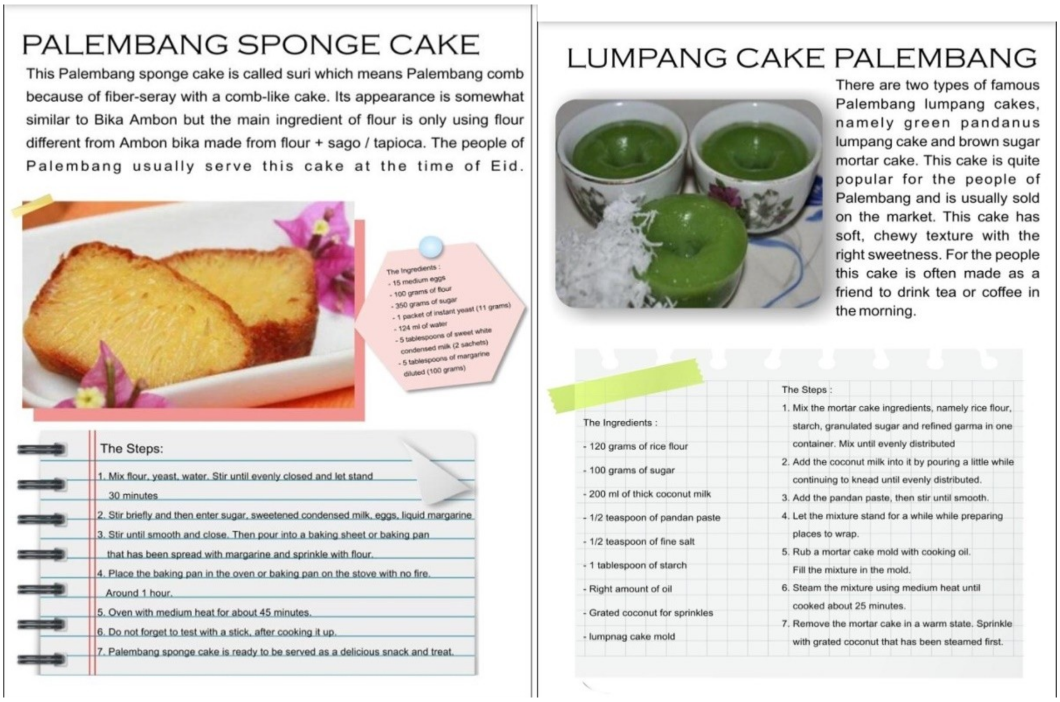
Kue maksuba dibuat secara berlapis-lapis sehingga setelah selesai hasil kuenya berlapis-lapis mirip seperti pengerjaan kue lapis.

Kue Maksuba ini rasanya manis dan legit, ini membuat orang yang sudah mencicipinya dijamin akan ketagihan. Selain itu biasanya yang dijual hanya kue Maksuba dengan ukuran loyang besar saja sehingga harganya jadi agak mahal.

Bahan :
·25 btr kuning telur bebek
·500 gram gula halus (Merk Claris)
·½ klg Susu Kental Manis
·1 klg slim sprite
·1 sdt vanilla (vanila batangan lebih wangi)
·2 sdm rose pisang
·2 ons mentega untuk olesan tiap lapisan

cara membuat :
1.siapkan loyang 20 x 20 cm yang sudah dialasi kertas roti dan diolesi mentega
2.kocok pelan telur, gula dan vanili, jika mengunakan mixer speed rendah cukup sebentar saja, asal gula hancur.
3.masukkan susu dan sprite aduk rata.
4.hidupkan api bawah oven 180 der, panaskan loyang sebentar lalu keluarkan.
5.takar adonan menggunakan cangkir teh atau 2 centong sayur besar untuk tiap lapisan, tuang 1 takar adonan kedalam loyang yang sudah dipanaskan, oven lk 15 menit dengan api bawah, lalu matikan api bawah dan nyalakan api atas teruskan oven lk 5-10 menit.
6.keluarkan loyang dari oven, tekan2 lapisan kempiskan gelembungan, olesi bag atas lapisan bolu hingga ke sekeliling pinggiran loyang dengan 1 sdm mentega.
7.tuang lagi 1 cangkir adonan, oven lk 15 menit (api atas only).
8.oven selapis demi lapis (untuk maksuba lapisannya lebih tebal dan jangan lupa mengaduk adonan setiap melapis).
9.lakukan hingga adonan habis, matikan api atas lalu hidupkan api bawah lk 10 menit.

Figure 4. 6 Dadar Jiwo – Right: Maksuba in Bahasa Indonesia version



PALEMBANG SPONGE CAKE

This Palembang sponge cake is called suri which means Palembang comb because of fiber-seray with a comb-like cake. Its appearance is somewhat similar to Bika Ambon but the main ingredient of flour is only using flour different from Ambon bika made from flour + sago / tapioca. The people of Palembang usually serve this cake at the time of Eid.

The Ingredients :
- 15 medium eggs
- 100 grams of flour
- 350 grams of sugar
- 1 packet of instant yeast (11 grams)
- 124 ml of water
- 5 tablespoons of sweet white condensed milk (2 sachets)
- 5 tablespoons of margarine diluted (100 grams)

The Steps:

1. Mix flour, yeast, water. Stir until evenly closed and let stand 30 minutes
2. Stir briefly and then enter sugar, sweetened condensed milk, eggs, liquid margarine
3. Stir until smooth and close. Then pour into a baking sheet or baking pan that has been spread with margarine and sprinkle with flour.
4. Place the baking pan in the oven or baking pan on the stove with no fire. Around 1 hour.
5. Oven with medium heat for about 45 minutes.
6. Do not forget to test with a stick, after cooking it up.
7. Palembang sponge cake is ready to be served as a delicious snack and treat.

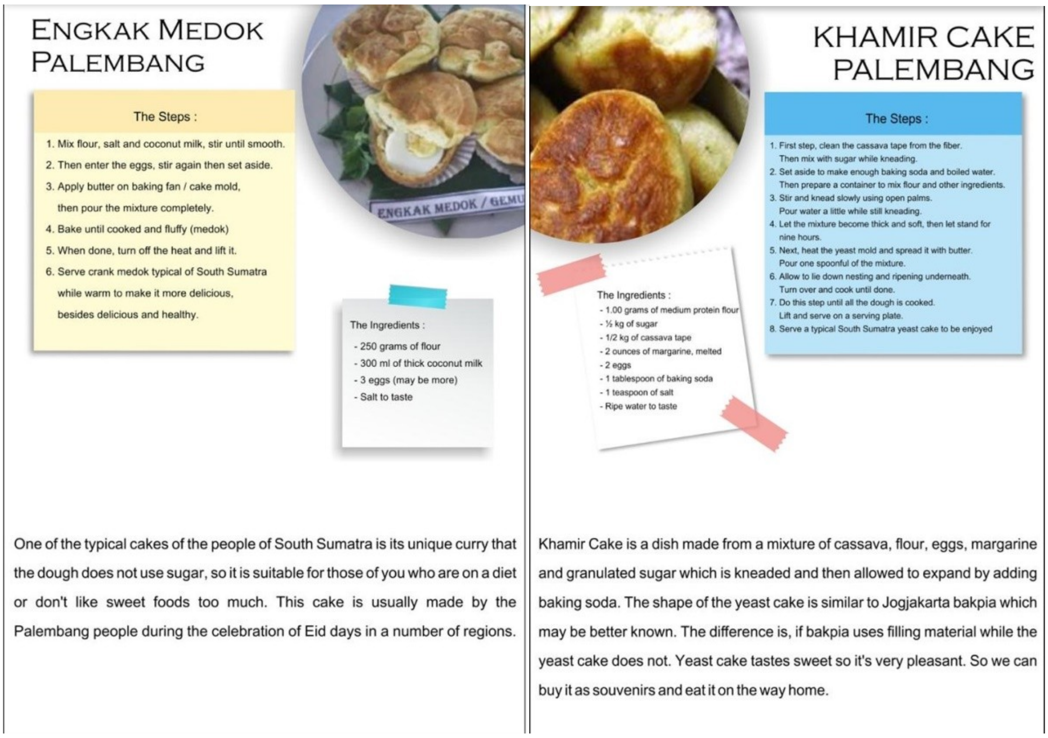
LUMPANG CAKE PALEMBANG

There are two types of famous Palembang lumpang cakes, namely green pandanus lumpang cake and brown sugar mortar cake. This cake is quite popular for the people of Palembang and is usually sold on the market. This cake has soft, chewy texture with the right sweetness. For the people this cake is often made as a friend to drink tea or coffee in the morning.

The Ingredients :
- 120 grams of rice flour
- 100 grams of sugar
- 200 ml of thick coconut milk
- 1/2 teaspoon of pandan paste
- 1/2 teaspoon of fine salt
- 1 tablespoon of starch
- Right amount of oil
- Grated coconut for sprinkles
- lumpnag cake mold

The Steps :
1. Mix the mortar cake ingredients, namely rice flour, starch, granulated sugar and refined garma in one container. Mix until evenly distributed
2. Add the coconut milk into it by pouring a little while continuing to knead until evenly distributed.
3. Add the pandan paste, then stir until smooth.
4. Let the mixture stand for a while while preparing places to wrap.
5. Rub a mortar cake mold with cooking oil. Fill the mixture in the mold.
6. Steam the mixture using medium heat until cooked about 25 minutes.
7. Remove the mortar cake in a warm state. Sprinkle with grated coconut that has been steamed first.

Figure 4. 7 Left: Kue Suri – Right: Kue Lumpang in English version



ENGKAK MEDOK PALEMBANG

The Steps :
1. Mix flour, salt and coconut milk, stir until smooth.
2. Then enter the eggs, stir again then set aside.
3. Apply butter on baking fan / cake mold, then pour the mixture completely.
4. Bake until cooked and fluffy (medok)
5. When done, turn off the heat and lift it.
6. Serve crank medok typical of South Sumatra while warm to make it more delicious, besides delicious and healthy.

The Ingredients :
- 250 grams of flour
- 300 ml of thick coconut milk
- 3 eggs (may be more)
- Salt to taste

One of the typical cakes of the people of South Sumatra is its unique curry that the dough does not use sugar, so it is suitable for those of you who are on a diet or don't like sweet foods too much. This cake is usually made by the Palembang people during the celebration of Eid days in a number of regions.

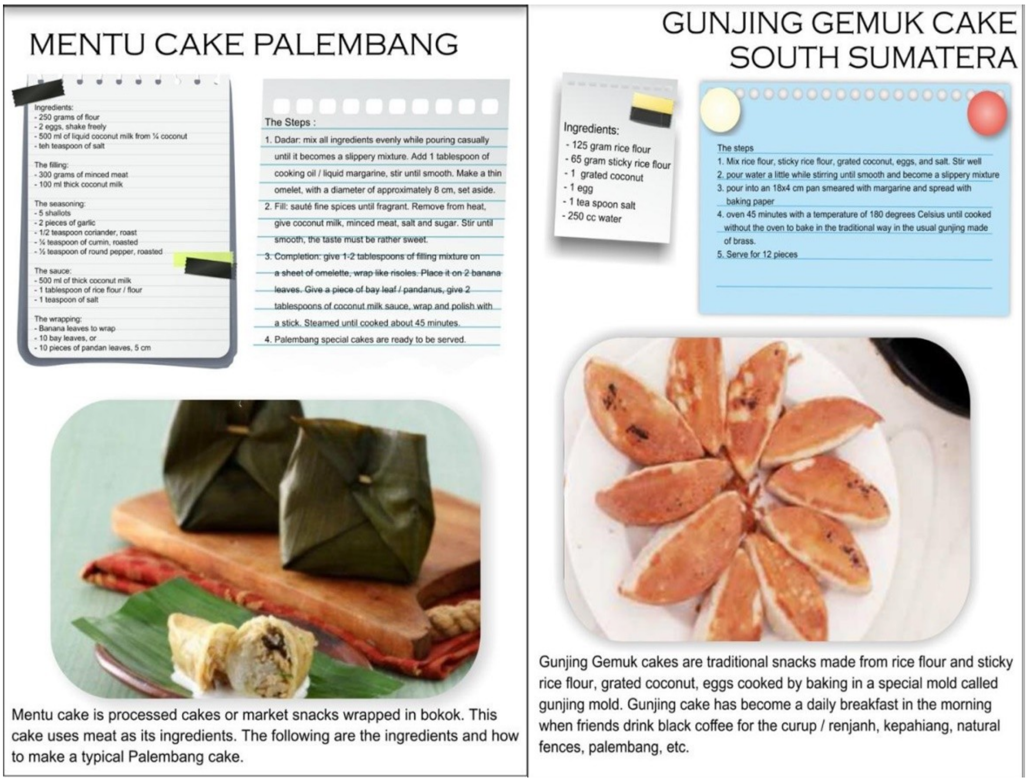
KHAMIR CAKE PALEMBANG

The Steps :
1. First step, clean the cassava tape from the fiber. Then mix with sugar while kneading.
2. Set aside to make enough baking soda and boiled water. Then prepare a container to mix flour and other ingredients.
3. Stir and knead slowly using open palms. Pour water a little while still kneading.
4. Let the mixture become thick and soft, then let stand for nine hours.
5. Next, heat the yeast mold and spread it with butter. Pour one spoonful of the mixture.
6. Allow to lie down nesting and ripening underneath. Turn over and cook until done.
7. Do this step until all the dough is cooked. Lift and serve on a serving plate.
8. Serve a typical South Sumatra yeast cake to be enjoyed

The Ingredients :
- 1.00 grams of medium protein flour
- ½ kg of sugar
- 1/2 kg of cassava tape
- 2 ounces of margarine, melted
- 2 eggs
- 1 tablespoon of baking soda
- 1 teaspoon of salt
- Ripe water to taste

Khamir Cake is a dish made from a mixture of cassava, flour, eggs, margarine and granulated sugar which is kneaded and then allowed to expand by adding baking soda. The shape of the yeast cake is similar to Jogjakarta bakpia which may be better known. The difference is, if bakpia uses filling material while the yeast cake does not. Yeast cake tastes sweet so it's very pleasant. So we can buy it as souvenirs and eat it on the way home.

Figure 4. 8 Left:Engkak Medok – Right: Kue Khamir in English version



MENTU CAKE PALEMBANG

Ingredients:
- 250 grams of flour
- 2 eggs, shake freely
- 500 ml of liquid coconut milk from ¼ coconut
- teh teaspoon of salt

The filling:
- 300 grams of minced meat
- 100 ml thick coconut milk

The seasoning:
- 5 shallots
- 2 pieces of garlic
- 1/2 teaspoon coriander, roast
- ¼ teaspoon of cumin, roasted
- ½ teaspoon of round pepper, roasted

The sauce:
- 500 ml of thick coconut milk
- 1 tablespoon of rice flour / flour
- 1 teaspoon of salt

The wrapping:
- Banana leaves to wrap
- 10 bay leaves, or
- 10 pieces of pandan leaves, 5 cm

The Steps :
1. Dadar: mix all ingredients evenly while pouring casually until it becomes a slippery mixture. Add 1 tablespoon of cooking oil / liquid margarine, stir until smooth. Make a thin omelet, with a diameter of approximately 8 cm, set aside.
2. Fill: sauté fine spices until fragrant. Remove from heat, give coconut milk, minced meat, salt and sugar. Stir until smooth, the taste must be rather sweet.
3. Completion: give 1-2 tablespoons of filling mixture on a sheet of omelette, wrap like risoles. Place it on 2 banana leaves. Give a piece of bay leaf / pandanus, give 2 tablespoons of coconut milk sauce, wrap and polish with a stick. Steamed until cooked about 45 minutes.
4. Palembang special cakes are ready to be served.

Mentu cake is processed cakes or market snacks wrapped in bokok. This cake uses meat as its ingredients. The following are the ingredients and how to make a typical Palembang cake.

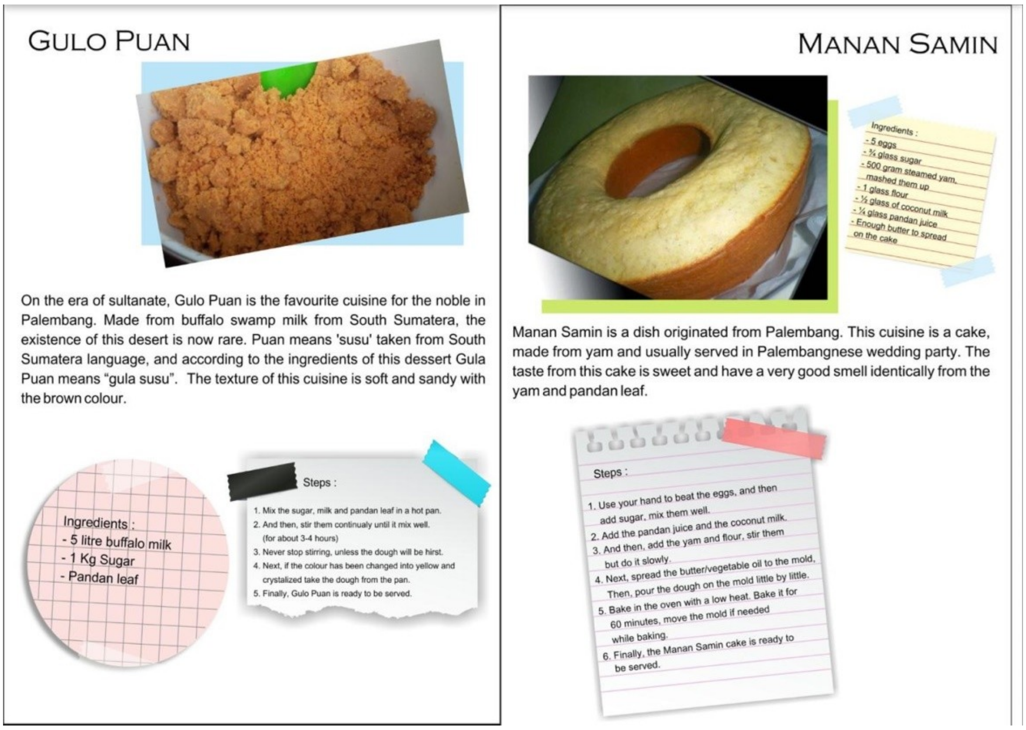
GUNJING GEMUK CAKE SOUTH SUMATERA

Ingredients:
- 125 gram rice flour
- 65 gram sticky rice flour
- 1 grated coconut
- 1 egg
- 1 tea spoon salt
- 250 cc water

The steps
1. Mix rice flour, sticky rice flour, grated coconut, eggs, and salt. Stir well
2. pour water a little while stirring until smooth and become a slippery mixture
3. pour into an 18x4 cm pan smeared with margarine and spread with baking paper
4. oven 45 minutes with a temperature of 180 degrees Celsius until cooked without the oven to bake in the traditional way in the usual gunjing made of brass.
5. Serve for 12 pieces

Gunjing Gemuk cakes are traditional snacks made from rice flour and sticky rice flour, grated coconut, eggs cooked by baking in a special mold called gunjing mold. Gunjing cake has become a daily breakfast in the morning when friends drink black coffee for the curup / renjanh, kepahiang, natural fences, palembang, etc.

Figure 4. 9 Left: Kue Mentu – Right: Gunjing Gemuk in English version



GULO PUAN

On the era of sultanate, Gulo Puan is the favourite cuisine for the noble in Palembang. Made from buffalo swamp milk from South Sumatera, the existence of this desert is now rare. Puan means 'susu' taken from South Sumatera language, and according to the ingredients of this dessert Gula Puan means "gula susu". The texture of this cuisine is soft and sandy with the brown colour.

Ingredients :
- 5 litre buffalo milk
- 1 Kg Sugar
- Pandan leaf

Steps :
1. Mix the sugar, milk and pandan leaf in a hot pan.
2. And then, stir them continualy until it mix well. (for about 3-4 hours)
3. Never stop stirring, unless the dough will be hirst.
4. Next, if the colour has been changed into yellow and crystalized take the dough from the pan.
5. Finally, Gulo Puan is ready to be served.

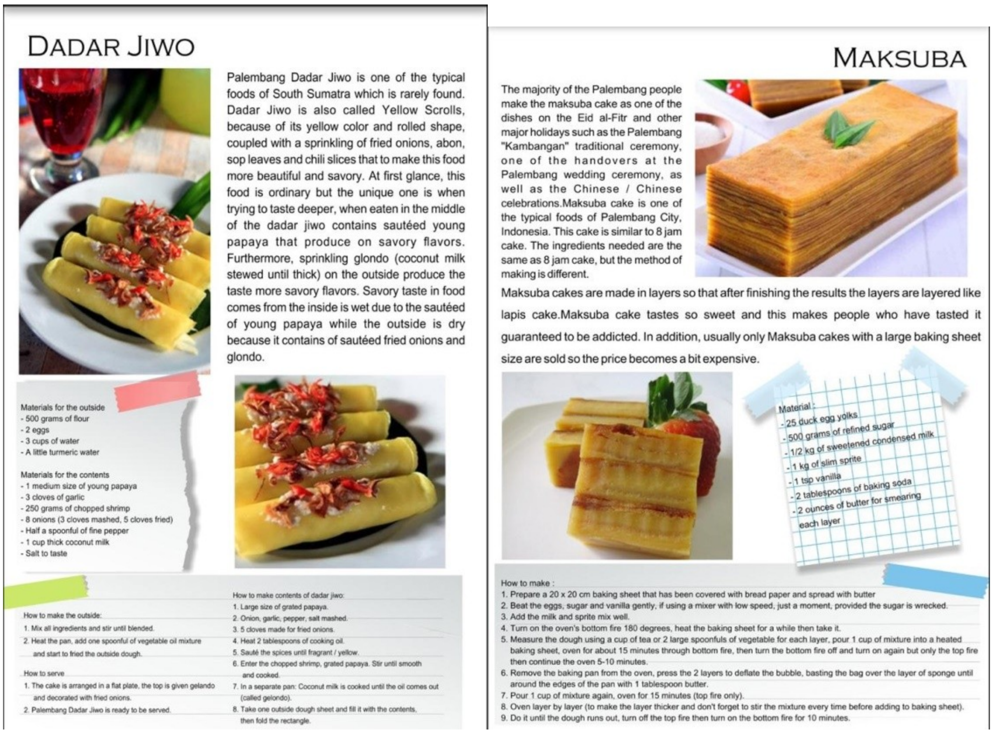
MANAN SAMIN

Ingredients :
- 5 eggs
- ¾ glass sugar
- 500 gram steamed yam, mashed them up
- 1 glass flour
- ½ glass of coconut milk
- ¼ glass pandan juice
- Enough butter to spread on the cake

Manan Samin is a dish originated from Palembang. This cuisine is a cake, made from yam and usually served in Palembangnese wedding party. The taste from this cake is sweet and have a very good smell identically from the yam and pandan leaf.

Steps :
1. Use your hand to beat the eggs, and then add sugar, mix them well.
2. Add the pandan juice and the coconut milk.
3. And then, add the yam and flour, stir them but do it slowly.
4. Next, spread the butter/vegetable oil to the mold, Then, pour the dough on the mold little by little.
5. Bake in the oven with a low heat. Bake it for 60 minutes, move the mold if needed while baking.
6. Finally, the Manan Samin cake is ready to be served.

Figure 4. 10 Left: Gulo Puan – Right: Manan Sahmin in English version



DADAR JIWO

Palembang Dadar Jiwo is one of the typical foods of South Sumatra which is rarely found. Dadar Jiwo is also called Yellow Scrolls, because of its yellow color and rolled shape, coupled with a sprinkling of fried onions, abon, sop leaves and chili slices that to make this food more beautiful and savory. At first glance, this food is ordinary but the unique one is when trying to taste deeper, when eaten in the middle of the dadar jiwo contains sautéed young papaya that produce on savory flavors. Furthermore, sprinkling glondo (coconut milk stewed until thick) on the outside produce the taste more savory flavors. Savory taste in food comes from the inside is wet due to the sautéed of young papaya while the outside is dry because it contains of sautéed fried onions and glondo.

Materials for the outside
- 500 grams of flour
- 2 eggs
- 3 cups of water
- A little turmeric water

Materials for the contents
- 1 medium size of young papaya
- 3 cloves of garlic
- 250 grams of chopped shrimp
- 8 onions (3 cloves mashed, 5 cloves fried)
- Half a spoonful of fine pepper
- 1 cup thick coconut milk
- Salt to taste

How to make the outside:
1. Mix all ingredients and stir until blended.
2. Heat the pan, add one spoonful of vegetable oil mixture and start to fried the outside dough.

How to serve
1. The cake is arranged in a flat plate, the top is given gelando and decorated with fried onions.
2. Palembang Dadar Jiwo is ready to be served.

How to make contents of dadar jiwo:
1. Large size of grated papaya.
2. Onion, garlic, pepper, salt mashed.
3. 5 cloves made for fried onions.
4. Heat 2 tablespoons of cooking oil.
5. Sauté the spices until fragrant / yellow.
6. Enter the chopped shrimp, grated papaya. Stir until smooth and cooked.
7. In a separate pan: Coconut milk is cooked until the oil comes out (called gelondo).
8. Take one outside dough sheet and fill it with the contents, then fold the rectangle.

MAKSUBA

The majority of the Palembang people make the maksuba cake as one of the dishes on the Eid al-Fitr and other major holidays such as the Palembang "Kambangan" traditional ceremony, one of the handovers at the Palembang wedding ceremony, as well as the Chinese / Chinese celebrations.Maksuba cake is one of the typical foods of Palembang City, Indonesia. This cake is similar to 8 jam cake. The ingredients needed are the same as 8 jam cake, but the method of making is different.

Maksuba cakes are made in layers so that after finishing the results the layers are layered like lapis cake.Maksuba cake tastes so sweet and this makes people who have tasted it guaranteed to be addicted. In addition, usually only Maksuba cakes with a large baking sheet size are sold so the price becomes a bit expensive.

Material :
- 25 duck egg yolks
- 500 grams of refined sugar
- 1/2 kg of sweetened condensed milk
- 1 kg of slim sprite
- 1 tsp vanilla
- 2 tablespoons of baking soda
- 2 ounces of butter for smearing each layer

How to make :
1. Prepare a 20 x 20 cm baking sheet that has been covered with bread paper and spread with butter
2. Beat the eggs, sugar and vanilla gently, if using a mixer with low speed, just a moment, provided the sugar is wrecked.
3. Add the milk and sprite mix well.
4. Turn on the oven's bottom fire 180 degrees, heat the baking sheet for a while then take it.
5. Measure the dough using a cup of tea or 2 large spoonfuls of vegetable for each layer, pour 1 cup of mixture into a heated baking sheet, oven for about 15 minutes through bottom fire, then turn the bottom fire off and turn on again but only the top fire then continue the oven 5-10 minutes.
6. Remove the baking pan from the oven, press the 2 layers to deflate the bubble, basting the bag over the layer of sponge until around the edges of the pan with 1 tablespoon butter.
7. Pour 1 cup of mixture again, oven for 15 minutes (top fire only).
8. Oven layer by layer (to make the layer thicker and don't forget to stir the mixture every time before adding to baking sheet).
9. Do it until the dough runs out, turn off the top fire then turn on the bottom fire for 10 minutes.

Figure 4. 11 Left: Dadar Jiwo – Right: Maksuba in English version

4.1.3 Testing

After the trial book has been printed, it has been given to Mr. Budi Suryanto as the expert of layout, Mrs. Maulidia Wahyuni as the expert of the content, Mrs. Sri Gustiani as the expert of English, and Mrs. Eviliana as the expert of Bahasa Indonesia for the suggestions and comments about the book. From this step the expert of content commented on four parts of this book, they were philosophy, ingredients, procedures, and images. The expert of layout commented on two parts of this book, they were font size and color. Meanwhile the expert of Bahasa Indonesia commented on three parts of this book, they are diction (*diksi),* conjunction (*kata hubung),* and punctuation (*tanda baca).* The expert of English commented on three parts of this book, they were diction and punctuation.

4.1.4 Revising

a. Layout

Based on the layout expert's suggestions collected from the interview, there were two layout corrections to develop Palembang Culinary book. The writer did some revisions from that comments: font size and color. The revisions of them are as follows:

1. Font Size

   According to the expert, Mr. Budi Suryanto said that the font size of this book was too small. It made the readers harder to read the sentences, so it would be better if the font size was enlarged to size 12. Text on the book was also have revised, previously it is separated into two books, and the expert suggested that better if the text is in the same book (bilingual book), before after revision is shown in figure 4.12 until 4.43.

2. Color

   The expert suggested that the color of the book was not given the nuance of Palembang cultural heritage that are red and gold. So, the writer revised the color into the nuance of red and gold, before after revision is shown in figure 4.12 until 4.43.

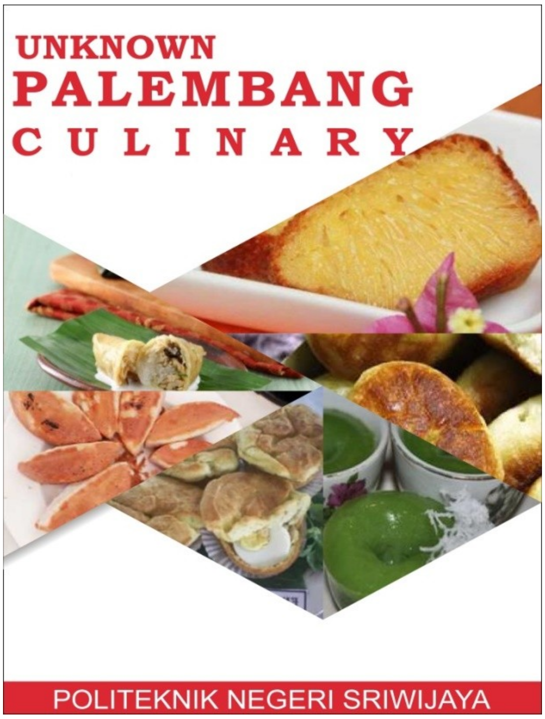

UNKNOWN
PALEMBANG
CULINARY
POLITEKNIK NEGERI SRIWIJAYA

Figure 4. 12 Front Cover Before Revision

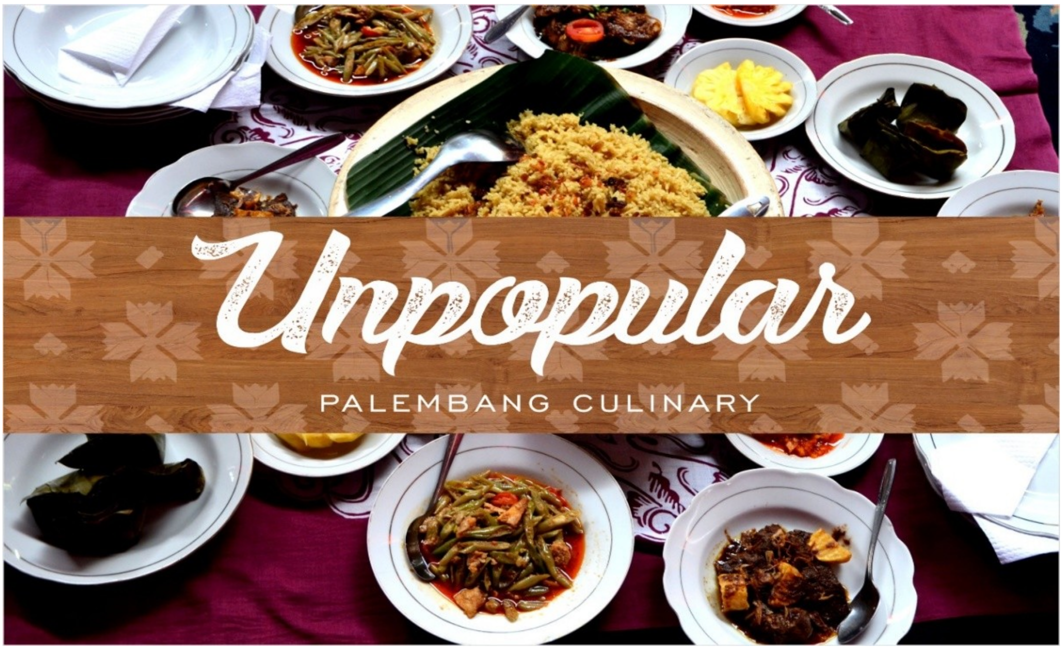
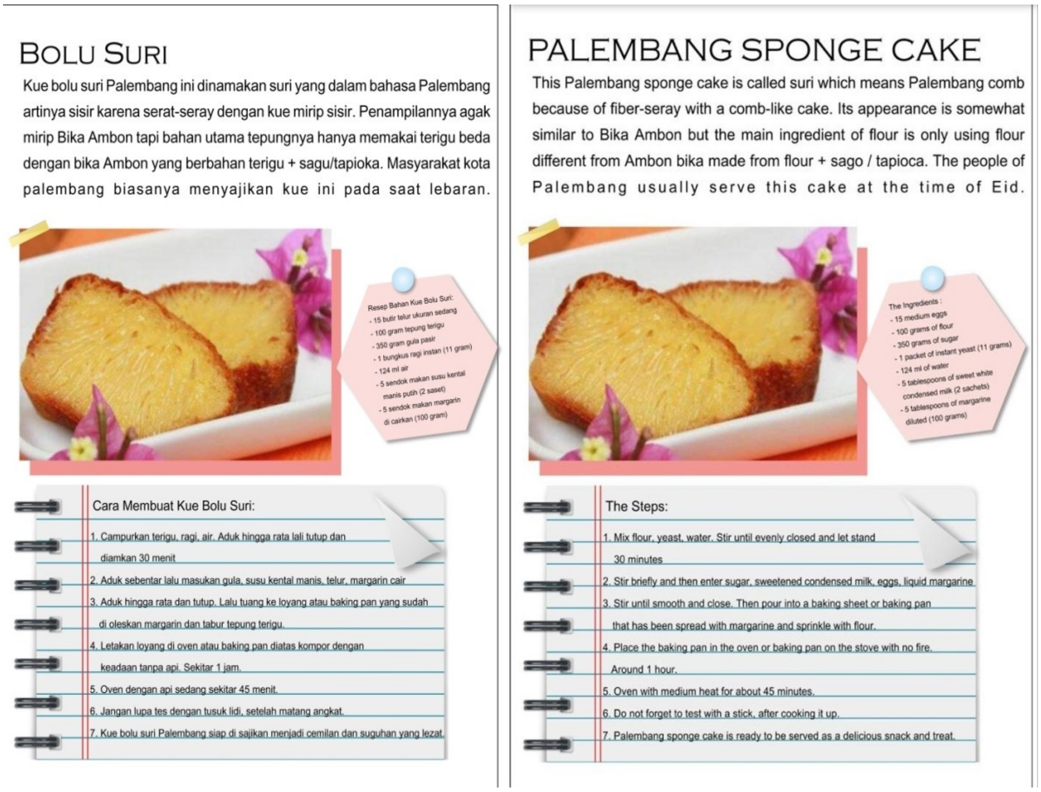

Unpopular
PALEMBANG CULINARY

Figure 4. 13 Front Cover After Revision



BOLU SURI

Kue bolu suri Palembang ini dinamakan suri yang dalam bahasa Palembang artinya sisir karena serat-seray dengan kue mirip sisir. Penampilannya agak mirip Bika Ambon tapi bahan utama tepungnya hanya memakai terigu beda dengan bika Ambon yang berbahan terigu + sagu/tapioka. Masyarakat kota palembang biasanya menyajikan kue ini pada saat lebaran.

Resep Bahan Kue Bolu Suri:
- 15 butir telur ukuran sedang
- 100 gram tepung terigu
- 350 gram gula pasir
- 1 bungkus ragi instan (11 gram)
- 124 ml air
- 5 sendok makan susu kental manis putih (2 saset)
- 5 sendok makan margarin di cairkan (100 gram)

Cara Membuat Kue Bolu Suri:

1. Campurkan terigu, ragi, air. Aduk hingga rata lali tutup dan diamkan 30 menit
2. Aduk sebentar lalu masukan gula, susu kental manis, telur, margarin cair
3. Aduk hingga rata dan tutup. Lalu tuang ke loyang atau baking pan yang sudah di oleskan margarin dan tabur tepung terigu.
4. Letakan loyang di oven atau baking pan diatas kompor dengan keadaan tanpa api. Sekitar 1 jam.
5. Oven dengan api sedang sekitar 45 menit.
6. Jangan lupa tes dengan tusuk lidi, setelah matang angkat.
7. Kue bolu suri Palembang siap di sajikan menjadi cemilan dan suguhan yang lezat.

PALEMBANG SPONGE CAKE

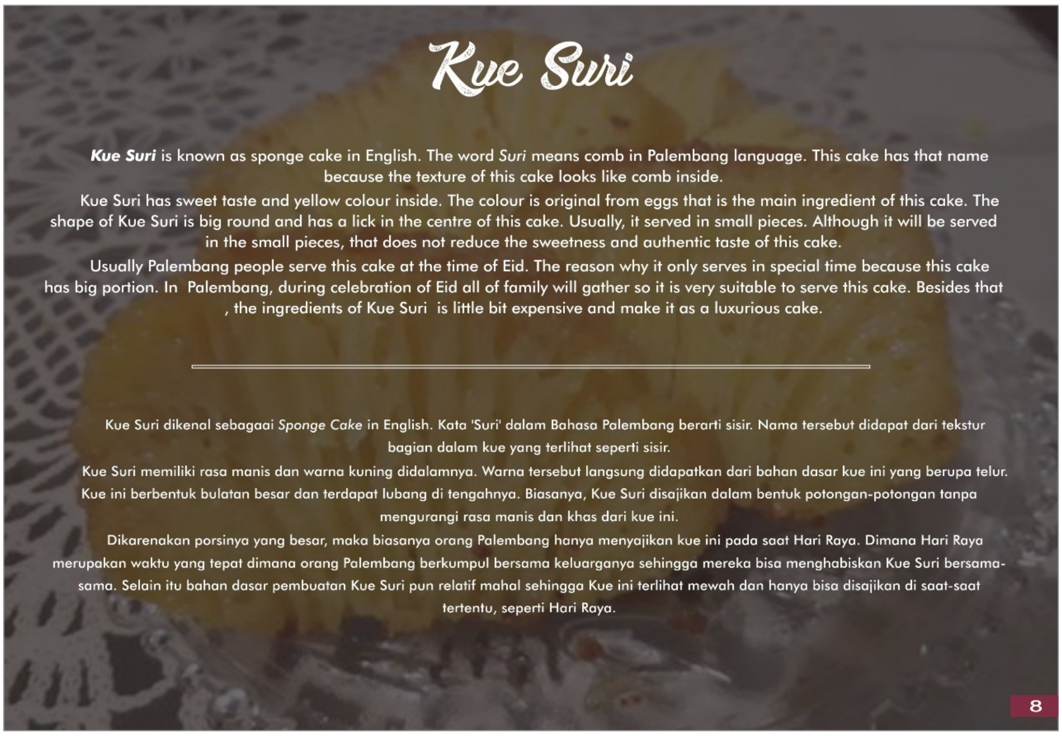
This Palembang sponge cake is called suri which means Palembang comb because of fiber-seray with a comb-like cake. Its appearance is somewhat similar to Bika Ambon but the main ingredient of flour is only using flour different from Ambon bika made from flour + sago / tapioca. The people of Palembang usually serve this cake at the time of Eid.

The Ingredients :
- 15 medium eggs
- 100 grams of flour
- 350 grams of sugar
- 1 packet of instant yeast (11 grams)
- 124 ml of water
- 5 tablespoons of sweet white condensed milk (2 sachets)
- 5 tablespoons of margarine diluted (100 grams)

The Steps:

1. Mix flour, yeast, water. Stir until evenly closed and let stand 30 minutes
2. Stir briefly and then enter sugar, sweetened condensed milk, eggs, liquid margarine
3. Stir until smooth and close. Then pour into a baking sheet or baking pan that has been spread with margarine and sprinkle with flour.
4. Place the baking pan in the oven or baking pan on the stove with no fire. Around 1 hour.
5. Oven with medium heat for about 45 minutes.
6. Do not forget to test with a stick, after cooking it up.
7. Palembang sponge cake is ready to be served as a delicious snack and treat.

Figure 4. 14 Bolu Suri Philosophy and Recipe Before Revision



Kue Suri

Kue Suri is known as sponge cake in English. The word *Suri* means comb in Palembang language. This cake has that name because the texture of this cake looks like comb inside.

Kue Suri has sweet taste and yellow colour inside. The colour is original from eggs that is the main ingredient of this cake. The shape of Kue Suri is big round and has a lick in the centre of this cake. Usually, it served in small pieces. Although it will be served in the small pieces, that does not reduce the sweetness and authentic taste of this cake.

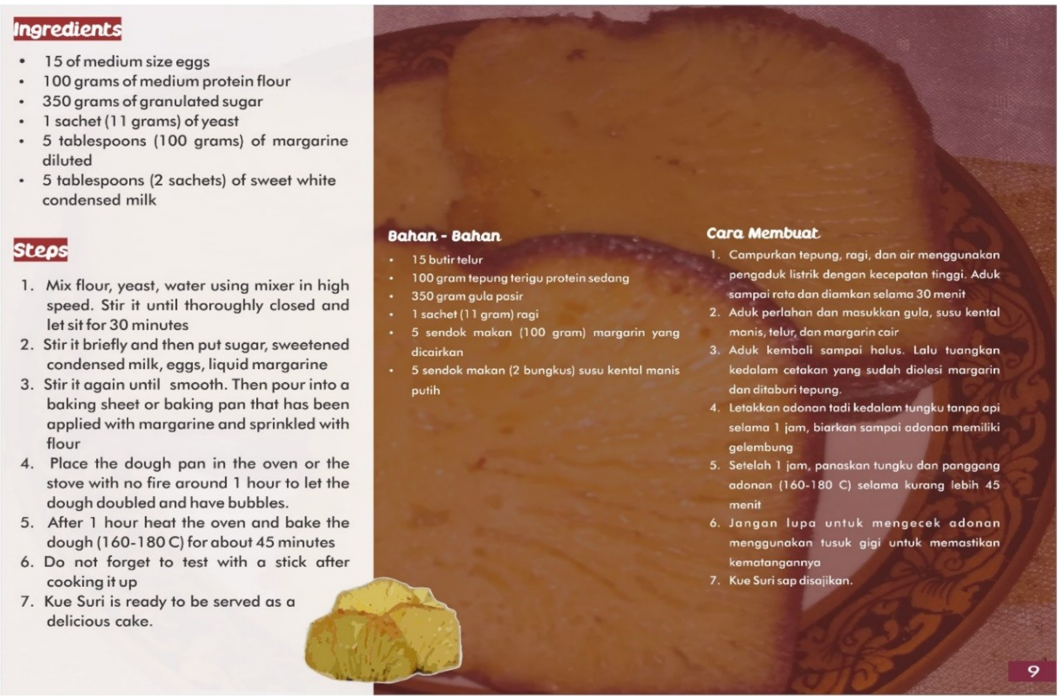
Usually Palembang people serve this cake at the time of Eid. The reason why it only serves in special time because this cake has big portion. In Palembang, during celebration of Eid all of family will gather so it is very suitable to serve this cake. Besides that , the ingredients of Kue Suri is little bit expensive and make it as a luxurious cake.

Kue Suri dikenal sebagaai *Sponge Cake* in English. Kata 'Suri' dalam Bahasa Palembang berarti sisir. Nama tersebut didapat dari tekstur bagian dalam kue yang terlihat seperti sisir.

Kue Suri memiliki rasa manis dan warna kuning didalamnya. Warna tersebut langsung didapatkan dari bahan dasar kue ini yang berupa telur. Kue ini berbentuk bulatan besar dan terdapat lubang di tengahnya. Biasanya, Kue Suri disajikan dalam bentuk potongan-potongan tanpa mengurangi rasa manis dan khas dari kue ini.

Dikarenakan porsinya yang besar, maka biasanya orang Palembang hanya menyajikan kue ini pada saat Hari Raya. Dimana Hari Raya merupakan waktu yang tepat dimana orang Palembang berkumpul bersama keluarganya sehingga mereka bisa menghabiskan Kue Suri bersama-sama. Selain itu bahan dasar pembuatan Kue Suri pun relatif mahal sehingga Kue ini terlihat mewah dan hanya bisa disajikan di saat-saat tertentu, seperti Hari Raya.

Figure 4. 15 The Philosophy of Kue Suri After Revision



Ingredients

- 15 of medium size eggs
- 100 grams of medium protein flour
- 350 grams of granulated sugar
- 1 sachet (11 grams) of yeast
- 5 tablespoons (100 grams) of margarine diluted
- 5 tablespoons (2 sachets) of sweet white condensed milk

Steps

1. Mix flour, yeast, water using mixer in high speed. Stir it until thoroughly closed and let sit for 30 minutes
2. Stir it briefly and then put sugar, sweetened condensed milk, eggs, liquid margarine
3. Stir it again until smooth. Then pour into a baking sheet or baking pan that has been applied with margarine and sprinkled with flour
4. Place the dough pan in the oven or the stove with no fire around 1 hour to let the dough doubled and have bubbles.
5. After 1 hour heat the oven and bake the dough (160-180 C) for about 45 minutes
6. Do not forget to test with a stick after cooking it up
7. Kue Suri is ready to be served as a delicious cake.

Bahan - Bahan

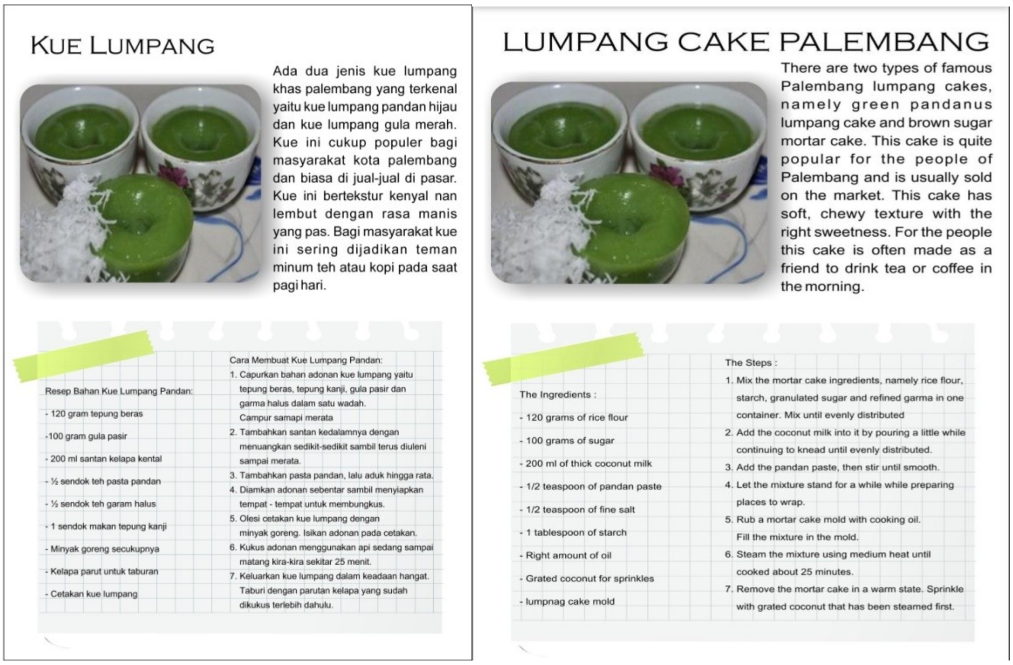
- 15 butir telur
- 100 gram tepung terigu protein sedang
- 350 gram gula pasir
- 1 sachet (11 gram) ragi
- 5 sendok makan (100 gram) margarin yang dicairkan
- 5 sendok makan (2 bungkus) susu kental manis putih

Cara Membuat

1. Campurkan tepung, ragi, dan air menggunakan pengaduk listrik dengan kecepatan tinggi. Aduk sampai rata dan diamkan selama 30 menit
2. Aduk perlahan dan masukkan gula, susu kental manis, telur, dan margarin cair
3. Aduk kembali sampai halus. Lalu tuangkan kedalam cetakan yang sudah diolesi margarin dan ditaburi tepung.
4. Letakkan adonan tadi kedalam tungku tanpa api selama 1 jam, biarkan sampai adonan memiliki gelembung
5. Setelah 1 jam, panaskan tungku dan panggang adonan (160-180 C) selama kurang lebih 45 menit
6. Jangan lupa untuk mengecek adonan menggunakan tusuk gigi untuk memastikan kematangannya
7. Kue Suri sap disajikan.

9

Figure 4. 16 The Recipe of Kue Suri After Revision



KUE LUMPANG

Ada dua jenis kue lumpang khas palembang yang terkenal yaitu kue lumpang pandan hijau dan kue lumpang gula merah. Kue ini cukup populer bagi masyarakat kota palembang dan biasa di jual-jual di pasar. Kue ini bertekstur kenyal nan lembut dengan rasa manis yang pas. Bagi masyarakat kue ini sering dijadikan teman minum teh atau kopi pada saat pagi hari.

Resep Bahan Kue Lumpang Pandan:

- 120 gram tepung beras
-100 gram gula pasir
- 200 ml santan kelapa kental
- ½ sendok teh pasta pandan
- ½ sendok teh garam halus
- 1 sendok makan tepung kanji
- Minyak goreng secukupnya
- Kelapa parut untuk taburan
- Cetakan kue lumpang

Cara Membuat Kue Lumpang Pandan:

1. Capurkan bahan adonan kue lumpang yaitu tepung beras, tepung kanji, gula pasir dan garma halus dalam satu wadah. Campur samapi merata
2. Tambahkan santan kedalamnya dengan menuangkan sedikit-sedikit sambil terus diuleni sampai merata.
3. Tambahkan pasta pandan, lalu aduk hingga rata.
4. Diamkan adonan sebentar sambil menyiapkan tempat - tempat untuk membungkus.
5. Olesi cetakan kue lumpang dengan minyak goreng. Isikan adonan pada cetakan.
6. Kukus adonan menggunakan api sedang sampai matang kira-kira sekitar 25 menit.
7. Keluarkan kue lumpang dalam keadaan hangat. Taburi dengan parutan kelapa yang sudah dikukus terlebih dahulu.

LUMPANG CAKE PALEMBANG

There are two types of famous Palembang lumpang cakes, namely green pandanus lumpang cake and brown sugar mortar cake. This cake is quite popular for the people of Palembang and is usually sold on the market. This cake has soft, chewy texture with the right sweetness. For the people this cake is often made as a friend to drink tea or coffee in the morning.

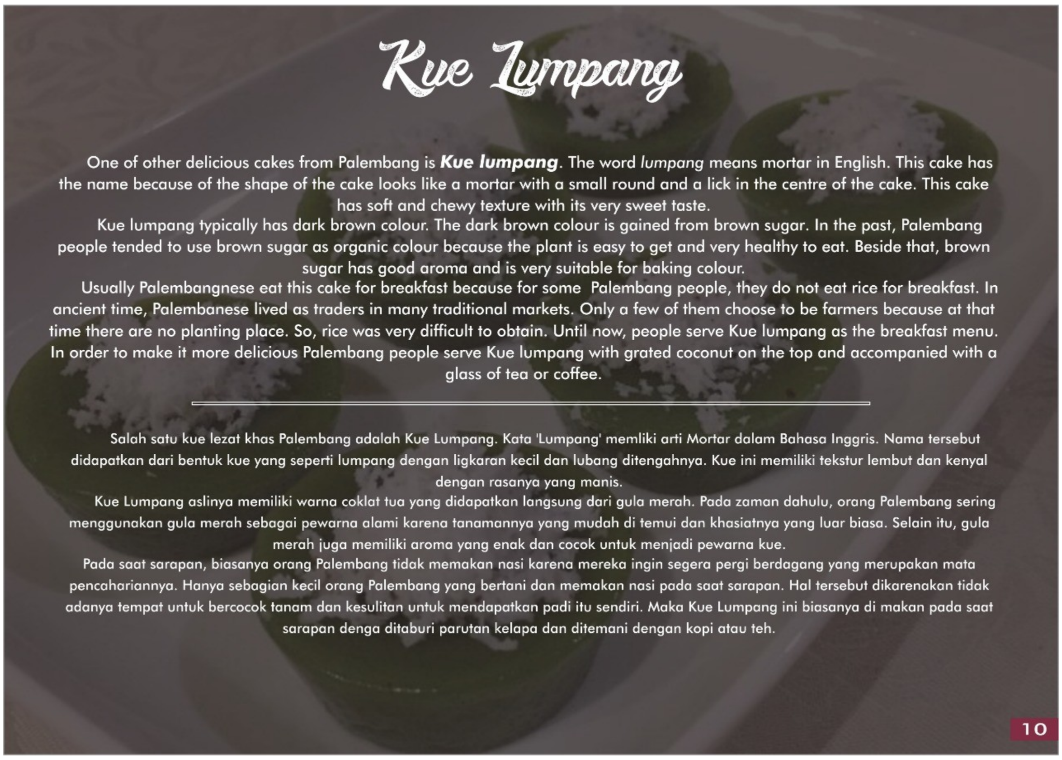
The Ingredients :

- 120 grams of rice flour
- 100 grams of sugar
- 200 ml of thick coconut milk
- 1/2 teaspoon of pandan paste
- 1/2 teaspoon of fine salt
- 1 tablespoon of starch
- Right amount of oil
- Grated coconut for sprinkles
- lumpnag cake mold

The Steps :

1. Mix the mortar cake ingredients, namely rice flour, starch, granulated sugar and refined garma in one container. Mix until evenly distributed
2. Add the coconut milk into it by pouring a little while continuing to knead until evenly distributed.
3. Add the pandan paste, then stir until smooth.
4. Let the mixture stand for a while while preparing places to wrap.
5. Rub a mortar cake mold with cooking oil. Fill the mixture in the mold.
6. Steam the mixture using medium heat until cooked about 25 minutes.
7. Remove the mortar cake in a warm state. Sprinkle with grated coconut that has been steamed first.

Figure 4. 17 Kue Lumpang Philosophy and Recipe Before Revision



Kue Lumpang

One of other delicious cakes from Palembang is ***Kue lumpang***. The word *lumpang* means mortar in English. This cake has the name because of the shape of the cake looks like a mortar with a small round and a lick in the centre of the cake. This cake has soft and chewy texture with its very sweet taste.

Kue lumpang typically has dark brown colour. The dark brown colour is gained from brown sugar. In the past, Palembang people tended to use brown sugar as organic colour because the plant is easy to get and very healthy to eat. Beside that, brown sugar has good aroma and is very suitable for baking colour.

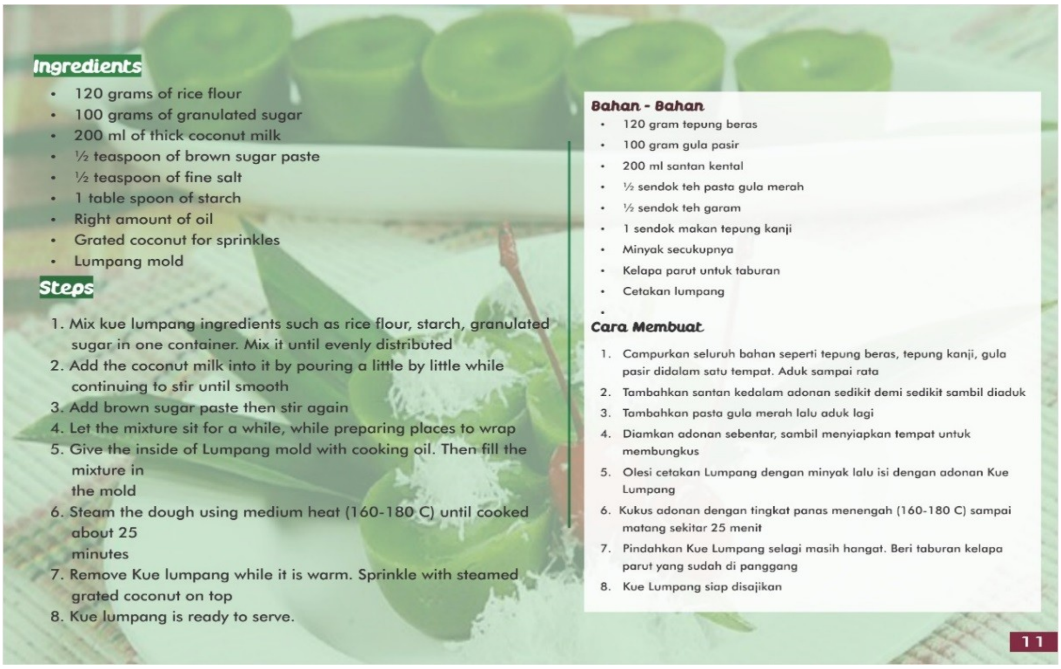
Usually Palembangnese eat this cake for breakfast because for some Palembang people, they do not eat rice for breakfast. In ancient time, Palembanese lived as traders in many traditional markets. Only a few of them choose to be farmers because at that time there are no planting place. So, rice was very difficult to obtain. Until now, people serve Kue lumpang as the breakfast menu. In order to make it more delicious Palembang people serve Kue lumpang with grated coconut on the top and accompanied with a glass of tea or coffee.

Salah satu kue lezat khas Palembang adalah Kue Lumpang. Kata 'Lumpang' memliki arti Mortar dalam Bahasa Inggris. Nama tersebut didapatkan dari bentuk kue yang seperti lumpang dengan ligkaran kecil dan lubang ditengahnya. Kue ini memiliki tekstur lembut dan kenyal dengan rasanya yang manis.

Kue Lumpang aslinya memiliki warna coklat tua yang didapatkan langsung dari gula merah. Pada zaman dahulu, orang Palembang sering menggunakan gula merah sebagai pewarna alami karena tanamannya yang mudah di temui dan khasiatnya yang luar biasa. Selain itu, gula merah juga memiliki aroma yang enak dan cocok untuk menjadi pewarna kue.

Pada saat sarapan, biasanya orang Palembang tidak memakan nasi karena mereka ingin segera pergi berdagang yang merupakan mata pencahariannya. Hanya sebagian kecil orang Palembang yang bertani dan memakan nasi pada saat sarapan. Hal tersebut dikarenakan tidak adanya tempat untuk bercocok tanam dan kesulitan untuk mendapatkan padi itu sendiri. Maka Kue Lumpang ini biasanya di makan pada saat sarapan denga ditaburi parutan kelapa dan ditemani dengan kopi atau teh.

Figure 4. 18 The Philosophy of Kue Lumpang After Revision



Ingredients

- 120 grams of rice flour
- 100 grams of granulated sugar
- 200 ml of thick coconut milk
- ½ teaspoon of brown sugar paste
- ½ teaspoon of fine salt
- 1 table spoon of starch
- Right amount of oil
- Grated coconut for sprinkles
- Lumpang mold

Steps

1. Mix kue lumpang ingredients such as rice flour, starch, granulated sugar in one container. Mix it until evenly distributed
2. Add the coconut milk into it by pouring a little by little while continuing to stir until smooth
3. Add brown sugar paste then stir again
4. Let the mixture sit for a while, while preparing places to wrap
5. Give the inside of Lumpang mold with cooking oil. Then fill the mixture in the mold
6. Steam the dough using medium heat (160-180 C) until cooked about 25 minutes
7. Remove Kue lumpang while it is warm. Sprinkle with steamed grated coconut on top
8. Kue lumpang is ready to serve.

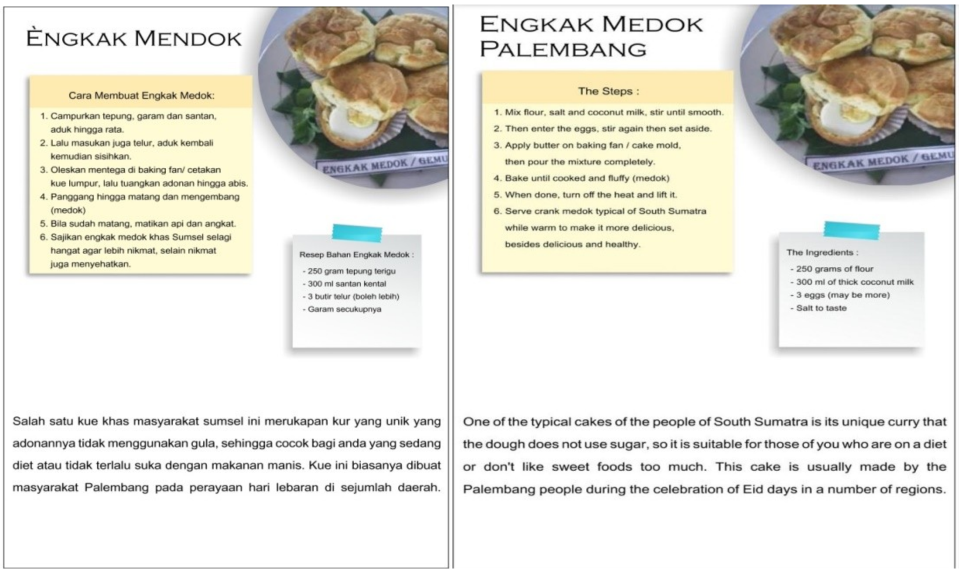
Bahan - Bahan

- 120 gram tepung beras
- 100 gram gula pasir
- 200 ml santan kental
- ½ sendok teh pasta gula merah
- ½ sendok teh garam
- 1 sendok makan tepung kanji
- Minyak secukupnya
- Kelapa parut untuk taburan
- Cetakan lumpang

Cara Membuat

1. Campurkan seluruh bahan seperti tepung beras, tepung kanji, gula pasir didalam satu tempat. Aduk sampai rata
2. Tambahkan santan kedalam adonan sedikit demi sedikit sambil diaduk
3. Tambahkan pasta gula merah lalu aduk lagi
4. Diamkan adonan sebentar, sambil menyiapkan tempat untuk membungkus
5. Olesi cetakan Lumpang dengan minyak lalu isi dengan adonan Kue Lumpang
6. Kukus adonan dengan tingkat panas menengah (160-180 C) sampai matang sekitar 25 menit
7. Pindahkan Kue Lumpang selagi masih hangat. Beri taburan kelapa parut yang sudah di panggang
8. Kue Lumpang siap disajikan

Figure 4. 19 The Recipe of Kue Lumpang After Revision



ÈNGKAK MENDOK

Cara Membuat Engkak Medok:

1. Campurkan tepung, garam dan santan, aduk hingga rata.
2. Lalu masukan juga telur, aduk kembali kemudian sisihkan.
3. Oleskan mentega di baking fan/ cetakan kue lumpur, lalu tuangkan adonan hingga abis.
4. Panggang hingga matang dan mengembang (medok)
5. Bila sudah matang, matikan api dan angkat.
6. Sajikan engkak medok khas Sumsel selagi hangat agar lebih nikmat, selain nikmat juga menyehatkan.

Resep Bahan Engkak Medok :

- 250 gram tepung terigu
- 300 ml santan kental
- 3 butir telur (boleh lebih)
- Garam secukupnya

Salah satu kue khas masyarakat sumsel ini merukapan kur yang unik yang adonannya tidak menggunakan gula, sehingga cocok bagi anda yang sedang diet atau tidak terlalu suka dengan makanan manis. Kue ini biasanya dibuat masyarakat Palembang pada perayaan hari lebaran di sejumlah daerah.

ENGKAK MEDOK PALEMBANG

The Steps :

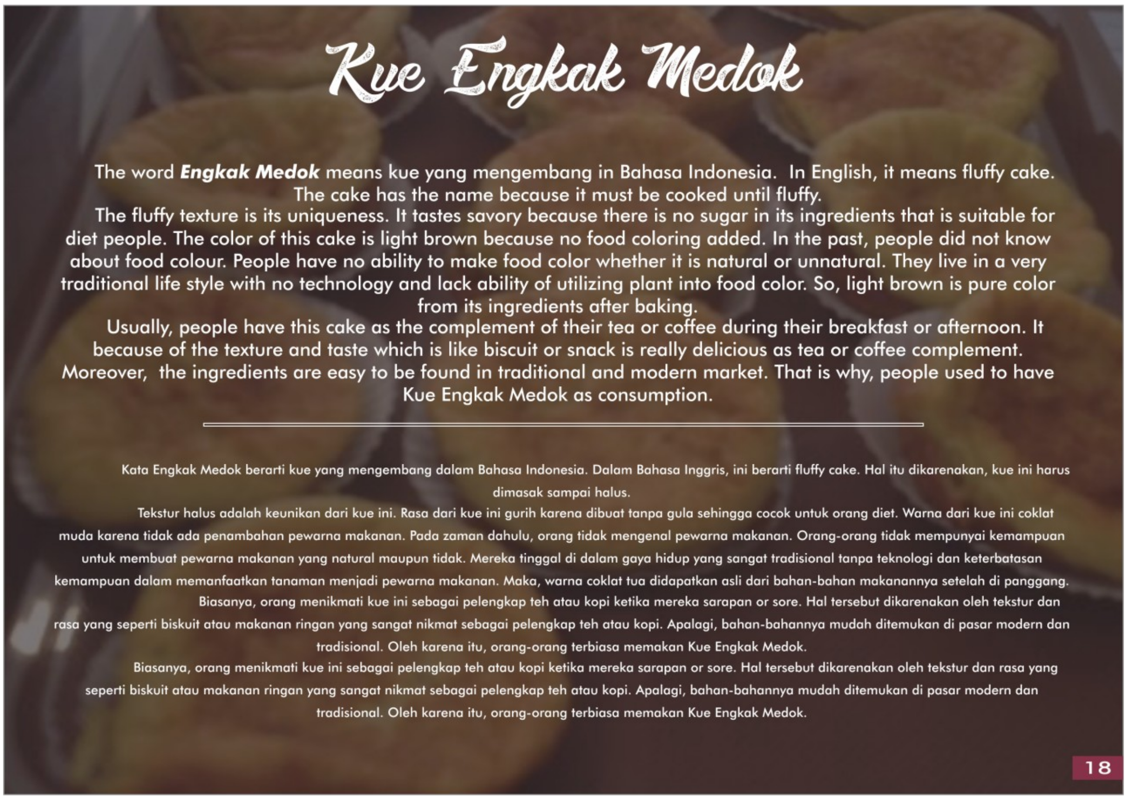
1. Mix flour, salt and coconut milk, stir until smooth.
2. Then enter the eggs, stir again then set aside.
3. Apply butter on baking fan / cake mold, then pour the mixture completely.
4. Bake until cooked and fluffy (medok)
5. When done, turn off the heat and lift it.
6. Serve crank medok typical of South Sumatra while warm to make it more delicious, besides delicious and healthy.

The Ingredients :

- 250 grams of flour
- 300 ml of thick coconut milk
- 3 eggs (may be more)
- Salt to taste

One of the typical cakes of the people of South Sumatra is its unique curry that the dough does not use sugar, so it is suitable for those of you who are on a diet or don't like sweet foods too much. This cake is usually made by the Palembang people during the celebration of Eid days in a number of regions.

Figure 4. 20 Kue Engkak Medok Philosophy and Recipe Before Revision



Kue Engkak Medok

The word ***Engkak Medok*** means kue yang mengembang in Bahasa Indonesia. In English, it means fluffy cake. The cake has the name because it must be cooked until fluffy.

The fluffy texture is its uniqueness. It tastes savory because there is no sugar in its ingredients that is suitable for diet people. The color of this cake is light brown because no food coloring added. In the past, people did not know about food colour. People have no ability to make food color whether it is natural or unnatural. They live in a very traditional life style with no technology and lack ability of utilizing plant into food color. So, light brown is pure color from its ingredients after baking.

Usually, people have this cake as the complement of their tea or coffee during their breakfast or afternoon. It because of the texture and taste which is like biscuit or snack is really delicious as tea or coffee complement. Moreover, the ingredients are easy to be found in traditional and modern market. That is why, people used to have Kue Engkak Medok as consumption.

Kata Engkak Medok berarti kue yang mengembang dalam Bahasa Indonesia. Dalam Bahasa Inggris, ini berarti fluffy cake. Hal itu dikarenakan, kue ini harus dimasak sampai halus.

Tekstur halus adalah keunikan dari kue ini. Rasa dari kue ini gurih karena dibuat tanpa gula sehingga cocok untuk orang diet. Warna dari kue ini coklat muda karena tidak ada penambahan pewarna makanan. Pada zaman dahulu, orang tidak mengenal pewarna makanan. Orang-orang tidak mempunyai kemampuan untuk membuat pewarna makanan yang natural maupun tidak. Mereka tinggal di dalam gaya hidup yang sangat tradisional tanpa teknologi dan keterbatasan kemampuan dalam memanfaatkan tanaman menjadi pewarna makanan. Maka, warna coklat tua didapatkan asli dari bahan-bahan makanannya setelah di panggang.

Biasanya, orang menikmati kue ini sebagai pelengkap teh atau kopi ketika mereka sarapan or sore. Hal tersebut dikarenakan oleh tekstur dan rasa yang seperti biskuit atau makanan ringan yang sangat nikmat sebagai pelengkap teh atau kopi. Apalagi, bahan-bahannya mudah ditemukan di pasar modern dan tradisional. Oleh karena itu, orang-orang terbiasa memakan Kue Engkak Medok.

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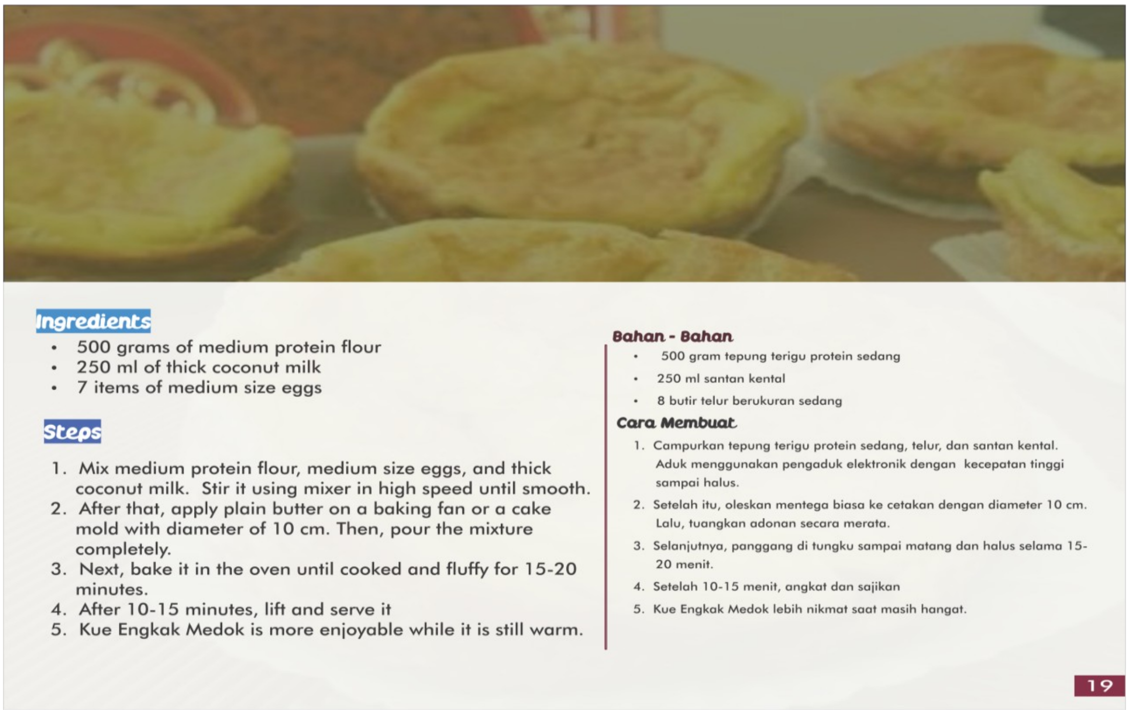
Figure 4. 21 Kue Engkak Medok Philosophy After Revision



Ingredients

- 500 grams of medium protein flour
- 250 ml of thick coconut milk
- 7 items of medium size eggs

Steps

1. Mix medium protein flour, medium size eggs, and thick coconut milk. Stir it using mixer in high speed until smooth.
2. After that, apply plain butter on a baking fan or a cake mold with diameter of 10 cm. Then, pour the mixture completely.
3. Next, bake it in the oven until cooked and fluffy for 15-20 minutes.
4. After 10-15 minutes, lift and serve it
5. Kue Engkak Medok is more enjoyable while it is still warm.

Bahan - Bahan

- 500 gram tepung terigu protein sedang
- 250 ml santan kental
- 8 butir telur berukuran sedang

Cara Membuat

1. Campurkan tepung terigu protein sedang, telur, dan santan kental. Aduk menggunakan pengaduk elektronik dengan kecepatan tinggi sampai halus.
2. Setelah itu, oleskan mentega biasa ke cetakan dengan diameter 10 cm. Lalu, tuangkan adonan secara merata.
3. Selanjutnya, panggang di tungku sampai matang dan halus selama 15-20 menit.
4. Setelah 10-15 menit, angkat dan sajikan
5. Kue Engkak Medok lebih nikmat saat masih hangat.

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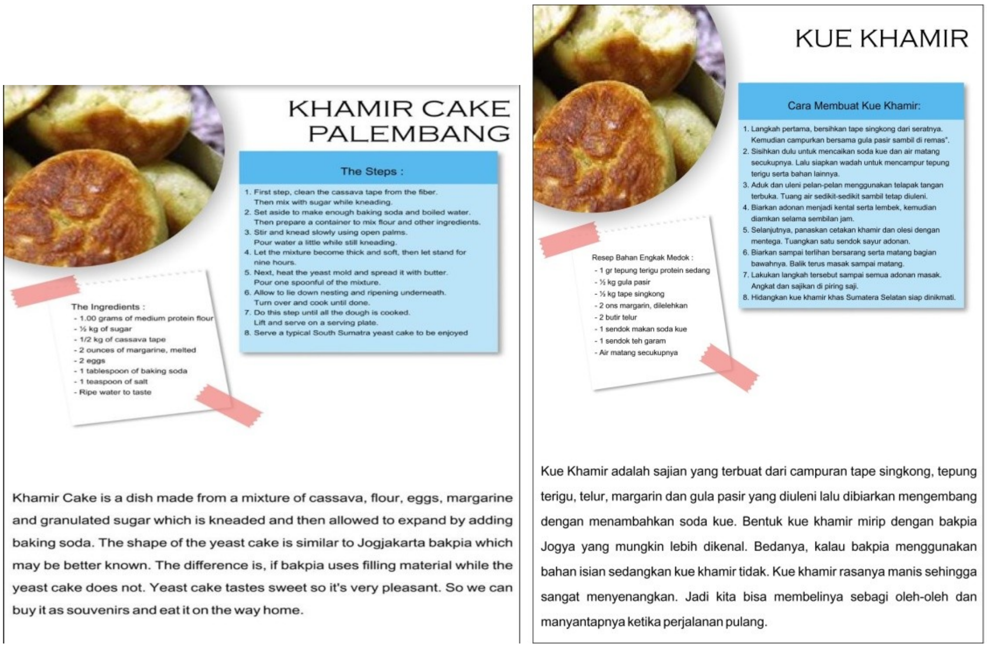
Figure 4. 22 Kue Engkak Medok Recipe After Revision



KHAMIR CAKE PALEMBANG

The Steps :

1. First step, clean the cassava tape from the fiber. Then mix with sugar while kneading.
2. Set aside to make enough baking soda and boiled water. Then prepare a container to mix flour and other ingredients.
3. Stir and knead slowly using open palms. Pour water a little while still kneading.
4. Let the mixture become thick and soft, then let stand for nine hours.
5. Next, heat the yeast mold and spread it with butter. Pour one spoonful of the mixture.
6. Allow to lie down nesting and ripening underneath. Turn over and cook until done.
7. Do this step until all the dough is cooked. Lift and serve on a serving plate.
8. Serve a typical South Sumatra yeast cake to be enjoyed

The Ingredients :
- 1.00 grams of medium protein flour
- ½ kg of sugar
- 1/2 kg of cassava tape
- 2 ounces of margarine, melted
- 2 eggs
- 1 tablespoon of baking soda
- 1 teaspoon of salt
- Ripe water to taste

Khamir Cake is a dish made from a mixture of cassava, flour, eggs, margarine and granulated sugar which is kneaded and then allowed to expand by adding baking soda. The shape of the yeast cake is similar to Jogjakarta bakpia which may be better known. The difference is, if bakpia uses filling material while the yeast cake does not. Yeast cake tastes sweet so it's very pleasant. So we can buy it as souvenirs and eat it on the way home.

KUE KHAMIR

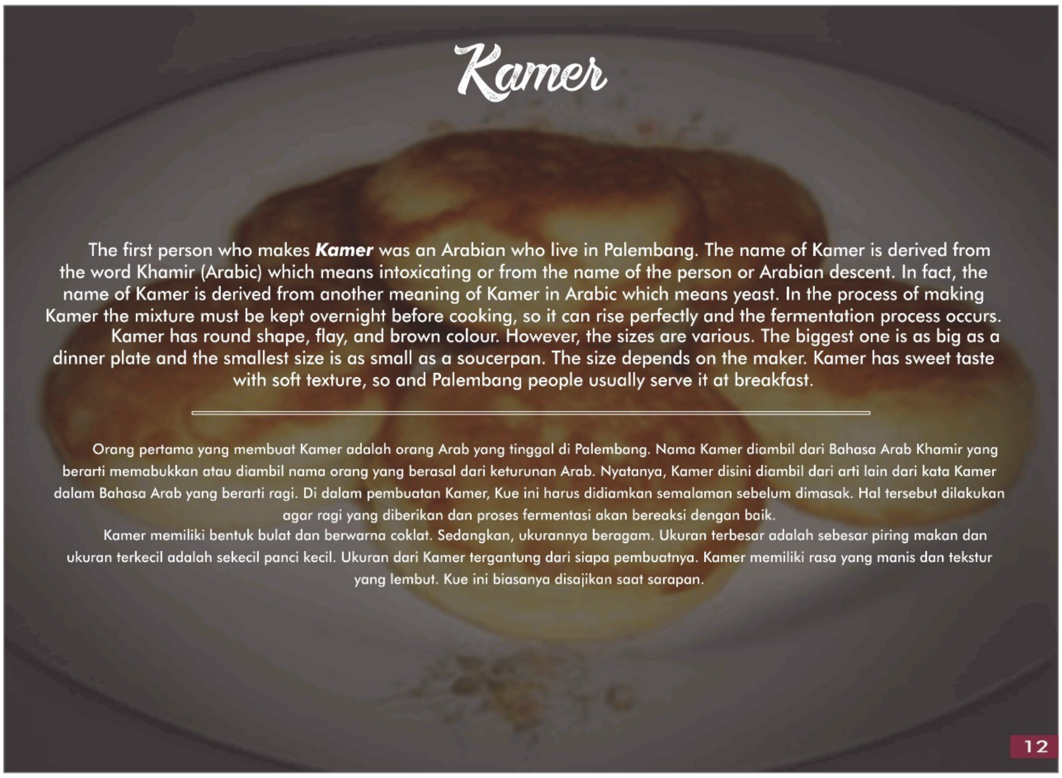
Cara Membuat Kue Khamir:

1. Langkah pertama, bersihkan tape singkong dari seratnya. Kemudian campurkan bersama gula pasir sambil di remas".
2. Sisihkan dulu untuk mencaikan soda kue dan air matang secukupnya. Lalu siapkan wadah untuk mencampur tepung terigu serta bahan lainnya.
3. Aduk dan uleni pelan-pelan menggunakan telapak tangan terbuka. Tuang air sedikit-sedikit sambil tetap diuleni.
4. Biarkan adonan menjadi kental serta lembek, kemudian diamkan selama sembilan jam.
5. Selanjutnya, panaskan cetakan khamir dan olesi dengan mentega. Tuangkan satu sendok sayur adonan.
6. Biarkan sampai terlihan bersarang serta matang bagian bawahnya. Balik terus masak sampai matang.
7. Lakukan langkah tersebut sampai semua adonan masak. Angkat dan sajikan di piring saji.
8. Hidangkan kue khamir khas Sumatera Selatan siap dinikmati.

Resep Bahan Engkak Medok :
- 1 gr tepung terigu protein sedang
- ½ kg gula pasir
- ½ kg tape singkong
- 2 ons margarin, dilelehkan
- 2 butir telur
- 1 sendok makan soda kue
- 1 sendok teh garam
- Air matang secukupnya

Kue Khamir adalah sajian yang terbuat dari campuran tape singkong, tepung terigu, telur, margarin dan gula pasir yang diuleni lalu dibiarkan mengembang dengan menambahkan soda kue. Bentuk kue khamir mirip dengan bakpia Jogya yang mungkin lebih dikenal. Bedanya, kalau bakpia menggunakan bahan isian sedangkan kue khamir tidak. Kue khamir rasanya manis sehingga sangat menyenangkan. Jadi kita bisa membelinya sebagi oleh-oleh dan manyantapnya ketika perjalanan pulang.

Figure 4. 23 Kue Khamir Philosophy and Recipe Before Revision



Kamer

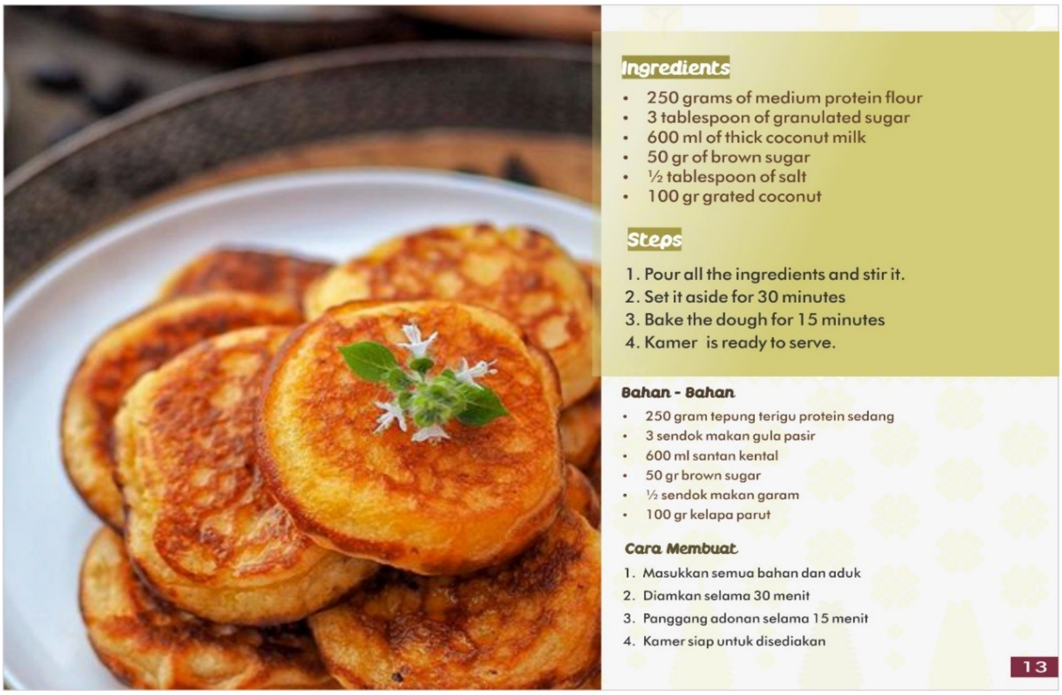
The first person who makes ***Kamer*** was an Arabian who live in Palembang. The name of Kamer is derived from the word Khamir (Arabic) which means intoxicating or from the name of the person or Arabian descent. In fact, the name of Kamer is derived from another meaning of Kamer in Arabic which means yeast. In the process of making Kamer the mixture must be kept overnight before cooking, so it can rise perfectly and the fermentation process occurs.

Kamer has round shape, flay, and brown colour. However, the sizes are various. The biggest one is as big as a dinner plate and the smallest size is as small as a soucerpan. The size depends on the maker. Kamer has sweet taste with soft texture, so and Palembang people usually serve it at breakfast.

Orang pertama yang membuat Kamer adalah orang Arab yang tinggal di Palembang. Nama Kamer diambil dari Bahasa Arab Khamir yang berarti memabukkan atau diambil nama orang yang berasal dari keturunan Arab. Nyatanya, Kamer disini diambil dari arti lain dari kata Kamer dalam Bahasa Arab yang berarti ragi. Di dalam pembuatan Kamer, Kue ini harus didiamkan semalaman sebelum dimasak. Hal tersebut dilakukan agar ragi yang diberikan dan proses fermentasi akan bereaksi dengan baik.

Kamer memiliki bentuk bulat dan berwarna coklat. Sedangkan, ukurannya beragam. Ukuran terbesar adalah sebesar piring makan dan ukuran terkecil adalah sekecil panci kecil. Ukuran dari Kamer tergantung dari siapa pembuatnya. Kamer memiliki rasa yang manis dan tekstur yang lembut. Kue ini biasanya disajikan saat sarapan.

Figure 4. 24 Kue Khamir Philosophy and Recipe After Revision



Ingredients

- 250 grams of medium protein flour
- 3 tablespoon of granulated sugar
- 600 ml of thick coconut milk
- 50 gr of brown sugar
- ½ tablespoon of salt
- 100 gr grated coconut

Steps

1. Pour all the ingredients and stir it.
2. Set it aside for 30 minutes
3. Bake the dough for 15 minutes
4. Kamer is ready to serve.

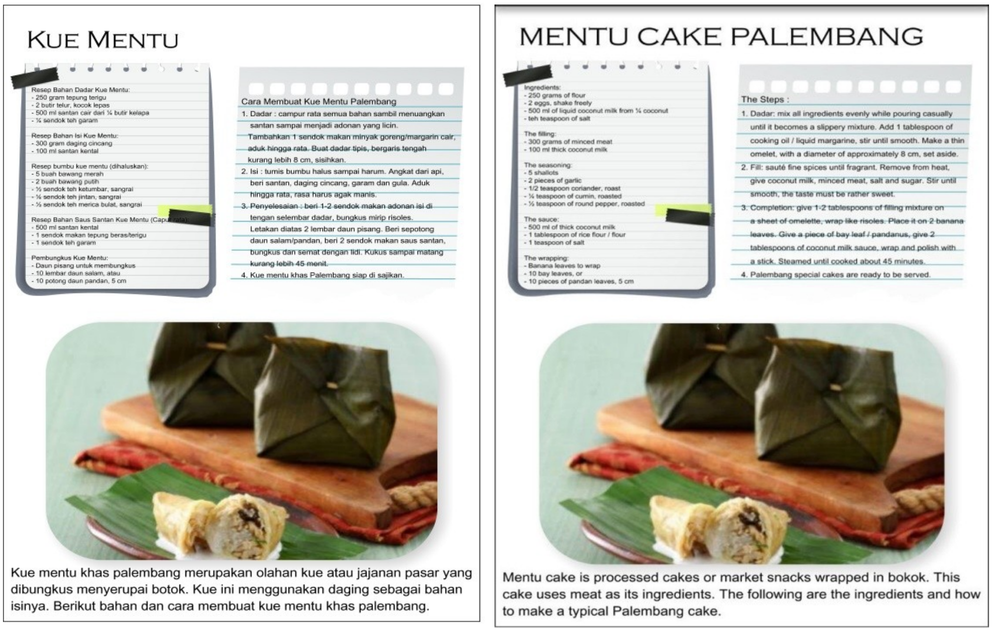
Bahan - Bahan

- 250 gram tepung terigu protein sedang
- 3 sendok makan gula pasir
- 600 ml santan kental
- 50 gr brown sugar
- ½ sendok makan garam
- 100 gr kelapa parut

Cara Membuat

1. Masukkan semua bahan dan aduk
2. Diamkan selama 30 menit
3. Panggang adonan selama 15 menit
4. Kamer siap untuk disediakan

Figure 4. 25 The Recipe of Kamer After Revision



KUE MENTU

Resep Bahan Dadar Kue Mentu:
- 250 gram tepung terigu
- 2 butir telur, kocok lepas
- 500 ml santan cair dari ¼ butir kelapa
- ¼ sendok teh garam

Resep Bahan Isi Kue Mentu:
- 300 gram daging cincang
- 100 ml santan kental

Resep bumbu kue mentu (dihaluskan):
- 5 buah bawang merah
- 2 buah bawang putih
- ½ sendok teh ketumbar, sangrai
- ¼ sendok teh jintan, sangrai
- ½ sendok teh merica bulat, sangrai

Resep Bahan Saus Santan Kue Mentu (Capur rata):
- 500 ml santan kental
- 1 sendok makan tepung beras/terigu
- 1 sendok teh garam

Pembungkus Kue Mentu:
- Daun pisang untuk membungkus
- 10 lembar daun salam, atau
- 10 potong daun pandan, 5 cm

Cara Membuat Kue Mentu Palembang

1. Dadar : campur rata semua bahan sambil menuangkan santan sampai menjadi adonan yang licin. Tambahkan 1 sendok makan minyak goreng/margarin cair, aduk hingga rata. Buat dadar tipis, bergaris tengah kurang lebih 8 cm, sisihkan.
2. Isi : tumis bumbu halus sampai harum. Angkat dari api, beri santan, daging cincang, garam dan gula. Aduk hingga rata, rasa harus agak manis.
3. Penyelesaian : beri 1-2 sendok makan adonan isi di tengan selembar dadar, bungkus mirip risoles. Letakan diatas 2 lembar daun pisang. Beri sepotong daun salam/pandan, beri 2 sendok makan saus santan, bungkus dan semat dengan lidi. Kukus sampai matang kurang lebih 45 menit.
4. Kue mentu khas Palembang siap di sajikan.

Kue mentu khas palembang merupakan olahan kue atau jajanan pasar yang dibungkus menyerupai botok. Kue ini menggunakan daging sebagai bahan isinya. Berikut bahan dan cara membuat kue mentu khas palembang.

MENTU CAKE PALEMBANG

Ingredients:
- 250 grams of flour
- 2 eggs, shake freely
- 500 ml of liquid coconut milk from ¼ coconut
- teh teaspoon of salt

The filling:
- 300 grams of minced meat
- 100 ml thick coconut milk

The seasoning:
- 5 shallots
- 2 pieces of garlic
- 1/2 teaspoon coriander, roast
- ¼ teaspoon of cumin, roasted
- ½ teaspoon of round pepper, roasted

The sauce:
- 500 ml of thick coconut milk
- 1 tablespoon of rice flour / flour
- 1 teaspoon of salt

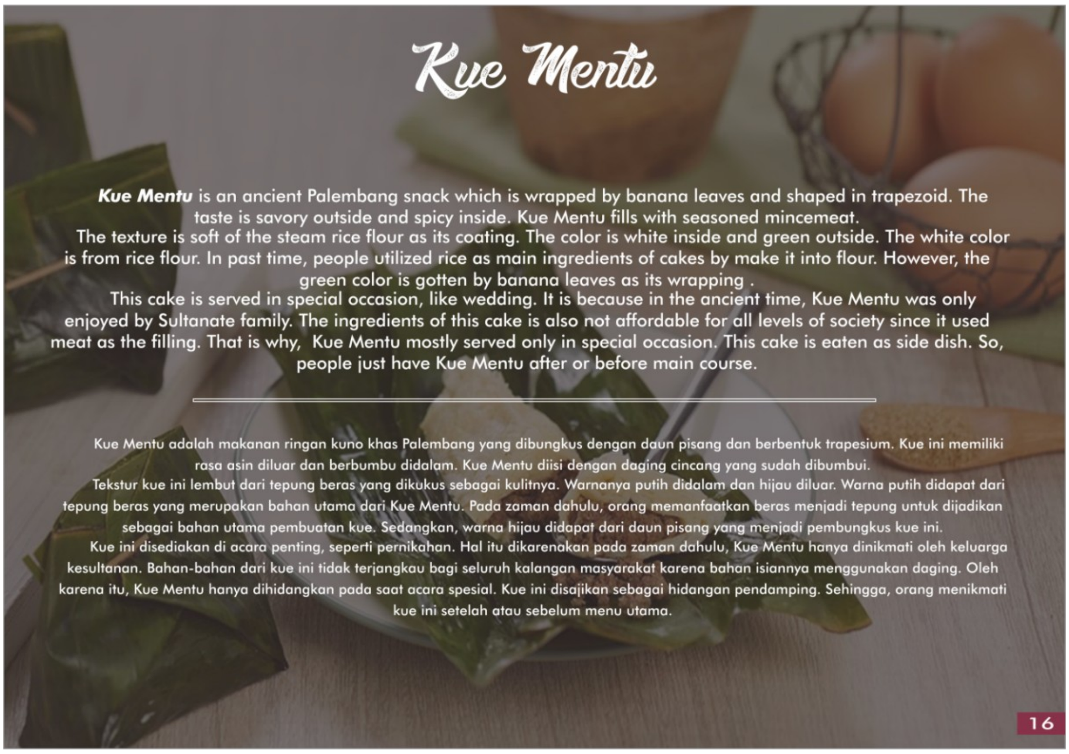
The wrapping:
- Banana leaves to wrap
- 10 bay leaves, or
- 10 pieces of pandan leaves, 5 cm

The Steps :

1. Dadar: mix all ingredients evenly while pouring casually until it becomes a slippery mixture. Add 1 tablespoon of cooking oil / liquid margarine, stir until smooth. Make a thin omelet, with a diameter of approximately 8 cm, set aside.
2. Fill: sauté fine spices until fragrant. Remove from heat, give coconut milk, minced meat, salt and sugar. Stir until smooth, the taste must be rather sweet.
3. Completion: give 1-2 tablespoons of filling mixture on a sheet of omelette, wrap like risoles. Place it on 2 banana leaves. Give a piece of bay leaf / pandanus, give 2 tablespoons of coconut milk sauce, wrap and polish with a stick. Steamed until cooked about 45 minutes.
4. Palembang special cakes are ready to be served.

Mentu cake is processed cakes or market snacks wrapped in bokok. This cake uses meat as its ingredients. The following are the ingredients and how to make a typical Palembang cake.

Figure 4. 26 Kue Mentu Philosophy and Recipe Before Revision



Kue Mentu

Kue Mentu is an ancient Palembang snack which is wrapped by banana leaves and shaped in trapezoid. The taste is savory outside and spicy inside. Kue Mentu fills with seasoned mincemeat.

The texture is soft of the steam rice flour as its coating. The color is white inside and green outside. The white color is from rice flour. In past time, people utilized rice as main ingredients of cakes by make it into flour. However, the green color is gotten by banana leaves as its wrapping .

This cake is served in special occasion, like wedding. It is because in the ancient time, Kue Mentu was only enjoyed by Sultanate family. The ingredients of this cake is also not affordable for all levels of society since it used meat as the filling. That is why, Kue Mentu mostly served only in special occasion. This cake is eaten as side dish. So, people just have Kue Mentu after or before main course.

Kue Mentu adalah makanan ringan kuno khas Palembang yang dibungkus dengan daun pisang dan berbentuk trapesium. Kue ini memiliki rasa asin diluar dan berbumbu didalam. Kue Mentu diisi dengan daging cincang yang sudah dibumbui.

Tekstur kue ini lembut dari tepung beras yang dikukus sebagai kulitnya. Warnanya putih didalam dan hijau diluar. Warna putih didapat dari tepung beras yang merupakan bahan utama dari Kue Mentu. Pada zaman dahulu, orang memanfaatkan beras menjadi tepung untuk dijadikan sebagai bahan utama pembuatan kue. Sedangkan, warna hijau didapat dari daun pisang yang menjadi pembungkus kue ini.

Kue ini disediakan di acara penting, seperti pernikahan. Hal itu dikarenakan pada zaman dahulu, Kue Mentu hanya dinikmati oleh keluarga kesultanan. Bahan-bahan dari kue ini tidak terjangkau bagi seluruh kalangan masyarakat karena bahan isiannya menggunakan daging. Oleh karena itu, Kue Mentu hanya dihidangkan pada saat acara spesial. Kue ini disajikan sebagai hidangan pendamping. Sehingga, orang menikmati kue ini setelah atau sebelum menu utama.

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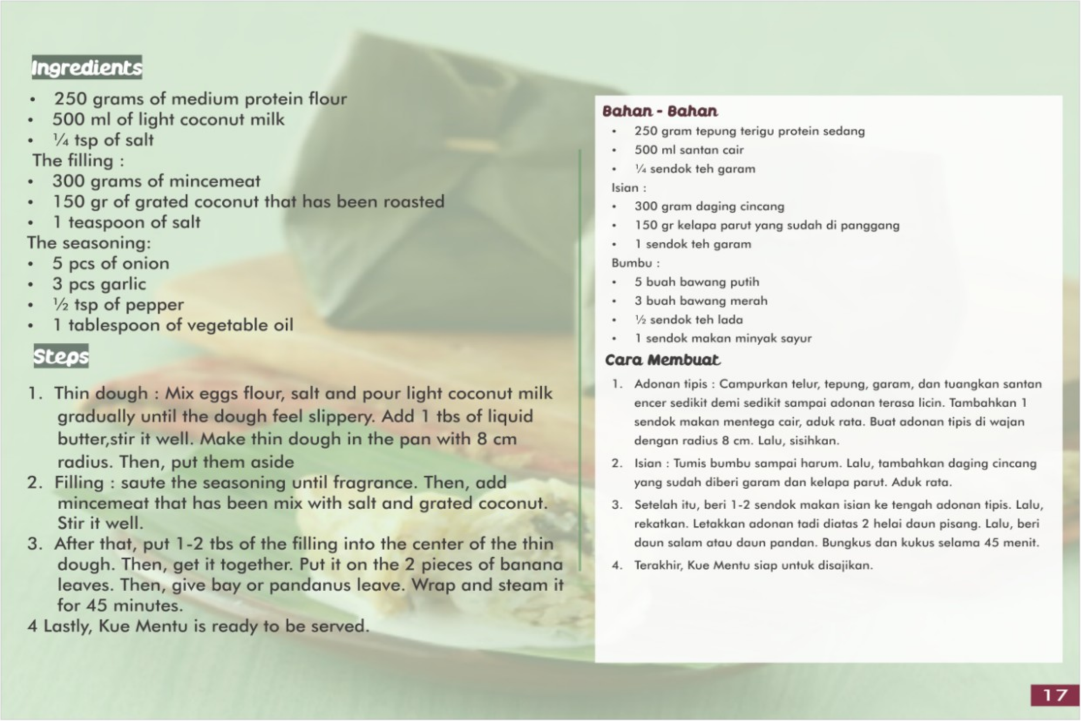
Figure 4. 27 The Philosophy of Kue Mentu After Revision



Ingredients

- 250 grams of medium protein flour
- 500 ml of light coconut milk
- ¼ tsp of salt

The filling :

- 300 grams of mincemeat
- 150 gr of grated coconut that has been roasted
- 1 teaspoon of salt

The seasoning:

- 5 pcs of onion
- 3 pcs garlic
- ½ tsp of pepper
- 1 tablespoon of vegetable oil

Steps

1. Thin dough : Mix eggs flour, salt and pour light coconut milk gradually until the dough feel slippery. Add 1 tbs of liquid butter,stir it well. Make thin dough in the pan with 8 cm radius. Then, put them aside
2. Filling : saute the seasoning until fragrance. Then, add mincemeat that has been mix with salt and grated coconut. Stir it well.
3. After that, put 1-2 tbs of the filling into the center of the thin dough. Then, get it together. Put it on the 2 pieces of banana leaves. Then, give bay or pandanus leave. Wrap and steam it for 45 minutes.

4 Lastly, Kue Mentu is ready to be served.

Bahan - Bahan

- 250 gram tepung terigu protein sedang
- 500 ml santan cair
- ¼ sendok teh garam

Isian :

- 300 gram daging cincang
- 150 gr kelapa parut yang sudah di panggang
- 1 sendok teh garam

Bumbu :

- 5 buah bawang putih
- 3 buah bawang merah
- ½ sendok teh lada
- 1 sendok makan minyak sayur

Cara Membuat

1. Adonan tipis : Campurkan telur, tepung, garam, dan tuangkan santan encer sedikit demi sedikit sampai adonan terasa licin. Tambahkan 1 sendok makan mentega cair, aduk rata. Buat adonan tipis di wajan dengan radius 8 cm. Lalu, sisihkan.
2. Isian : Tumis bumbu sampai harum. Lalu, tambahkan daging cincang yang sudah diberi garam dan kelapa parut. Aduk rata.
3. Setelah itu, beri 1-2 sendok makan isian ke tengah adonan tipis. Lalu, rekatkan. Letakkan adonan tadi diatas 2 helai daun pisang. Lalu, beri daun salam atau daun pandan. Bungkus dan kukus selama 45 menit.
4. Terakhir, Kue Mentu siap untuk disajikan.

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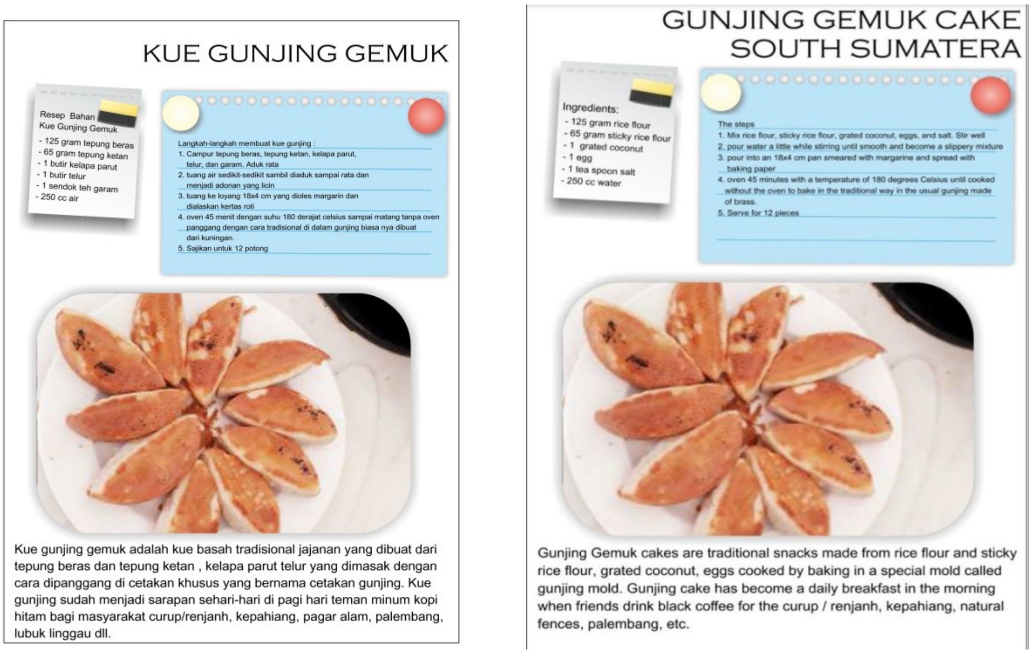
Figure 4. 28 The Recipe of Kue Mentu After Revision



KUE GUNJING GEMUK

Resep Bahan
Kue Gunjing Gemuk

- 125 gram tepung beras
- 65 gram tepung ketan
- 1 butir kelapa parut
- 1 butir telur
- 1 sendok teh garam
- 250 cc air

Langkah-langkah membuat kue gunjing :

1. Campur tepung beras, tepung ketan, kelapa parut, telur, dan garam. Aduk rata
2. tuang air sedikit-sedikit sambil diaduk sampai rata dan menjadi adonan yang licin
3. tuang ke loyang 18x4 cm yang dioles margarin dan dialaskan kertas roti
4. oven 45 menit dengan suhu 180 derajat celsius sampai matang tanpa oven panggang dengan cara tradisional di dalam gunjing biasa nya dibuat dari kuningan.
5. Sajikan untuk 12 potong

Kue gunjing gemuk adalah kue basah tradisional jajanan yang dibuat dari tepung beras dan tepung ketan , kelapa parut telur yang dimasak dengan cara dipanggang di cetakan khusus yang bernama cetakan gunjing. Kue gunjing sudah menjadi sarapan sehari-hari di pagi hari teman minum kopi hitam bagi masyarakat curup/renjanh, kepahiang, pagar alam, palembang, lubuk linggau dll.

GUNJING GEMUK CAKE
SOUTH SUMATERA

Ingredients:

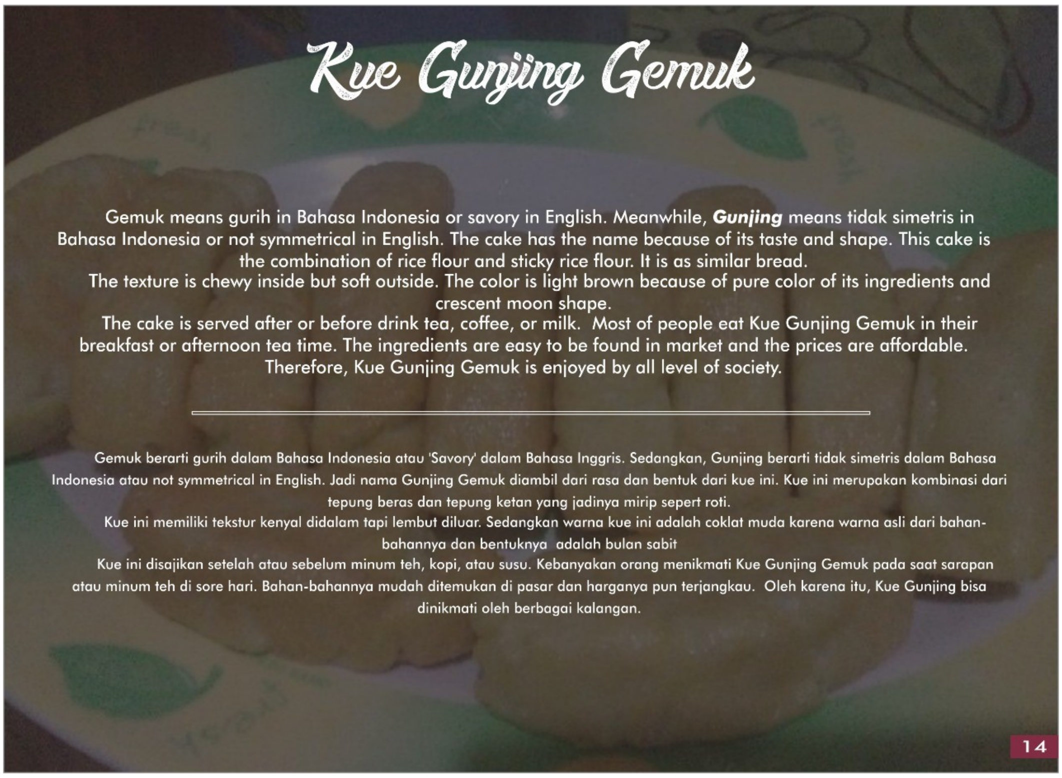
- 125 gram rice flour
- 65 gram sticky rice flour
- 1 grated coconut
- 1 egg
- 1 tea spoon salt
- 250 cc water

The steps

1. Mix rice flour, sticky rice flour, grated coconut, eggs, and salt. Stir well
2. pour water a little while stirring until smooth and become a slippery mixture
3. pour into an 18x4 cm pan smeared with margarine and spread with baking paper
4. oven 45 minutes with a temperature of 180 degrees Celsius until cooked without the oven to bake in the traditional way in the usual gunjing made of brass.
5. Serve for 12 pieces

Gunjing Gemuk cakes are traditional snacks made from rice flour and sticky rice flour, grated coconut, eggs cooked by baking in a special mold called gunjing mold. Gunjing cake has become a daily breakfast in the morning when friends drink black coffee for the curup / renjanh, kepahiang, natural fences, palembang, etc.

Figure 4. 29 Kue Gunjing Gemuk Philosophy and Recipe Before Revision



Kue Gunjing Gemuk

Gemuk means gurih in Bahasa Indonesia or savory in English. Meanwhile, **Gunjing** means tidak simetris in Bahasa Indonesia or not symmetrical in English. The cake has the name because of its taste and shape. This cake is the combination of rice flour and sticky rice flour. It is as similar bread.

The texture is chewy inside but soft outside. The color is light brown because of pure color of its ingredients and crescent moon shape.

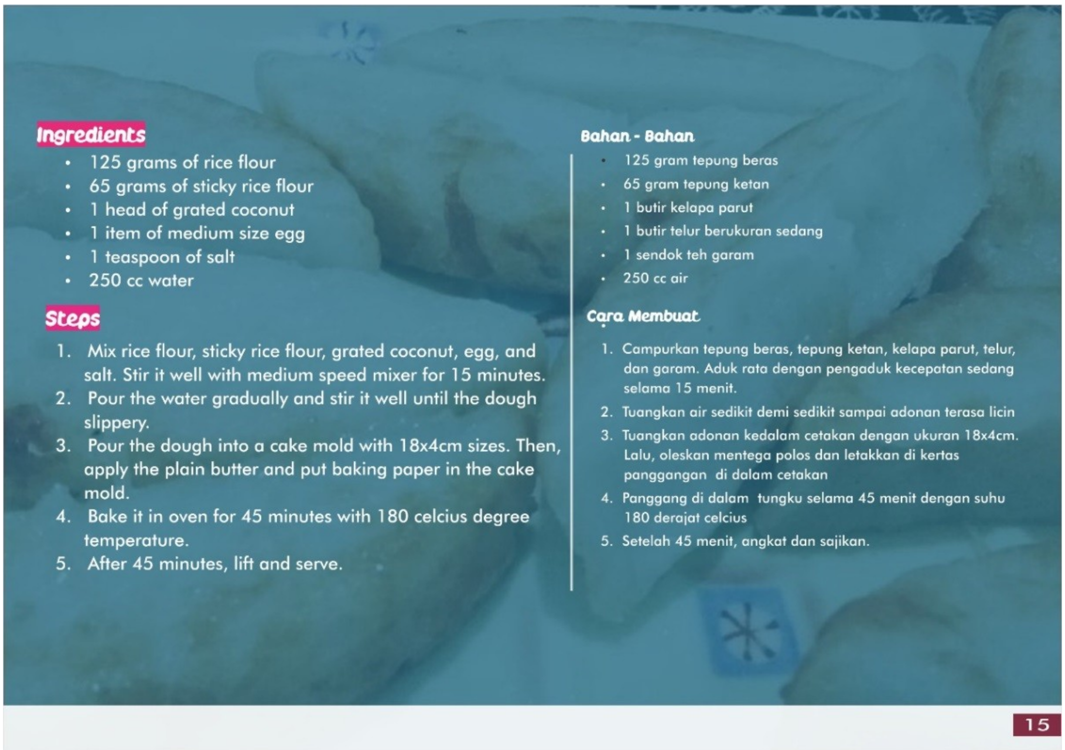
The cake is served after or before drink tea, coffee, or milk. Most of people eat Kue Gunjing Gemuk in their breakfast or afternoon tea time. The ingredients are easy to be found in market and the prices are affordable. Therefore, Kue Gunjing Gemuk is enjoyed by all level of society.

Gemuk berarti gurih dalam Bahasa Indonesia atau 'Savory' dalam Bahasa Inggris. Sedangkan, Gunjing berarti tidak simetris dalam Bahasa Indonesia atau not symmetrical in English. Jadi nama Gunjing Gemuk diambil dari rasa dan bentuk dari kue ini. Kue ini merupakan kombinasi dari tepung beras dan tepung ketan yang jadinya mirip sepert roti.

Kue ini memiliki tekstur kenyal didalam tapi lembut diluar. Sedangkan warna kue ini adalah coklat muda karena warna asli dari bahan-bahannya dan bentuknya adalah bulan sabit

Kue ini disajikan setelah atau sebelum minum teh, kopi, atau susu. Kebanyakan orang menikmati Kue Gunjing Gemuk pada saat sarapan atau minum teh di sore hari. Bahan-bahannya mudah ditemukan di pasar dan harganya pun terjangkau. Oleh karena itu, Kue Gunjing bisa dinikmati oleh berbagai kalangan.

Figure 4. 30 The Philosophy of Gunjing Gemuk After Revision



Ingredients

- 125 grams of rice flour
- 65 grams of sticky rice flour
- 1 head of grated coconut
- 1 item of medium size egg
- 1 teaspoon of salt
- 250 cc water

Steps

1. Mix rice flour, sticky rice flour, grated coconut, egg, and salt. Stir it well with medium speed mixer for 15 minutes.
2. Pour the water gradually and stir it well until the dough slippery.
3. Pour the dough into a cake mold with 18x4cm sizes. Then, apply the plain butter and put baking paper in the cake mold.
4. Bake it in oven for 45 minutes with 180 celcius degree temperature.
5. After 45 minutes, lift and serve.

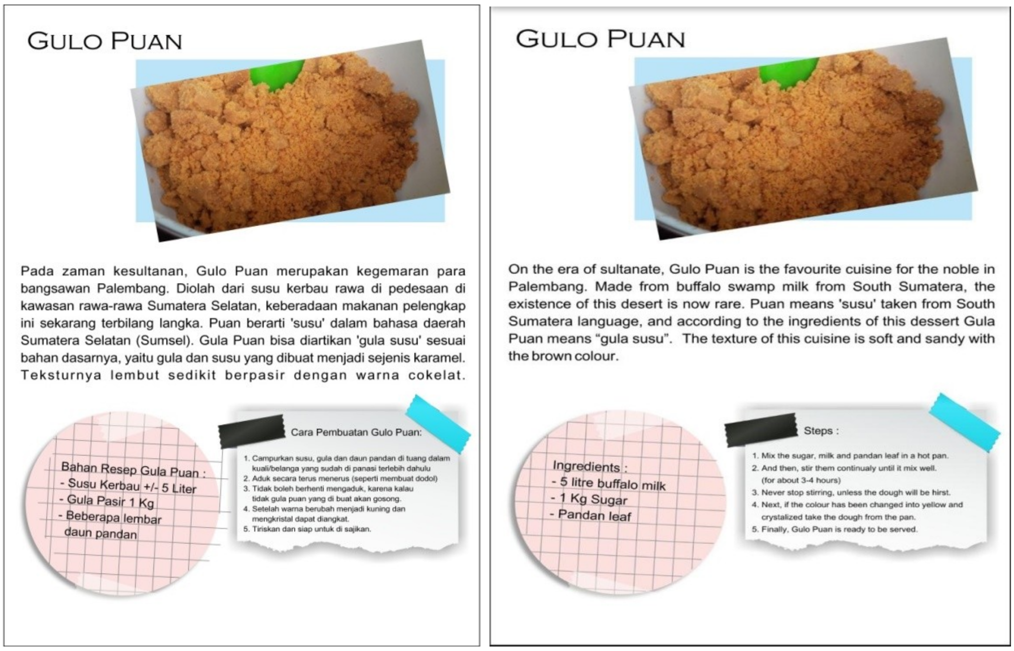
Bahan - Bahan

- 125 gram tepung beras
- 65 gram tepung ketan
- 1 butir kelapa parut
- 1 butir telur berukuran sedang
- 1 sendok teh garam
- 250 cc air

Cara Membuat

1. Campurkan tepung beras, tepung ketan, kelapa parut, telur, dan garam. Aduk rata dengan pengaduk kecepatan sedang selama 15 menit.
2. Tuangkan air sedikit demi sedikit sampai adonan terasa licin
3. Tuangkan adonan kedalam cetakan dengan ukuran 18x4cm. Lalu, oleskan mentega polos dan letakkan di kertas panggangan di dalam cetakan
4. Panggang di dalam tungku selama 45 menit dengan suhu 180 derajat celcius
5. Setelah 45 menit, angkat dan sajikan.

Figure 4. 31 The Recipe of Gunjing Gemuk After Revision



GULO PUAN

Pada zaman kesultanan, Gulo Puan merupakan kegemaran para bangsawan Palembang. Diolah dari susu kerbau rawa di pedesaan di kawasan rawa-rawa Sumatera Selatan, keberadaan makanan pelengkap ini sekarang terbilang langka. Puan berarti 'susu' dalam bahasa daerah Sumatera Selatan (Sumsel). Gula Puan bisa diartikan 'gula susu' sesuai bahan dasarnya, yaitu gula dan susu yang dibuat menjadi sejenis karamel. Teksturnya lembut sedikit berpasir dengan warna cokelat.

Bahan Resep Gula Puan :
- Susu Kerbau +/- 5 Liter
- Gula Pasir 1 Kg
- Beberapa lembar daun pandan

Cara Pembuatan Gulo Puan:

1. Campurkan susu, gula dan daun pandan di tuang dalam kuali/belanga yang sudah di panasi terlebih dahulu
2. Aduk secara terus menerus (seperti membuat dodol)
3. Tidak boleh berhenti mengaduk, karena kalau tidak gula puan yang di buat akan gosong.
4. Setelah warna berubah menjadi kuning dan mengkristal dapat diangkat.
5. Tiriskan dan siap untuk di sajikan.

GULO PUAN

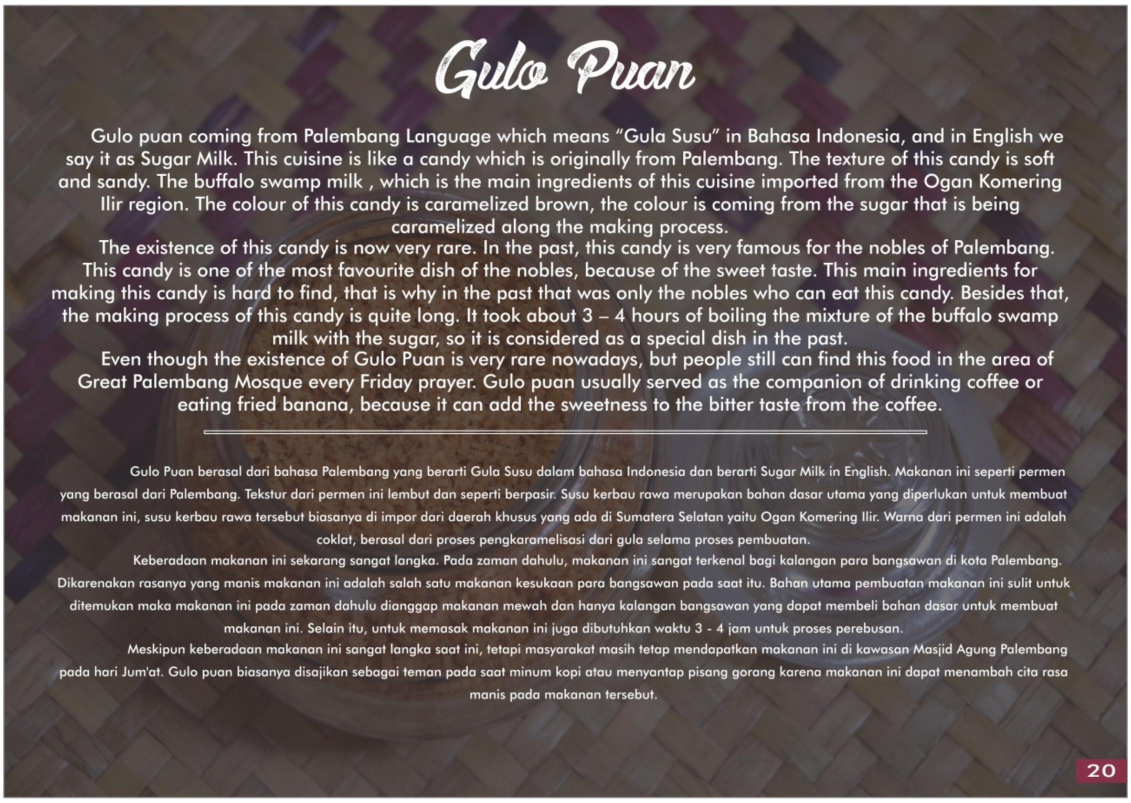
On the era of sultanate, Gulo Puan is the favourite cuisine for the noble in Palembang. Made from buffalo swamp milk from South Sumatera, the existence of this desert is now rare. Puan means 'susu' taken from South Sumatera language, and according to the ingredients of this dessert Gula Puan means "gula susu". The texture of this cuisine is soft and sandy with the brown colour.

Ingredients :
- 5 litre buffalo milk
- 1 Kg Sugar
- Pandan leaf

Steps :

1. Mix the sugar, milk and pandan leaf in a hot pan.
2. And then, stir them continualy until it mix well. (for about 3-4 hours)
3. Never stop stirring, unless the dough will be hirst.
4. Next, if the colour has been changed into yellow and crystalized take the dough from the pan.
5. Finally, Gulo Puan is ready to be served.

Figure 4. 32 Gulo Puan Philosophy and Recipe Before Revision



Gulo Puan

Gulo puan coming from Palembang Language which means "Gula Susu" in Bahasa Indonesia, and in English we say it as Sugar Milk. This cuisine is like a candy which is originally from Palembang. The texture of this candy is soft and sandy. The buffalo swamp milk , which is the main ingredients of this cuisine imported from the Ogan Komering Ilir region. The colour of this candy is caramelized brown, the colour is coming from the sugar that is being caramelized along the making process.

The existence of this candy is now very rare. In the past, this candy is very famous for the nobles of Palembang. This candy is one of the most favourite dish of the nobles, because of the sweet taste. This main ingredients for making this candy is hard to find, that is why in the past that was only the nobles who can eat this candy. Besides that, the making process of this candy is quite long. It took about 3 – 4 hours of boiling the mixture of the buffalo swamp milk with the sugar, so it is considered as a special dish in the past.

Even though the existence of Gulo Puan is very rare nowadays, but people still can find this food in the area of Great Palembang Mosque every Friday prayer. Gulo puan usually served as the companion of drinking coffee or eating fried banana, because it can add the sweetness to the bitter taste from the coffee.

Gulo Puan berasal dari bahasa Palembang yang berarti Gula Susu dalam bahasa Indonesia dan berarti Sugar Milk in English. Makanan ini seperti permen yang berasal dari Palembang. Tekstur dari permen ini lembut dan seperti berpasir. Susu kerbau rawa merupakan bahan dasar utama yang diperlukan untuk membuat makanan ini, susu kerbau rawa tersebut biasanya di impor dari daerah khusus yang ada di Sumatera Selatan yaitu Ogan Komering Ilir. Warna dari permen ini adalah coklat, berasal dari proses pengkaramelisasi dari gula selama proses pembuatan.

Keberadaan makanan ini sekarang sangat langka. Pada zaman dahulu, makanan ini sangat terkenal bagi kalangan para bangsawan di kota Palembang. Dikarenakan rasanya yang manis makanan ini adalah salah satu makanan kesukaan para bangsawan pada saat itu. Bahan utama pembuatan makanan ini sulit untuk ditemukan maka makanan ini pada zaman dahulu dianggap makanan mewah dan hanya kalangan bangsawan yang dapat membeli bahan dasar untuk membuat makanan ini. Selain itu, untuk memasak makanan ini juga dibutuhkan waktu 3 - 4 jam untuk proses perebusan.

Meskipun keberadaan makanan ini sangat langka saat ini, tetapi masyarakat masih tetap mendapatkan makanan ini di kawasan Masjid Agung Palembang pada hari Jum'at. Gulo puan biasanya disajikan sebagai teman pada saat minum kopi atau menyantap pisang gorang karena makanan ini dapat menambah cita rasa manis pada makanan tersebut.

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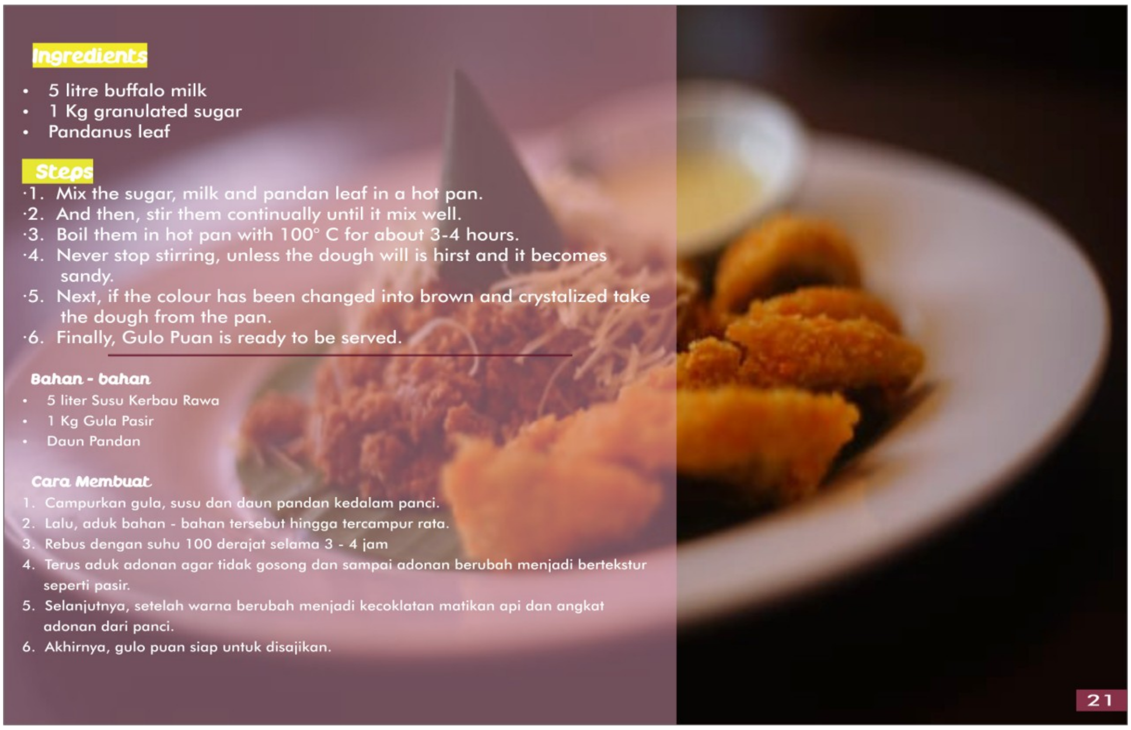
Figure 4. 33 Gulo Puan Philosophy After Revision



Ingredients

- 5 litre buffalo milk
- 1 Kg granulated sugar
- Pandanus leaf

Steps

1. Mix the sugar, milk and pandan leaf in a hot pan.
2. And then, stir them continually until it mix well.
3. Boil them in hot pan with 100° C for about 3-4 hours.
4. Never stop stirring, unless the dough will is hirst and it becomes sandy.
5. Next, if the colour has been changed into brown and crystalized take the dough from the pan.
6. Finally, Gulo Puan is ready to be served.

Bahan - bahan

- 5 liter Susu Kerbau Rawa
- 1 Kg Gula Pasir
- Daun Pandan

Cara Membuat

1. Campurkan gula, susu dan daun pandan kedalam panci.
2. Lalu, aduk bahan - bahan tersebut hingga tercampur rata.
3. Rebus dengan suhu 100 derajat selama 3 - 4 jam
4. Terus aduk adonan agar tidak gosong dan sampai adonan berubah menjadi bertekstur seperti pasir.
5. Selanjutnya, setelah warna berubah menjadi kecoklatan matikan api dan angkat adonan dari panci.
6. Akhirnya, gulo puan siap untuk disajikan.

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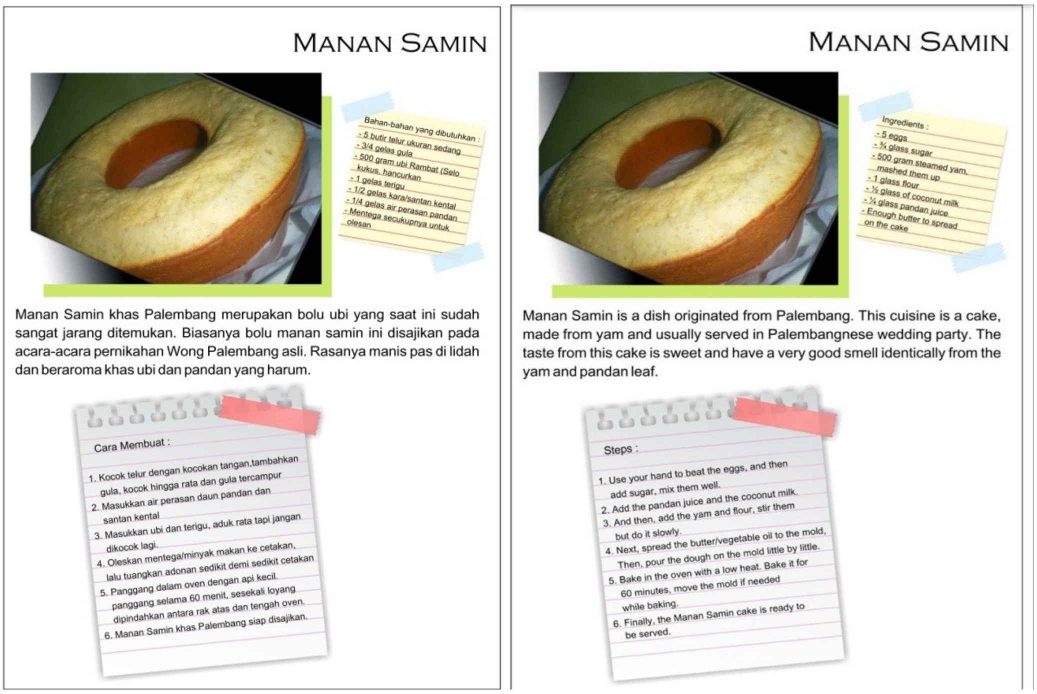
Figure 4. 34 Gulo Puan Recipe After Revision



MANAN SAMIN

Bahan-bahan yang dibutuhkan :
- 5 butir telur ukuran sedang
- 3/4 gelas gula
- 500 gram ubi Rambat (Selo kukus, hancurkan
- 1 gelas terigu
- 1/2 gelas kara/santan kental
- 1/4 gelas air perasan pandan
- Mentega secukupnya untuk olesan

Manan Samin khas Palembang merupakan bolu ubi yang saat ini sudah sangat jarang ditemukan. Biasanya bolu manan samin ini disajikan pada acara-acara pernikahan Wong Palembang asli. Rasanya manis pas di lidah dan beraroma khas ubi dan pandan yang harum.

Cara Membuat :

1. Kocok telur dengan kocokan tangan,tambahkan gula, kocok hingga rata dan gula tercampur
2. Masukkan air perasan daun pandan dan santan kental
3. Masukkan ubi dan terigu, aduk rata tapi jangan dikocok lagi.
4. Oleskan mentega/minyak makan ke cetakan, lalu tuangkan adonan sedikit demi sedikit cetakan
5. Panggang dalam oven dengan api kecil. panggang selama 60 menit, sesekali loyang dipindahkan antara rak atas dan tengah oven.
6. Manan Samin khas Palembang siap disajikan.

MANAN SAMIN

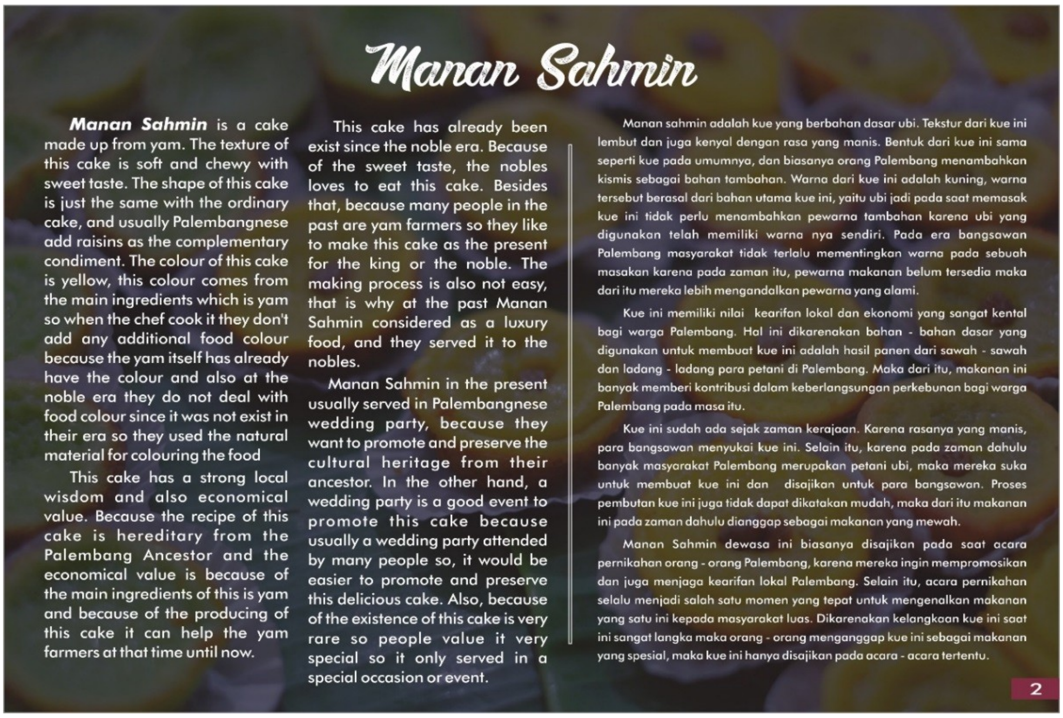
Ingredients :
- 5 eggs
- ¾ glass sugar
- 500 gram steamed yam, mashed them up
- 1 glass flour
- ½ glass of coconut milk
- ¼ glass pandan juice
- Enough butter to spread on the cake

Manan Samin is a dish originated from Palembang. This cuisine is a cake, made from yam and usually served in Palembangnese wedding party. The taste from this cake is sweet and have a very good smell identically from the yam and pandan leaf.

Steps :

1. Use your hand to beat the eggs, and then add sugar, mix them well.
2. Add the pandan juice and the coconut milk.
3. And then, add the yam and flour, stir them but do it slowly.
4. Next, spread the butter/vegetable oil to the mold. Then, pour the dough on the mold little by little.
5. Bake in the oven with a low heat. Bake it for 60 minutes, move the mold if needed while baking.
6. Finally, the Manan Samin cake is ready to be served.

Figure 4. 35 Manan Samin Philosophy and Recipe Before Revision



Manan Sahmin

Manan Sahmin is a cake made up from yam. The texture of this cake is soft and chewy with sweet taste. The shape of this cake is just the same with the ordinary cake, and usually Palembangnese add raisins as the complementary condiment. The colour of this cake is yellow, this colour comes from the main ingredients which is yam so when the chef cook it they don't add any additional food colour because the yam itself has already have the colour and also at the noble era they do not deal with food colour since it was not exist in their era so they used the natural material for colouring the food

This cake has a strong local wisdom and also economical value. Because the recipe of this cake is hereditary from the Palembang Ancestor and the economical value is because of the main ingredients of this is yam and because of the producing of this cake it can help the yam farmers at that time until now.

This cake has already been exist since the noble era. Because of the sweet taste, the nobles loves to eat this cake. Besides that, because many people in the past are yam farmers so they like to make this cake as the present for the king or the noble. The making process is also not easy, that is why at the past Manan Sahmin considered as a luxury food, and they served it to the nobles.

Manan Sahmin in the present usually served in Palembangnese wedding party, because they want to promote and preserve the cultural heritage from their ancestor. In the other hand, a wedding party is a good event to promote this cake because usually a wedding party attended by many people so, it would be easier to promote and preserve this delicious cake. Also, because of the existence of this cake is very rare so people value it very special so it only served in a special occasion or event.

Manan sahmin adalah kue yang berbahan dasar ubi. Tekstur dari kue ini lembut dan juga kenyal dengan rasa yang manis. Bentuk dari kue ini sama seperti kue pada umumnya, dan biasanya orang Palembang menambahkan kismis sebagai bahan tambahan. Warna dari kue ini adalah kuning, warna tersebut berasal dari bahan utama kue ini, yaitu ubi jadi pada saat memasak kue ini tidak perlu menambahkan pewarna tambahan karena ubi yang digunakan telah memiliki warna nya sendiri. Pada era bangsawan Palembang masyarakat tidak terlalu mementingkan warna pada sebuah masakan karena pada zaman itu, pewarna makanan belum tersedia maka dari itu mereka lebih mengandalkan pewarna yang alami.

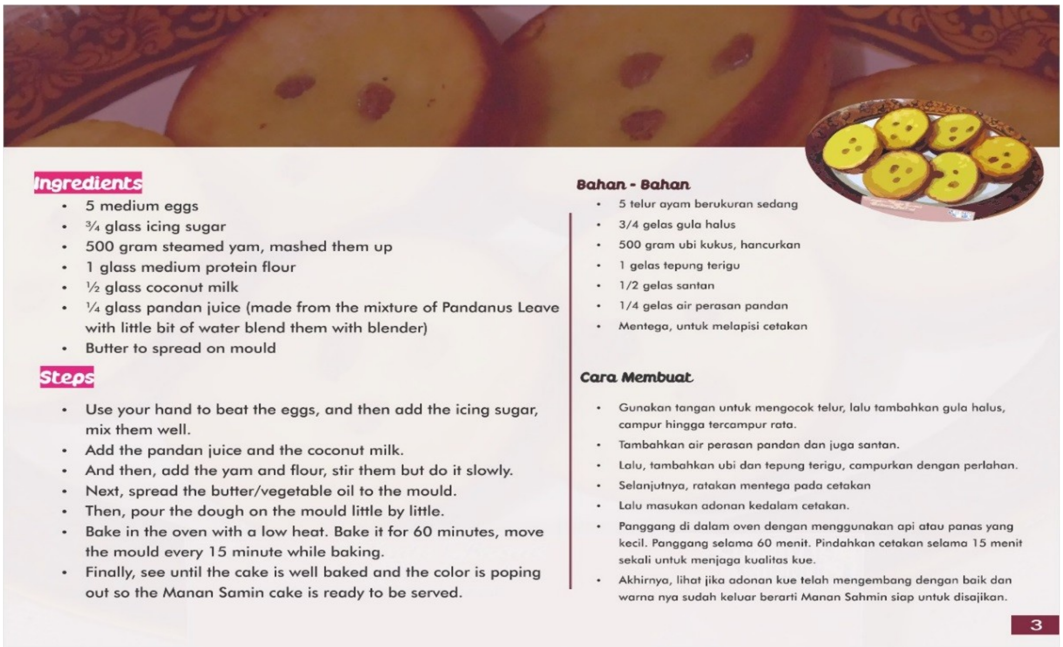
Kue ini memiliki nilai kearifan lokal dan ekonomi yang sangat kental bagi warga Palembang. Hal ini dikarenakan bahan - bahan dasar yang digunakan untuk membuat kue ini adalah hasil panen dari sawah - sawah dan ladang - ladang para petani di Palembang. Maka dari itu, makanan ini banyak memberi kontribusi dalam keberlangsungan perkebunan bagi warga Palembang pada masa itu.

Kue ini sudah ada sejak zaman kerajaan. Karena rasanya yang manis, para bangsawan menyukai kue ini. Selain itu, karena pada zaman dahulu banyak masyarakat Palembang merupakan petani ubi, maka mereka suka untuk membuat kue ini dan disajikan untuk para bangsawan. Proses pembutan kue ini juga tidak dapat dikatakan mudah, maka dari itu makanan ini pada zaman dahulu dianggap sebagai makanan yang mewah.

Manan Sahmin dewasa ini biasanya disajikan pada saat acara pernikahan orang - orang Palembang, karena mereka ingin mempromosikan dan juga menjaga kearifan lokal Palembang. Selain itu, acara pernikahan selalu menjadi salah satu momen yang tepat untuk mengenalkan makanan yang satu ini kepada masyarakat luas. Dikarenakan kelangkaan kue ini saat ini sangat langka maka orang - orang menganggap kue ini sebagai makanan yang spesial, maka kue ini hanya disajikan pada acara - acara tertentu.

2

Figure 4. 36 The Philosophy of Manan Sahmin After Revision



Ingredients

- 5 medium eggs
- ¾ glass icing sugar
- 500 gram steamed yam, mashed them up
- 1 glass medium protein flour
- ½ glass coconut milk
- ¼ glass pandan juice (made from the mixture of Pandanus Leave with little bit of water blend them with blender)
- Butter to spread on mould

Steps

- Use your hand to beat the eggs, and then add the icing sugar, mix them well.
- Add the pandan juice and the coconut milk.
- And then, add the yam and flour, stir them but do it slowly.
- Next, spread the butter/vegetable oil to the mould.
- Then, pour the dough on the mould little by little.
- Bake in the oven with a low heat. Bake it for 60 minutes, move the mould every 15 minute while baking.
- Finally, see until the cake is well baked and the color is poping out so the Manan Samin cake is ready to be served.

Bahan - Bahan

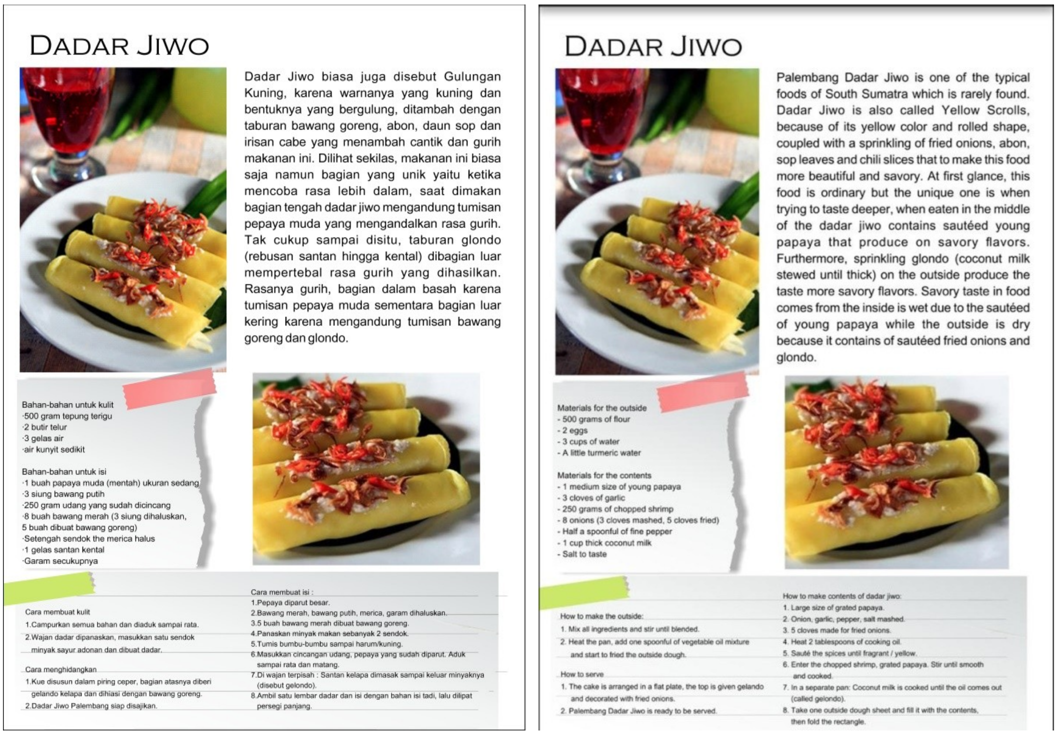
- 5 telur ayam berukuran sedang
- 3/4 gelas gula halus
- 500 gram ubi kukus, hancurkan
- 1 gelas tepung terigu
- 1/2 gelas santan
- 1/4 gelas air perasan pandan
- Mentega, untuk melapisi cetakan

Cara Membuat

- Gunakan tangan untuk mengocok telur, lalu tambahkan gula halus, campur hingga tercampur rata.
- Tambahkan air perasan pandan dan juga santan.
- Lalu, tambahkan ubi dan tepung terigu, campurkan dengan perlahan.
- Selanjutnya, ratakan mentega pada cetakan
- Lalu masukan adonan kedalam cetakan.
- Panggang di dalam oven dengan menggunakan api atau panas yang kecil. Panggang selama 60 menit. Pindahkan cetakan selama 15 menit sekali untuk menjaga kualitas kue.
- Akhirnya, lihat jika adonan kue telah mengembang dengan baik dan warna nya sudah keluar berarti Manan Sahmin siap untuk disajikan.

3

Figure 4. 37 The Recipe of Kue Mentu After Revision



DADAR JIWO

Dadar Jiwo biasa juga disebut Gulungan Kuning, karena warnanya yang kuning dan bentuknya yang bergulung, ditambah dengan taburan bawang goreng, abon, daun sop dan irisan cabe yang menambah cantik dan gurih makanan ini. Dilihat sekilas, makanan ini biasa saja namun bagian yang unik yaitu ketika mencoba rasa lebih dalam, saat dimakan bagian tengah dadar jiwo mengandung tumisan pepaya muda yang mengandalkan rasa gurih. Tak cukup sampai disitu, taburan glondo (rebusan santan hingga kental) dibagian luar mempertebal rasa gurih yang dihasilkan. Rasanya gurih, bagian dalam basah karena tumisan pepaya muda sementara bagian luar kering karena mengandung tumisan bawang goreng dan glondo.

Bahan-bahan untuk kulit
·500 gram tepung terigu
·2 butir telur
·3 gelas air
·air kunyit sedikit

Bahan-bahan untuk isi
·1 buah papaya muda (mentah) ukuran sedang
·3 siung bawang putih
·250 gram udang yang sudah dicincang
·8 buah bawang merah (3 siung dihaluskan,
5 buah dibuat bawang goreng)
·Setengah sendok the merica halus
·1 gelas santan kental
·Garam secukupnya

Cara membuat kulit
1.Campurkan semua bahan dan diaduk sampai rata.
2.Wajan dadar dipanaskan, masukkan satu sendok minyak sayur adonan dan dibuat dadar.

Cara menghidangkan
1.Kue disusun dalam piring ceper, bagian atasnya diberi gelando kelapa dan dihiasi dengan bawang goreng.
2.Dadar Jiwo Palembang siap disajikan.

Cara membuat isi :
1.Pepaya diparut besar.
2.Bawang merah, bawang putih, merica, garam dihaluskan.
3.5 buah bawang merah dibuat bawang goreng.
4.Panaskan minyak makan sebanyak 2 sendok.
5.Tumis bumbu-bumbu sampai harum/kuning.
6.Masukkan cincangan udang, pepaya yang sudah diparut. Aduk sampai rata dan matang.
7.Di wajan terpisah : Santan kelapa dimasak sampai keluar minyaknya (disebut gelondo).
8.Ambil satu lembar dadar dan isi dengan bahan isi tadi, lalu dilipat persegi panjang.

DADAR JIWO

Palembang Dadar Jiwo is one of the typical foods of South Sumatra which is rarely found. Dadar Jiwo is also called Yellow Scrolls, because of its yellow color and rolled shape, coupled with a sprinkling of fried onions, abon, sop leaves and chili slices that to make this food more beautiful and savory. At first glance, this food is ordinary but the unique one is when trying to taste deeper, when eaten in the middle of the dadar jiwo contains sautéed young papaya that produce on savory flavors. Furthermore, sprinkling glondo (coconut milk stewed until thick) on the outside produce the taste more savory flavors. Savory taste in food comes from the inside is wet due to the sautéed of young papaya while the outside is dry because it contains of sautéed fried onions and glondo.

Materials for the outside
- 500 grams of flour
- 2 eggs
- 3 cups of water
- A little turmeric water

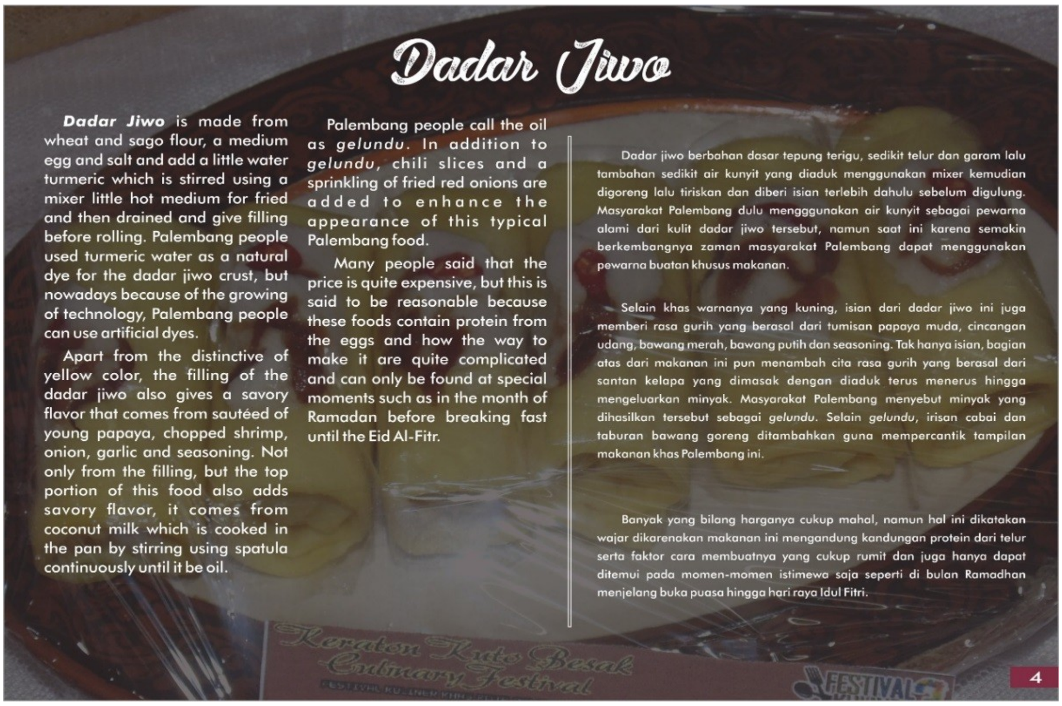
Materials for the contents
- 1 medium size of young papaya
- 3 cloves of garlic
- 250 grams of chopped shrimp
- 8 onions (3 cloves mashed, 5 cloves fried)
- Half a spoonful of fine pepper
- 1 cup thick coconut milk
- Salt to taste

How to make the outside:
1. Mix all ingredients and stir until blended.
2. Heat the pan, add one spoonful of vegetable oil mixture and start to fried the outside dough.

How to serve
1. The cake is arranged in a flat plate, the top is given gelando and decorated with fried onions.
2. Palembang Dadar Jiwo is ready to be served.

How to make contents of dadar jiwo:
1. Large size of grated papaya.
2. Onion, garlic, pepper, salt mashed.
3. 5 cloves made for fried onions.
4. Heat 2 tablespoons of cooking oil.
5. Sauté the spices until fragrant / yellow.
6. Enter the chopped shrimp, grated papaya. Stir until smooth and cooked.
7. In a separate pan: Coconut milk is cooked until the oil comes out (called gelondo).
8. Take one outside dough sheet and fill it with the contents, then fold the rectangle.

Figure 4. 38 Dadar Jiwo Philosophy and Recipe Before Revision



Dadar Jiwo

Dadar Jiwo is made from wheat and sago flour, a medium egg and salt and add a little water turmeric which is stirred using a mixer little hot medium for fried and then drained and give filling before rolling. Palembang people used turmeric water as a natural dye for the dadar jiwo crust, but nowadays because of the growing of technology, Palembang people can use artificial dyes.

Apart from the distinctive of yellow color, the filling of the dadar jiwo also gives a savory flavor that comes from sautéed of young papaya, chopped shrimp, onion, garlic and seasoning. Not only from the filling, but the top portion of this food also adds savory flavor, it comes from coconut milk which is cooked in the pan by stirring using spatula continuously until it be oil.

Palembang people call the oil as *gelundu*. In addition to *gelundu*, chili slices and a sprinkling of fried red onions are added to enhance the appearance of this typical Palembang food.

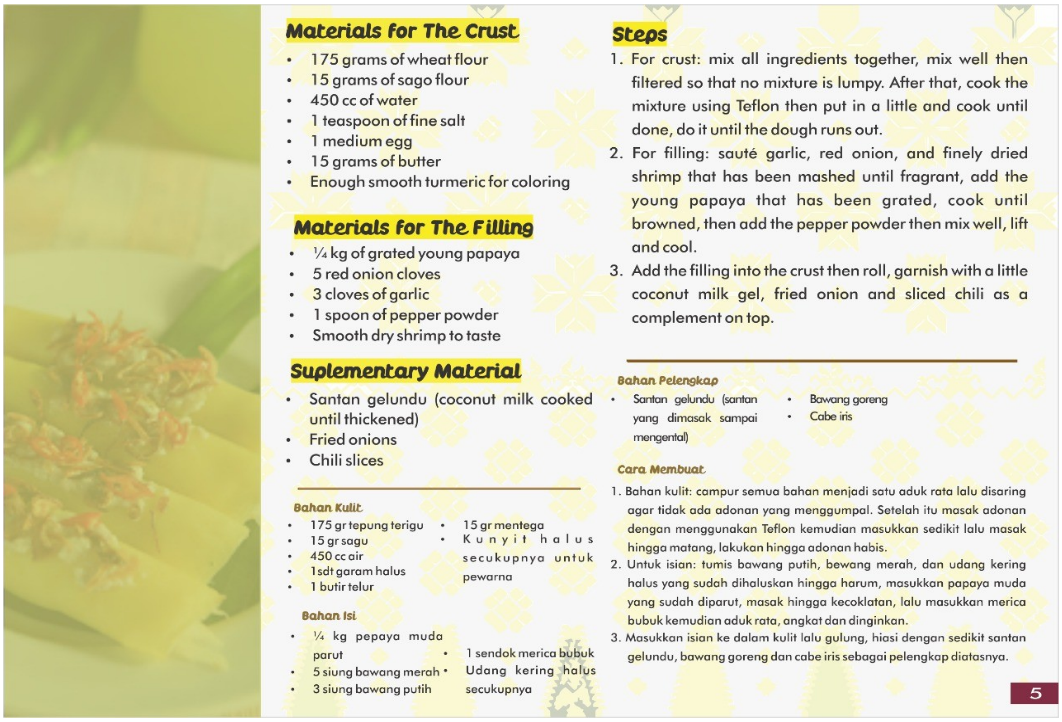
Many people said that the price is quite expensive, but this is said to be reasonable because these foods contain protein from the eggs and how the way to make it are quite complicated and can only be found at special moments such as in the month of Ramadan before breaking fast until the Eid Al-Fitr.

Dadar jiwo berbahan dasar tepung terigu, sedikit telur dan garam lalu tambahan sedikit air kunyit yang diaduk menggunakan mixer kemudian digoreng lalu tiriskan dan diberi isian terlebih dahulu sebelum digulung. Masyarakat Palembang dulu mengggunakan air kunyit sebagai pewarna alami dari kulit dadar jiwo tersebut, namun saat ini karena semakin berkembangnya zaman masyarakat Palembang dapat menggunakan pewarna buatan khusus makanan.

Selain khas warnanya yang kuning, isian dari dadar jiwo ini juga memberi rasa gurih yang berasal dari tumisan papaya muda, cincangan udang, bawang merah, bawang putih dan seasoning. Tak hanya isian, bagian atas dari makanan ini pun menambah cita rasa gurih yang berasal dari santan kelapa yang dimasak dengan diaduk terus menerus hingga mengeluarkan minyak. Masyarakat Palembang menyebut minyak yang dihasilkan tersebut sebagai *gelundu*. Selain *gelundu*, irisan cabai dan taburan bawang goreng ditambahkan guna mempercantik tampilan makanan khas Palembang ini.

Banyak yang bilang harganya cukup mahal, namun hal ini dikatakan wajar dikarenakan makanan ini mengandung kandungan protein dari telur serta faktor cara membuatnya yang cukup rumit dan juga hanya dapat ditemui pada momen-momen istimewa saja seperti di bulan Ramadhan menjelang buka puasa hingga hari raya Idul Fitri.

Figure 4. 39 The Philosophy of Dadar Jiwo After Revision



Materials for The Crust

- 175 grams of wheat flour
- 15 grams of sago flour
- 450 cc of water
- 1 teaspoon of fine salt
- 1 medium egg
- 15 grams of butter
- Enough smooth turmeric for coloring

Materials for The Filling

- ¼ kg of grated young papaya
- 5 red onion cloves
- 3 cloves of garlic
- 1 spoon of pepper powder
- Smooth dry shrimp to taste

Suplementary Material

- Santan gelundu (coconut milk cooked until thickened)
- Fried onions
- Chili slices

Bahan Kulit

- 175 gr tepung terigu
- 15 gr sagu
- 450 cc air
- 1sdt garam halus
- 1 butir telur
- 15 gr mentega
- Kunyit halus secukupnya untuk pewarna

Bahan Isi

- ¼ kg pepaya muda parut
- 5 siung bawang merah
- 3 siung bawang putih
- 1 sendok merica bubuk
- Udang kering halus secukupnya

Steps

1. For crust: mix all ingredients together, mix well then filtered so that no mixture is lumpy. After that, cook the mixture using Teflon then put in a little and cook until done, do it until the dough runs out.
2. For filling: sauté garlic, red onion, and finely dried shrimp that has been mashed until fragrant, add the young papaya that has been grated, cook until browned, then add the pepper powder then mix well, lift and cool.
3. Add the filling into the crust then roll, garnish with a little coconut milk gel, fried onion and sliced chili as a complement on top.

Bahan Pelengkap

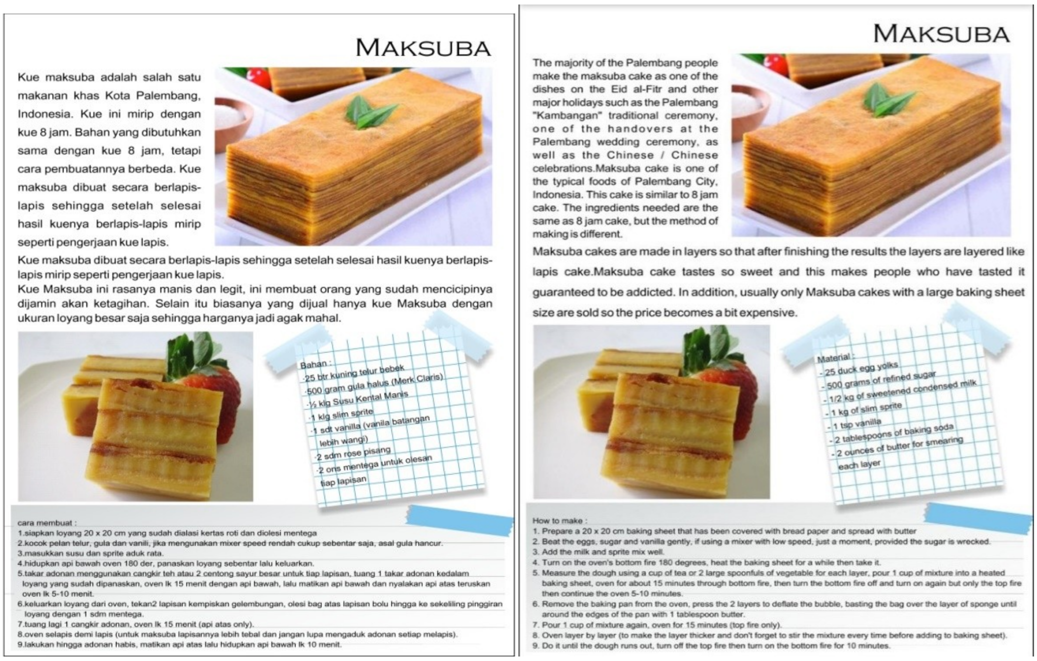
- Santan gelundu (santan yang dimasak sampai mengental)
- Bawang goreng
- Cabe iris

Cara Membuat

1. Bahan kulit: campur semua bahan menjadi satu aduk rata lalu disaring agar tidak ada adonan yang menggumpal. Setelah itu masak adonan dengan menggunakan Teflon kemudian masukkan sedikit lalu masak hingga matang, lakukan hingga adonan habis.
2. Untuk isian: tumis bawang putih, bewang merah, dan udang kering halus yang sudah dihaluskan hingga harum, masukkan papaya muda yang sudah diparut, masak hingga kecoklatan, lalu masukkan merica bubuk kemudian aduk rata, angkat dan dinginkan.
3. Masukkan isian ke dalam kulit lalu gulung, hiasi dengan sedikit santan gelundu, bawang goreng dan cabe iris sebagai pelengkap diatasnya.

5

Figure 4. 40 The Recipe of Dadar Jiwo After Revision



MAKSUBA

Kue maksuba adalah salah satu makanan khas Kota Palembang, Indonesia. Kue ini mirip dengan kue 8 jam. Bahan yang dibutuhkan sama dengan kue 8 jam, tetapi cara pembuatannya berbeda. Kue maksuba dibuat secara berlapis-lapis sehingga setelah selesai hasil kuenya berlapis-lapis mirip seperti pengerjaan kue lapis.

Kue maksuba dibuat secara berlapis-lapis sehingga setelah selesai hasil kuenya berlapis-lapis mirip seperti pengerjaan kue lapis.

Kue Maksuba ini rasanya manis dan legit, ini membuat orang yang sudah mencicipinya dijamin akan ketagihan. Selain itu biasanya yang dijual hanya kue Maksuba dengan ukuran loyang besar saja sehingga harganya jadi agak mahal.

Bahan :
-25 btr kuning telur bebek
-500 gram gula halus (Merk Claris)
-½ klg Susu Kental Manis
-1 klg slim sprite
-1 sdt vanilla (vanila batangan lebih wangi)
-2 sdm rose pisang
-2 ons mentega untuk olesan tiap lapisan

cara membuat :
1.siapkan loyang 20 x 20 cm yang sudah dialasi kertas roti dan diolesi mentega
2.kocok pelan telur, gula dan vanili, jika mengunakan mixer speed rendah cukup sebentar saja, asal gula hancur.
3.masukkan susu dan sprite aduk rata.
4.hidupkan api bawah oven 180 der, panaskan loyang sebentar lalu keluarkan.
5.takar adonan menggunakan cangkir teh atau 2 centong sayur besar untuk tiap lapisan, tuang 1 takar adonan kedalam loyang yang sudah dipanaskan, oven lk 15 menit dengan api bawah, lalu matikan api bawah dan nyalakan api atas teruskan oven lk 5-10 menit.
6.keluarkan loyang dari oven, tekan2 lapisan kempiskan gelembungan, olesi bag atas lapisan bolu hingga ke sekeliling pinggiran loyang dengan 1 sdm mentega.
7.tuang lagi 1 cangkir adonan, oven lk 15 menit (api atas only).
8.oven selapis demi lapis (untuk maksuba lapisannya lebih tebal dan jangan lupa mengaduk adonan setiap melapis).
9.lakukan hingga adonan habis, matikan api atas lalu hidupkan api bawah lk 10 menit.

MAKSUBA

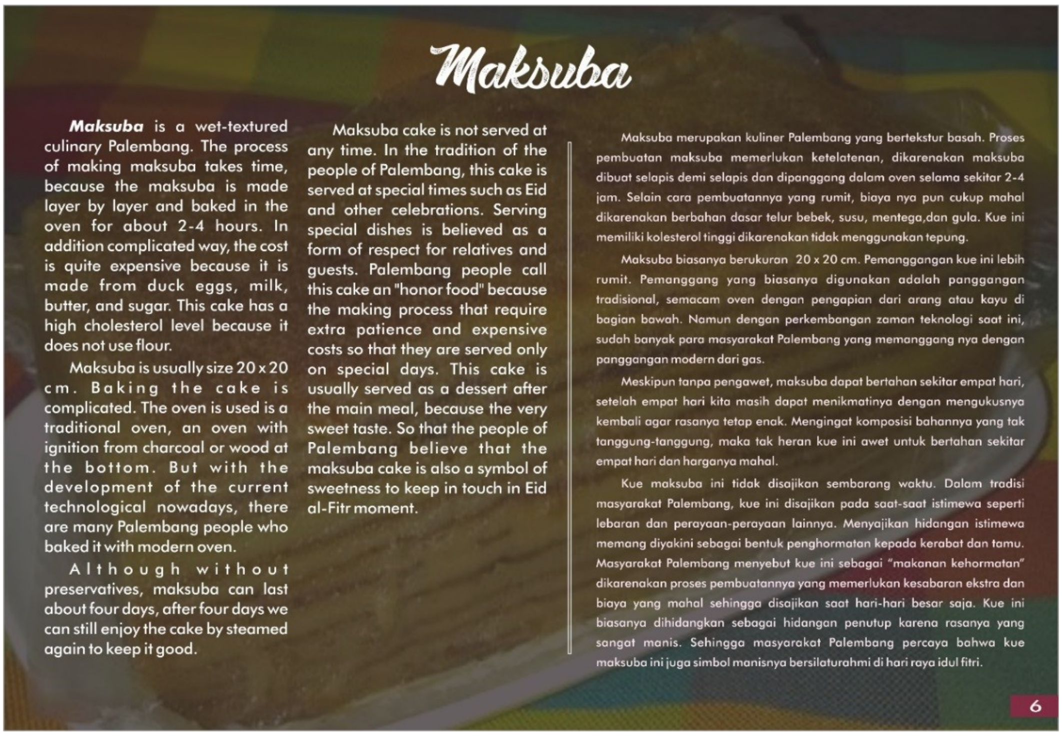
The majority of the Palembang people make the maksuba cake as one of the dishes on the Eid al-Fitr and other major holidays such as the Palembang "Kambangan" traditional ceremony, one of the handovers at the Palembang wedding ceremony, as well as the Chinese / Chinese celebrations.Maksuba cake is one of the typical foods of Palembang City, Indonesia. This cake is similar to 8 jam cake. The ingredients needed are the same as 8 jam cake, but the method of making is different.

Maksuba cakes are made in layers so that after finishing the results the layers are layered like lapis cake.Maksuba cake tastes so sweet and this makes people who have tasted it guaranteed to be addicted. In addition, usually only Maksuba cakes with a large baking sheet size are sold so the price becomes a bit expensive.

Material :
- 25 duck egg yolks
- 500 grams of refined sugar
- 1/2 kg of sweetened condensed milk
- 1 kg of slim sprite
- 1 tsp vanilla
- 2 tablespoons of baking soda
- 2 ounces of butter for smearing each layer

How to make :
1. Prepare a 20 x 20 cm baking sheet that has been covered with bread paper and spread with butter
2. Beat the eggs, sugar and vanilla gently, if using a mixer with low speed, just a moment, provided the sugar is wrecked.
3. Add the milk and sprite mix well.
4. Turn on the oven's bottom fire 180 degrees, heat the baking sheet for a while then take it.
5. Measure the dough using a cup of tea or 2 large spoonfuls of vegetable for each layer, pour 1 cup of mixture into a heated baking sheet, oven for about 15 minutes through bottom fire, then turn the bottom fire off and turn on again but only the top fire then continue the oven 5-10 minutes.
6. Remove the baking pan from the oven, press the 2 layers to deflate the bubble, basting the bag over the layer of sponge until around the edges of the pan with 1 tablespoon butter.
7. Pour 1 cup of mixture again, oven for 15 minutes (top fire only).
8. Oven layer by layer (to make the layer thicker and don't forget to stir the mixture every time before adding to baking sheet).
9. Do it until the dough runs out, turn off the top fire then turn on the bottom fire for 10 minutes.

Figure 4. 41 Maksuba Philosophy and Recipe Before Revision



Maksuba

Maksuba is a wet-textured culinary Palembang. The process of making maksuba takes time, because the maksuba is made layer by layer and baked in the oven for about 2-4 hours. In addition complicated way, the cost is quite expensive because it is made from duck eggs, milk, butter, and sugar. This cake has a high cholesterol level because it does not use flour.

Maksuba is usually size 20 x 20 cm. Baking the cake is complicated. The oven is used is a traditional oven, an oven with ignition from charcoal or wood at the bottom. But with the development of the current technological nowadays, there are many Palembang people who baked it with modern oven.

Although without preservatives, maksuba can last about four days, after four days we can still enjoy the cake by steamed again to keep it good.

Maksuba cake is not served at any time. In the tradition of the people of Palembang, this cake is served at special times such as Eid and other celebrations. Serving special dishes is believed as a form of respect for relatives and guests. Palembang people call this cake an "honor food" because the making process that require extra patience and expensive costs so that they are served only on special days. This cake is usually served as a dessert after the main meal, because the very sweet taste. So that the people of Palembang believe that the maksuba cake is also a symbol of sweetness to keep in touch in Eid al-Fitr moment.

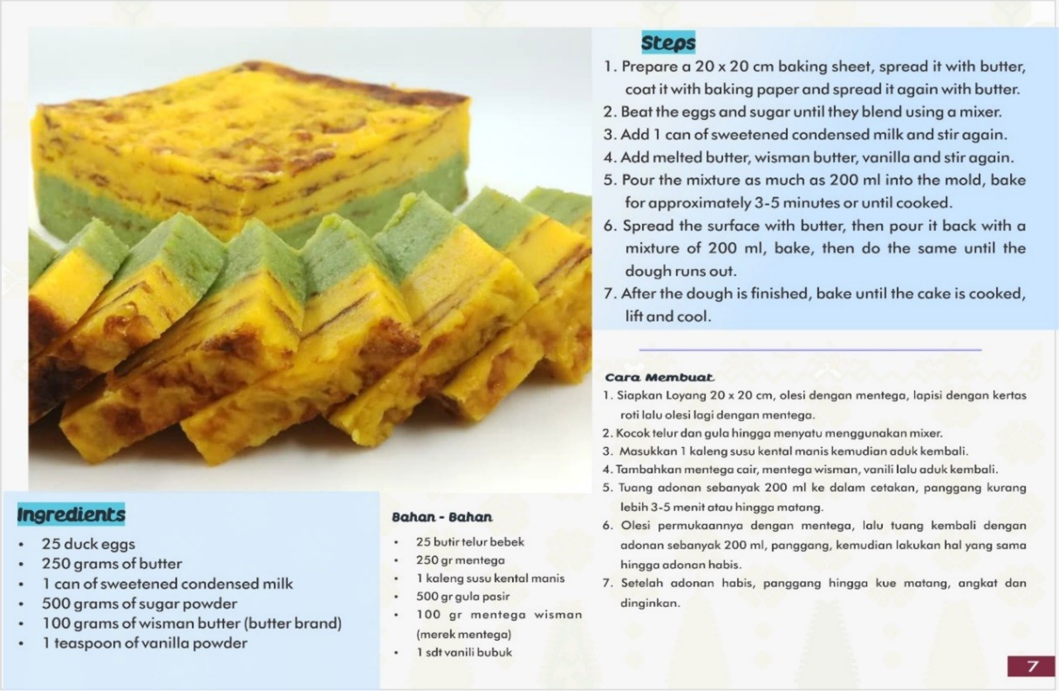
Maksuba merupakan kuliner Palembang yang bertekstur basah. Proses pembuatan maksuba memerlukan ketelatenan, dikarenakan maksuba dibuat selapis demi selapis dan dipanggang dalam oven selama sekitar 2-4 jam. Selain cara pembuatannya yang rumit, biaya nya pun cukup mahal dikarenakan berbahan dasar telur bebek, susu, mentega,dan gula. Kue ini memiliki kolesterol tinggi dikarenakan tidak menggunakan tepung.

Maksuba biasanya berukuran 20 x 20 cm. Pemanggangan kue ini lebih rumit. Pemanggang yang biasanya digunakan adalah panggangan tradisional, semacam oven dengan pengapian dari arang atau kayu di bagian bawah. Namun dengan perkembangan zaman teknologi saat ini, sudah banyak para masyarakat Palembang yang memanggang nya dengan panggangan modern dari gas.

Meskipun tanpa pengawet, maksuba dapat bertahan sekitar empat hari, setelah empat hari kita masih dapat menikmatinya dengan mengukusnya kembali agar rasanya tetap enak. Mengingat komposisi bahannya yang tak tanggung-tanggung, maka tak heran kue ini awet untuk bertahan sekitar empat hari dan harganya mahal.

Kue maksuba ini tidak disajikan sembarang waktu. Dalam tradisi masyarakat Palembang, kue ini disajikan pada saat-saat istimewa seperti lebaran dan perayaan-perayaan lainnya. Menyajikan hidangan istimewa memang diyakini sebagai bentuk penghormatan kepada kerabat dan tamu. Masyarakat Palembang menyebut kue ini sebagai "makanan kehormatan" dikarenakan proses pembuatannya yang memerlukan kesabaran ekstra dan biaya yang mahal sehingga disajikan saat hari-hari besar saja. Kue ini biasanya dihidangkan sebagai hidangan penutup karena rasanya yang sangat manis. Sehingga masyarakat Palembang percaya bahwa kue maksuba ini juga simbol manisnya bersilaturahmi di hari raya idul fitri.

Figure 4. 42 The Philosophy of Kue Mentu After Revision



Steps

1. Prepare a 20 x 20 cm baking sheet, spread it with butter, coat it with baking paper and spread it again with butter.
2. Beat the eggs and sugar until they blend using a mixer.
3. Add 1 can of sweetened condensed milk and stir again.
4. Add melted butter, wisman butter, vanilla and stir again.
5. Pour the mixture as much as 200 ml into the mold, bake for approximately 3-5 minutes or until cooked.
6. Spread the surface with butter, then pour it back with a mixture of 200 ml, bake, then do the same until the dough runs out.
7. After the dough is finished, bake until the cake is cooked, lift and cool.

Cara Membuat

1. Siapkan Loyang 20 x 20 cm, olesi dengan mentega, lapisi dengan kertas roti lalu olesi lagi dengan mentega.
2. Kocok telur dan gula hingga menyatu menggunakan mixer.
3. Masukkan 1 kaleng susu kental manis kemudian aduk kembali.
4. Tambahkan mentega cair, mentega wisman, vanili lalu aduk kembali.
5. Tuang adonan sebanyak 200 ml ke dalam cetakan, panggang kurang lebih 3-5 menit atau hingga matang.
6. Olesi permukaannya dengan mentega, lalu tuang kembali dengan adonan sebanyak 200 ml, panggang, kemudian lakukan hal yang sama hingga adonan habis.
7. Setelah adonan habis, panggang hingga kue matang, angkat dan dinginkan.

Ingredients

- 25 duck eggs
- 250 grams of butter
- 1 can of sweetened condensed milk
- 500 grams of sugar powder
- 100 grams of wisman butter (butter brand)
- 1 teaspoon of vanilla powder

Bahan - Bahan

- 25 butir telur bebek
- 250 gr mentega
- 1 kaleng susu kental manis
- 500 gr gula pasir
- 100 gr mentega wisman (merek mentega)
- 1 sdt vanili bubuk

Figure 4. 43 The Recipe of Kue Mentu After Revision

Figure 4. 44 Back Cover Before Revision

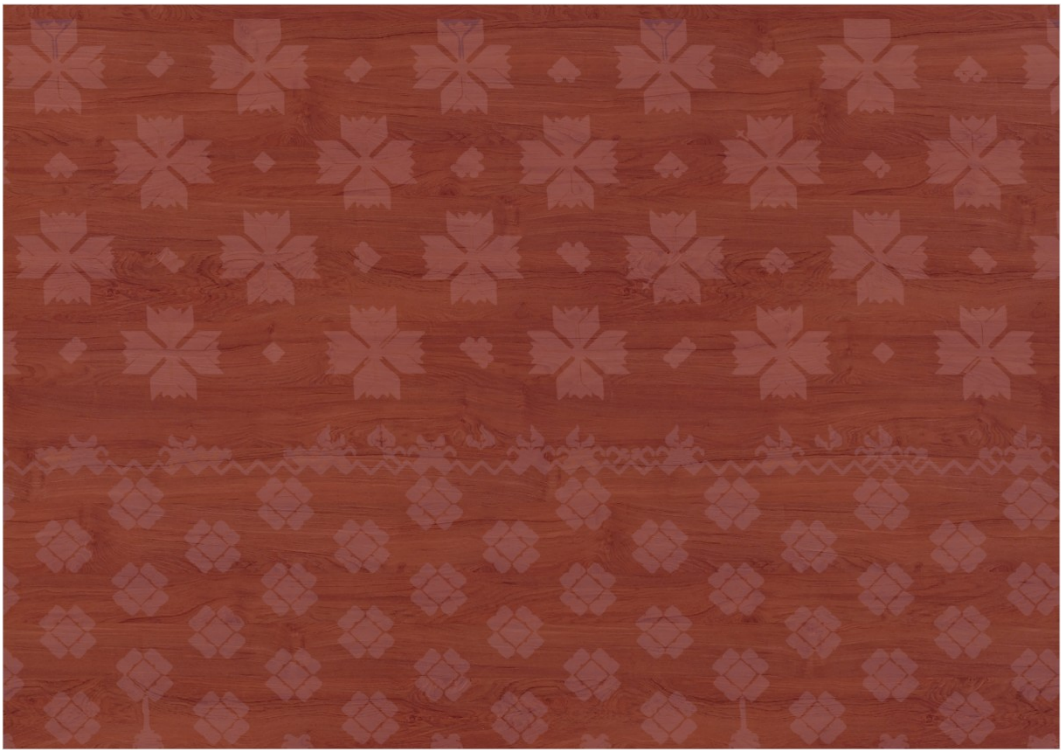


Figure 4. 45 Back Cover After Revision

b. Content

Based on the content expert's suggestions from the interview, there were four content corrections to develop Palembang Culinary book. The following are the examples of the revision that:

1. Philosophy

Before :

On the era of sultanate, Gulo Puan is the favorite cuisine for the noble in Palembang. Made from buffalo swamp milk from South Sumatera, the existence of this dessert is now rare. Puan means "susu" taken from South Sumatera language, and according to the ingredients of thi dessert Gula Puan means "gula susu". The texture of this cuisine is soft and sandy with the brown color.

After:

Gulo puan come from Palembang Language which means "Gula Susu" in Bahasa Indonesia, and in English we call it as Sugar Milk. This cuisine is like a candy which is originally from Palembang. The texture of this candy is soft and sandy. The buffalo swamp milk , which is the main ingredients of this cuisine, is imported from the Ogan Komering Ilir region. The colour of this candy is caramelized brown. The colour is coming from the sugar that is being caramelized along the making process.

The existence of this candy is now very rare. In the past, this candy is very famous for the nobles of Palembang. This candy is one of the most favourite dishes of the nobles, because of the sweet taste. This main ingredients for making this candy is hard to find, that is why in the past that was only the nobles who can eat this candy. Besides, the making process of this candy is quite long. It took about 3 – 4 hours of boiling the mixture of the buffalo swamp milk with the sugar, so it is considered as a special dish in the past.

Even though the existence of Gulo Puan is very rare nowadays, but people still can find this food in the area of Great Palembang Mosque every Friday prayer. Gulo puan is usually served as the companion of drinking coffee or eating fried banana, because it can add sweetness to the bitter taste from the coffee.

2. Ingredients

Before :

- *100 grams of medium protein flour*
- *½ kg of sugar*
- *½ kg of cassava tape*
- *2 ounces of margarine, melted*
- *2 eggs*
- *1 tablespoon of baking soda*
- *1 teaspoon of salt*

After:

- *250 grams of medium protein flour*
- *3 tablespoon of granulated sugar*
- *600 ml of thick coconut milk*
- *50 gr of brown sugar*
- *½ tablespoon of salt*
- *100 gr grated coconut*

3. Procedures

Before :

1. *Clean the cassava tape from the fiber. then mix it with sugar while kneading.*
2. *Set aside to make the enough baking soda and boiled water. Then prepare a container to mix flour and other ingredients.*
3. *Stir and knead slowly using open palms. Pour water a little while still kneading.*
4. *Let the mixture become thick and soft, then let stand for nine hours.*
5. *Heat the Kamer mold and spread it with butter. Pour one spoonful of the mixture.*
6. *Allow to lie down nesting and ripening underneath. Turn over and cook until done.*
7. *Do this step until all the dough is cooked. Lift and serve on a serving plate.*
8. *Serve a typical South Sumatera Kamer cake to be enjoyed.*

After:

1. *Pour all the ingredients and stir it.*
2. *Set it aside for 30 minutes*
3. *Bake the dough for 15 minutes*
4. *Kamer is ready to serve.*

4. Image

Before : **After :**

c. Bahasa Indonesia

Based on the Bahasa Indonesia expert's suggestions collected from the interview, there were three layout corrections to develop Palembang Culinary book. The following are the examples of the revision that:

1. Sentence Effectiveness (*Efektivitas Kalimat)*

Before :

Bolu suri Palembang ini dinamakan suri yang dalam Bahasa Palembang artinya sisir karena serat-serat dengan kue mirip sisir.

After:

Kue Suri dikenal sebagaai *Sponge Cake* in English. Kata 'Suri' dalam Bahasa Palembang berarti sisir. Nama tersebut didapat dari tekstur bagian dalam kue yang terlihat seperti sisir.

2. Conjunction (*Kata Hubung)*

Before :

Bedanya, bakpia menggunakan bahan isian sedangkan kue khamir tidak.

After:

Namun, bakpia menggunakan bahan isian sedangkan kue khamir tidak.

3. Punctuation (*Tanda Baca)*

Before :

Diolah dari susu kerbau rawa di pedesaan di kawasan rawa-rawa Sumatera Selatan, keberadaan makanan pelengkap ini sekarang terbilang langka.

After:

Diolah dari susu kerbau rawa di pedesaan di kawasan rawa-rawa Sumatera Selatan. Keberadaan makanan pelengkap ini sekarang terbilang langka.

d. English

Based on the English expert's suggestions from the interview, there were four English corrections to develop Palembang Culinary book. The following are the examples of the revision that:

1. Diction

Before :

Place baking pan in the oven or the stove with no fire around 1 hour to let the dough doubled and have bubbles.

After:

Place the dough pan in the oven or the stove with no fire around 1 hour to let the dough doubled and have bubbles.

2. Punctuation

Before :

Bolu suri is called suri which means comb in Palembang, because the texture is like a comb.

After:

Bolu suri is known as sponge cake in English. The word suri means comb in Palembang language.

4.1.5 Producing Final Product

After the writer did the revisions from the expert, the writer printed the book again. In this step, the Palembang Culinary book was produced as a final product. This final product had 24 pages. These are the final product of Palembang Culinary as shown in figure 4.41 until 4.64

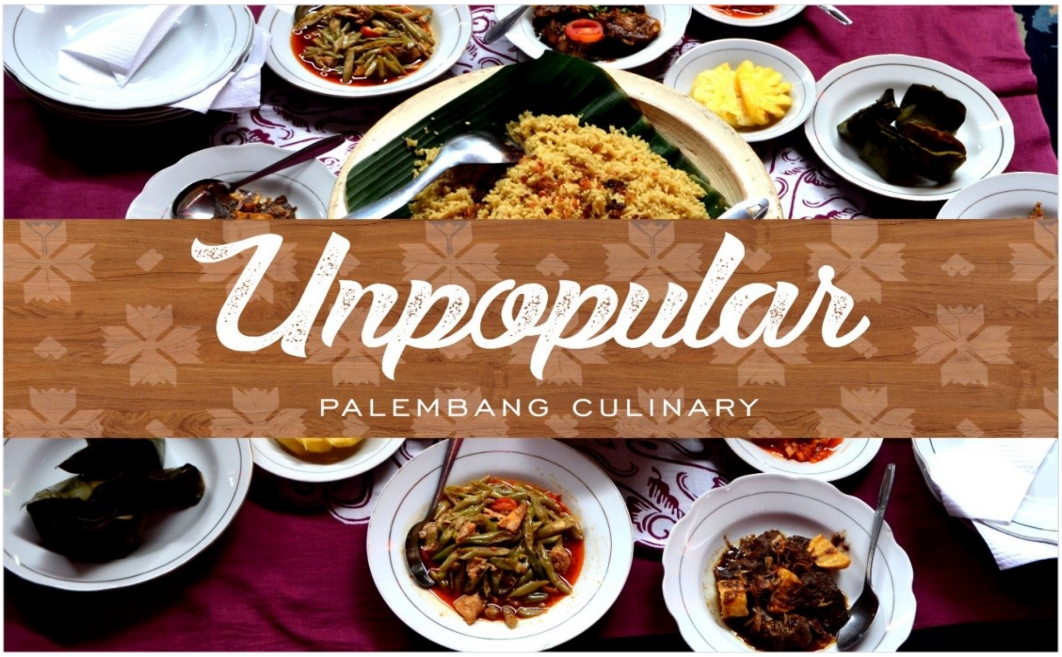
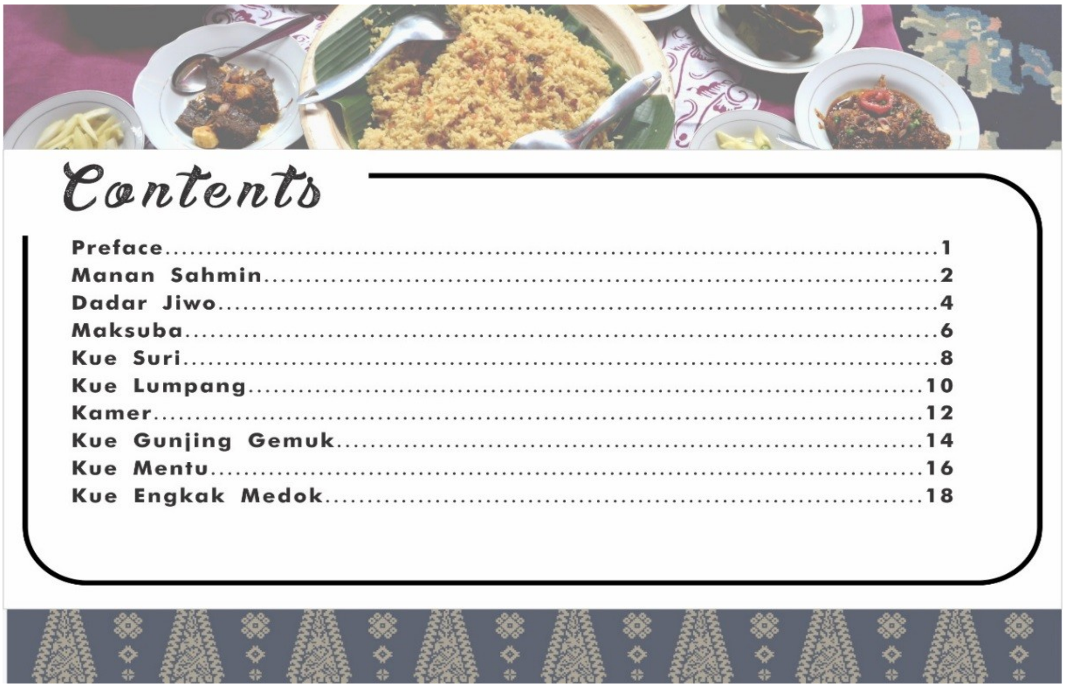

Unpopular
PALEMBANG CULINARY

Figure 4. 46 Front Cover in Final Product



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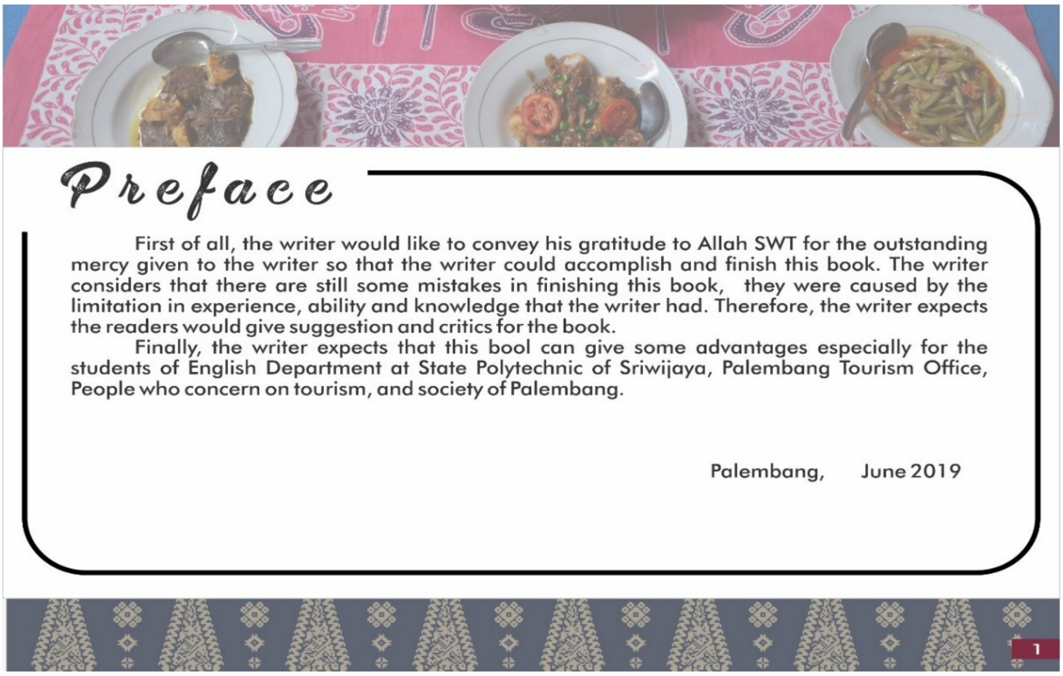
Kue Engkak Medok..........18

Figure 4. 47 Table of Content Final Product



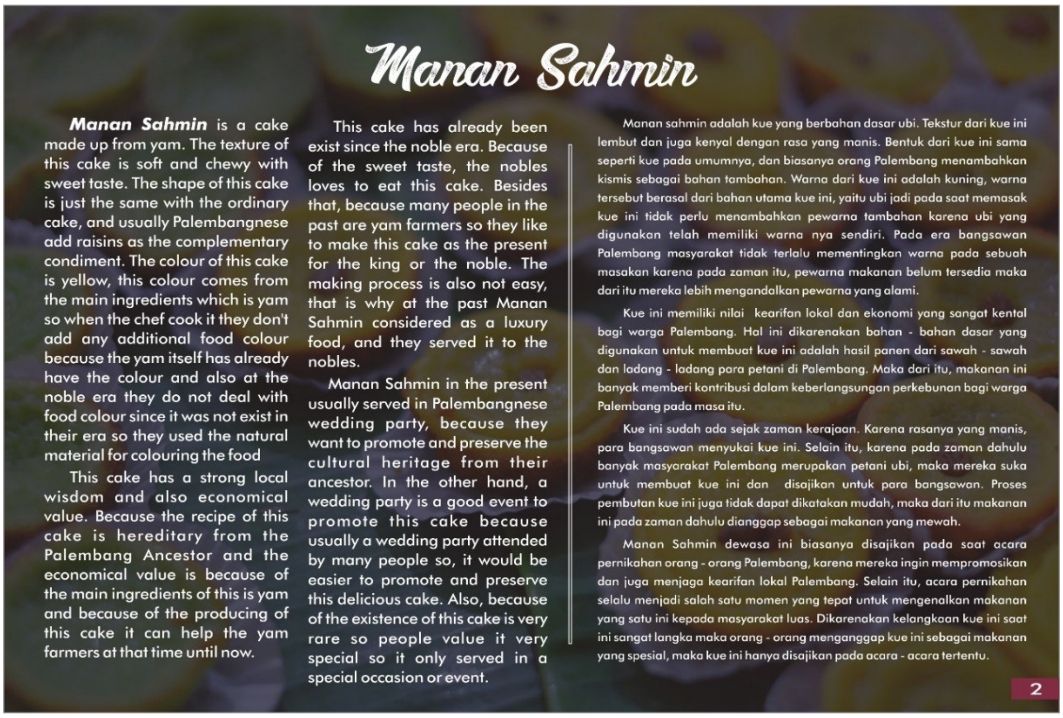
Preface

First of all, the writer would like to convey his gratitude to Allah SWT for the outstanding mercy given to the writer so that the writer could accomplish and finish this book. The writer considers that there are still some mistakes in finishing this book, they were caused by the limitation in experience, ability and knowledge that the writer had. Therefore, the writer expects the readers would give suggestion and critics for the book.

Finally, the writer expects that this bool can give some advantages especially for the students of English Department at State Polytechnic of Sriwijaya, Palembang Tourism Office, People who concern on tourism, and society of Palembang.

Palembang, June 2019

Figure 4. 48 Preface in Final Product



Manan Sahmin

Manan Sahmin is a cake made up from yam. The texture of this cake is soft and chewy with sweet taste. The shape of this cake is just the same with the ordinary cake, and usually Palembangnese add raisins as the complementary condiment. The colour of this cake is yellow, this colour comes from the main ingredients which is yam so when the chef cook it they don't add any additional food colour because the yam itself has already have the colour and also at the noble era they do not deal with food colour since it was not exist in their era so they used the natural material for colouring the food

This cake has a strong local wisdom and also economical value. Because the recipe of this cake is hereditary from the Palembang Ancestor and the economical value is because of the main ingredients of this is yam and because of the producing of this cake it can help the yam farmers at that time until now.

This cake has already been exist since the noble era. Because of the sweet taste, the nobles loves to eat this cake. Besides that, because many people in the past are yam farmers so they like to make this cake as the present for the king or the noble. The making process is also not easy, that is why at the past Manan Sahmin considered as a luxury food, and they served it to the nobles.

Manan Sahmin in the present usually served in Palembangnese wedding party, because they want to promote and preserve the cultural heritage from their ancestor. In the other hand, a wedding party is a good event to promote this cake because usually a wedding party attended by many people so, it would be easier to promote and preserve this delicious cake. Also, because of the existence of this cake is very rare so people value it very special so it only served in a special occasion or event.

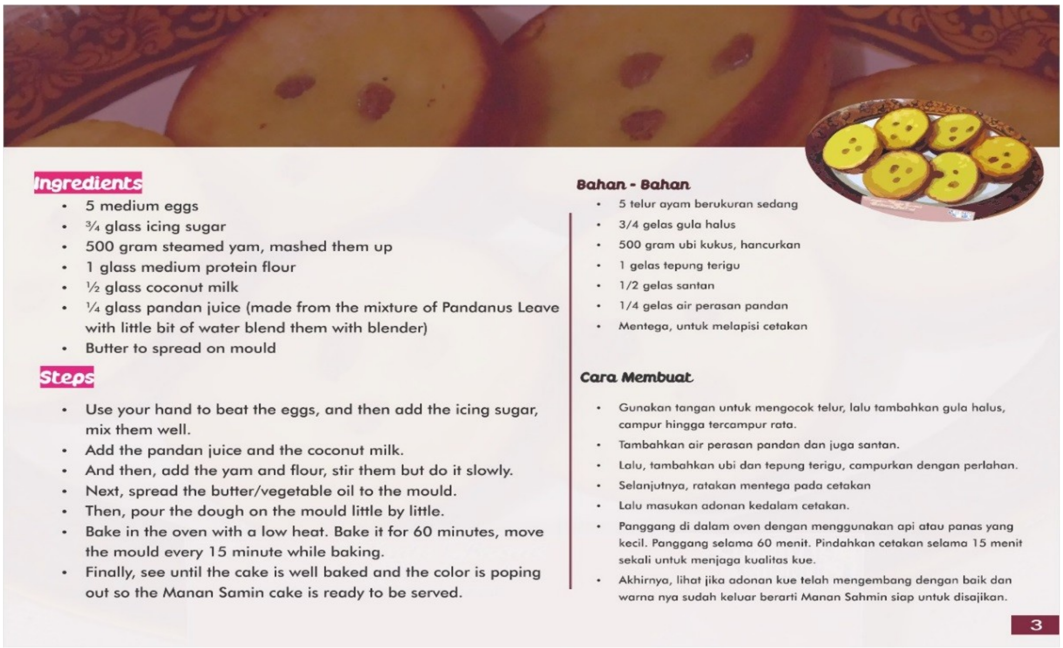
Manan sahmin adalah kue yang berbahan dasar ubi. Tekstur dari kue ini lembut dan juga kenyal dengan rasa yang manis. Bentuk dari kue ini sama seperti kue pada umumnya, dan biasanya orang Palembang menambahkan kismis sebagai bahan tambahan. Warna dari kue ini adalah kuning, warna tersebut berasal dari bahan utama kue ini, yaitu ubi jadi pada saat memasak kue ini tidak perlu menambahkan pewarna tambahan karena ubi yang digunakan telah memiliki warna nya sendiri. Pada era bangsawan Palembang masyarakat tidak terlalu mementingkan warna pada sebuah masakan karena pada zaman itu, pewarna makanan belum tersedia maka dari itu mereka lebih mengandalkan pewarna yang alami.

Kue ini memiliki nilai kearifan lokal dan ekonomi yang sangat kental bagi warga Palembang. Hal ini dikarenakan bahan - bahan dasar yang digunakan untuk membuat kue ini adalah hasil panen dari sawah - sawah dan ladang - ladang para petani di Palembang. Maka dari itu, makanan ini banyak memberi kontribusi dalam keberlangsungan perkebunan bagi warga Palembang pada masa itu.

Kue ini sudah ada sejak zaman kerajaan. Karena rasanya yang manis, para bangsawan menyukai kue ini. Selain itu, karena pada zaman dahulu banyak masyarakat Palembang merupakan petani ubi, maka mereka suka untuk membuat kue ini dan disajikan untuk para bangsawan. Proses pembutan kue ini juga tidak dapat dikatakan mudah, maka dari itu makanan ini pada zaman dahulu dianggap sebagai makanan yang mewah.

Manan Sahmin dewasa ini biasanya disajikan pada saat acara pernikahan orang - orang Palembang, karena mereka ingin mempromosikan dan juga menjaga kearifan lokal Palembang. Selain itu, acara pernikahan selalu menjadi salah satu momen yang tepat untuk mengenalkan makanan yang satu ini kepada masyarakat luas. Dikarenakan kelangkaan kue ini saat ini sangat langka maka orang - orang menganggap kue ini sebagai makanan yang spesial, maka kue ini hanya disajikan pada acara - acara tertentu.

Figure 4. 49 The Philosophy of Manan Sahmin Final Product



Ingredients

- 5 medium eggs
- ¾ glass icing sugar
- 500 gram steamed yam, mashed them up
- 1 glass medium protein flour
- ½ glass coconut milk
- ¼ glass pandan juice (made from the mixture of Pandanus Leave with little bit of water blend them with blender)
- Butter to spread on mould

Steps

- Use your hand to beat the eggs, and then add the icing sugar, mix them well.
- Add the pandan juice and the coconut milk.
- And then, add the yam and flour, stir them but do it slowly.
- Next, spread the butter/vegetable oil to the mould.
- Then, pour the dough on the mould little by little.
- Bake in the oven with a low heat. Bake it for 60 minutes, move the mould every 15 minute while baking.
- Finally, see until the cake is well baked and the color is poping out so the Manan Samin cake is ready to be served.

Bahan - Bahan

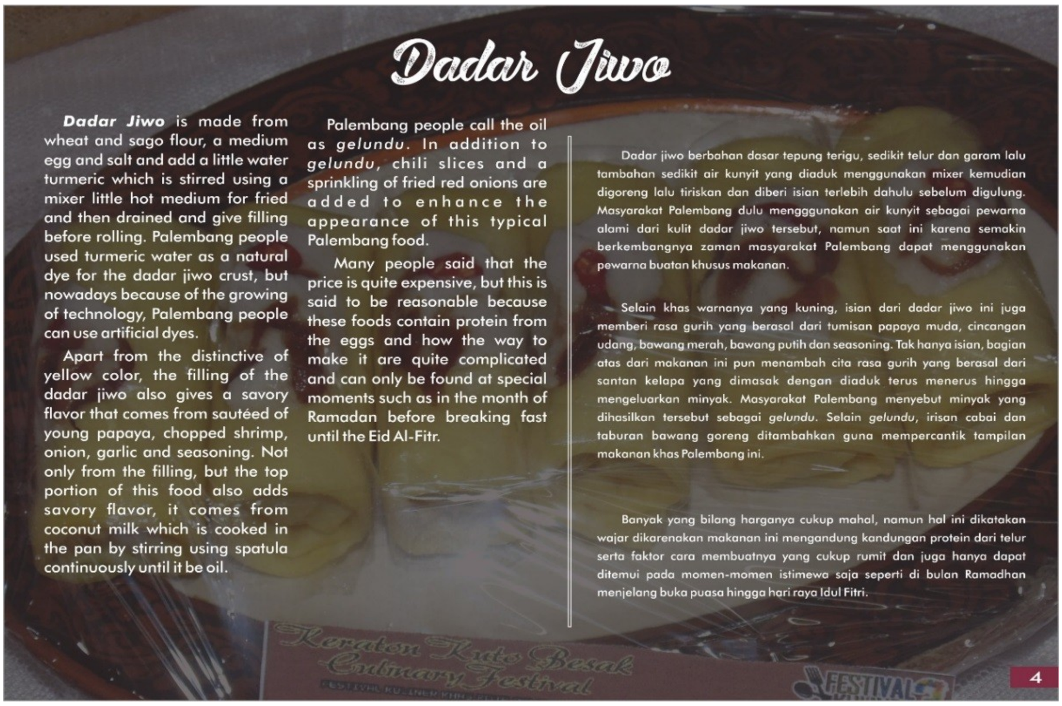
- 5 telur ayam berukuran sedang
- 3/4 gelas gula halus
- 500 gram ubi kukus, hancurkan
- 1 gelas tepung terigu
- 1/2 gelas santan
- 1/4 gelas air perasan pandan
- Mentega, untuk melapisi cetakan

Cara Membuat

- Gunakan tangan untuk mengocok telur, lalu tambahkan gula halus, campur hingga tercampur rata.
- Tambahkan air perasan pandan dan juga santan.
- Lalu, tambahkan ubi dan tepung terigu, campurkan dengan perlahan.
- Selanjutnya, ratakan mentega pada cetakan
- Lalu masukan adonan kedalam cetakan.
- Panggang di dalam oven dengan menggunakan api atau panas yang kecil. Panggang selama 60 menit. Pindahkan cetakan selama 15 menit sekali untuk menjaga kualitas kue.
- Akhirnya, lihat jika adonan kue telah mengembang dengan baik dan warna nya sudah keluar berarti Manan Sahmin siap untuk disajikan.

3

Figure 4. 50 The Recipe of Manan Sahmin in Final Product



Dadar Jiwo

Dadar Jiwo is made from wheat and sago flour, a medium egg and salt and add a little water turmeric which is stirred using a mixer little hot medium for fried and then drained and give filling before rolling. Palembang people used turmeric water as a natural dye for the dadar jiwo crust, but nowadays because of the growing of technology, Palembang people can use artificial dyes.

Apart from the distinctive of yellow color, the filling of the dadar jiwo also gives a savory flavor that comes from sautéed of young papaya, chopped shrimp, onion, garlic and seasoning. Not only from the filling, but the top portion of this food also adds savory flavor, it comes from coconut milk which is cooked in the pan by stirring using spatula continuously until it be oil. Palembang people call the oil as *gelundu*. In addition to *gelundu*, chili slices and a sprinkling of fried red onions are added to enhance the appearance of this typical Palembang food.

Many people said that the price is quite expensive, but this is said to be reasonable because these foods contain protein from the eggs and how the way to make it are quite complicated and can only be found at special moments such as in the month of Ramadan before breaking fast until the Eid Al-Fitr.

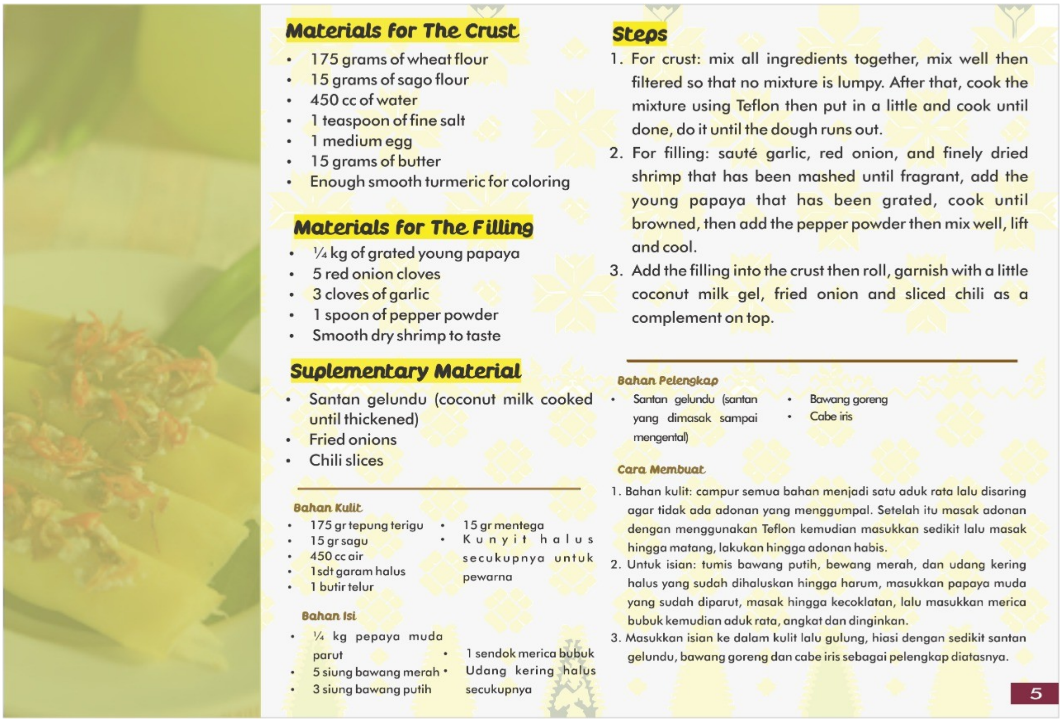
Dadar jiwo berbahan dasar tepung terigu, sedikit telur dan garam lalu tambahan sedikit air kunyit yang diaduk menggunakan mixer kemudian digoreng lalu tiriskan dan diberi isian terlebih dahulu sebelum digulung. Masyarakat Palembang dulu mengggunakan air kunyit sebagai pewarna alami dari kulit dadar jiwo tersebut, namun saat ini karena semakin berkembangnya zaman masyarakat Palembang dapat menggunakan pewarna buatan khusus makanan.

Selain khas warnanya yang kuning, isian dari dadar jiwo ini juga memberi rasa gurih yang berasal dari tumisan papaya muda, cincangan udang, bawang merah, bawang putih dan seasoning. Tak hanya isian, bagian atas dari makanan ini pun menambah cita rasa gurih yang berasal dari santan kelapa yang dimasak dengan diaduk terus menerus hingga mengeluarkan minyak. Masyarakat Palembang menyebut minyak yang dihasilkan tersebut sebagai *gelundu*. Selain *gelundu*, irisan cabai dan taburan bawang goreng ditambahkan guna mempercantik tampilan makanan khas Palembang ini.

Banyak yang bilang harganya cukup mahal, namun hal ini dikatakan wajar dikarenakan makanan ini mengandung kandungan protein dari telur serta faktor cara membuatnya yang cukup rumit dan juga hanya dapat ditemui pada momen-momen istimewa saja seperti di bulan Ramadhan menjelang buka puasa hingga hari raya Idul Fitri.

4

Figure 4. 51 The Philosophy of Dadar Jiwo in Final Product



Materials for The Crust

- 175 grams of wheat flour
- 15 grams of sago flour
- 450 cc of water
- 1 teaspoon of fine salt
- 1 medium egg
- 15 grams of butter
- Enough smooth turmeric for coloring

Materials for The Filling

- ¼ kg of grated young papaya
- 5 red onion cloves
- 3 cloves of garlic
- 1 spoon of pepper powder
- Smooth dry shrimp to taste

Suplementary Material

- Santan gelundu (coconut milk cooked until thickened)
- Fried onions
- Chili slices

Bahan Kulit

- 175 gr tepung terigu
- 15 gr sagu
- 450 cc air
- 1sdt garam halus
- 1 butir telur
- 15 gr mentega
- Kunyit halus secukupnya untuk pewarna

Bahan Isi

- ¼ kg pepaya muda parut
- 5 siung bawang merah
- 3 siung bawang putih
- 1 sendok merica bubuk
- Udang kering halus secukupnya

Steps

1. For crust: mix all ingredients together, mix well then filtered so that no mixture is lumpy. After that, cook the mixture using Teflon then put in a little and cook until done, do it until the dough runs out.
2. For filling: sauté garlic, red onion, and finely dried shrimp that has been mashed until fragrant, add the young papaya that has been grated, cook until browned, then add the pepper powder then mix well, lift and cool.
3. Add the filling into the crust then roll, garnish with a little coconut milk gel, fried onion and sliced chili as a complement on top.

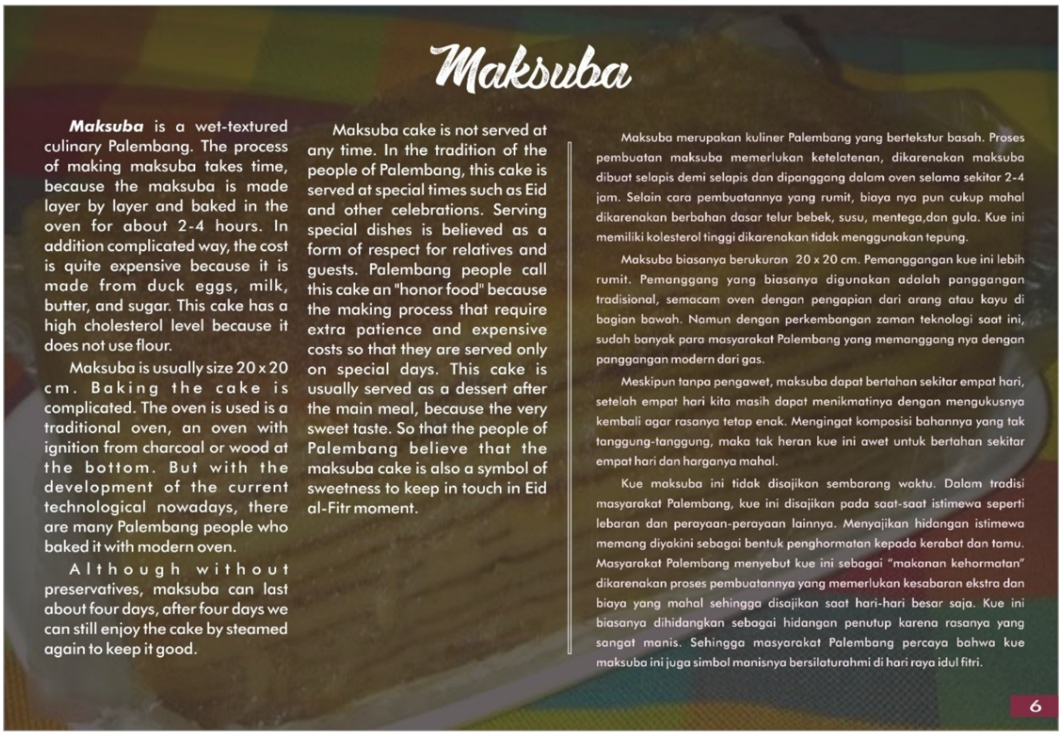
Bahan Pelengkap

- Santan gelundu (santan yang dimasak sampai mengental)
- Bawang goreng
- Cabe iris

Cara Membuat

1. Bahan kulit: campur semua bahan menjadi satu aduk rata lalu disaring agar tidak ada adonan yang menggumpal. Setelah itu masak adonan dengan menggunakan Teflon kemudian masukkan sedikit lalu masak hingga matang, lakukan hingga adonan habis.
2. Untuk isian: tumis bawang putih, bewang merah, dan udang kering halus yang sudah dihaluskan hingga harum, masukkan papaya muda yang sudah diparut, masak hingga kecoklatan, lalu masukkan merica bubuk kemudian aduk rata, angkat dan dinginkan.
3. Masukkan isian ke dalam kulit lalu gulung, hiasi dengan sedikit santan gelundu, bawang goreng dan cabe iris sebagai pelengkap diatasnya.

Figure 4. 52 The Recipe of Kue Mentu in Final Product



Maksuba

Maksuba is a wet-textured culinary Palembang. The process of making maksuba takes time, because the maksuba is made layer by layer and baked in the oven for about 2-4 hours. In addition complicated way, the cost is quite expensive because it is made from duck eggs, milk, butter, and sugar. This cake has a high cholesterol level because it does not use flour.

Maksuba is usually size 20 x 20 cm. Baking the cake is complicated. The oven is used is a traditional oven, an oven with ignition from charcoal or wood at the bottom. But with the development of the current technological nowadays, there are many Palembang people who baked it with modern oven.

Although without preservatives, maksuba can last about four days, after four days we can still enjoy the cake by steamed again to keep it good.

Maksuba cake is not served at any time. In the tradition of the people of Palembang, this cake is served at special times such as Eid and other celebrations. Serving special dishes is believed as a form of respect for relatives and guests. Palembang people call this cake an "honor food" because the making process that require extra patience and expensive costs so that they are served only on special days. This cake is usually served as a dessert after the main meal, because the very sweet taste. So that the people of Palembang believe that the maksuba cake is also a symbol of sweetness to keep in touch in Eid al-Fitr moment.

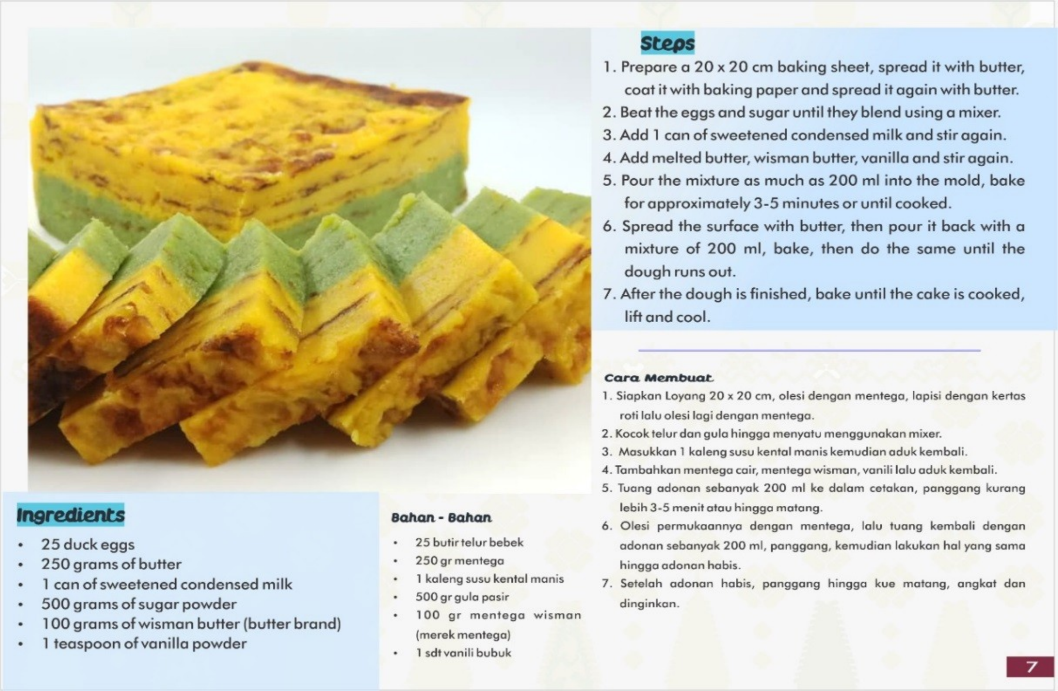
Maksuba merupakan kuliner Palembang yang bertekstur basah. Proses pembuatan maksuba memerlukan ketelatenan, dikarenakan maksuba dibuat selapis demi selapis dan dipanggang dalam oven selama sekitar 2-4 jam. Selain cara pembuatannya yang rumit, biaya nya pun cukup mahal dikarenakan berbahan dasar telur bebek, susu, mentega,dan gula. Kue ini memiliki kolesterol tinggi dikarenakan tidak menggunakan tepung.

Maksuba biasanya berukuran 20 x 20 cm. Pemanggangan kue ini lebih rumit. Pemanggang yang biasanya digunakan adalah panggangan tradisional, semacam oven dengan pengapian dari arang atau kayu di bagian bawah. Namun dengan perkembangan zaman teknologi saat ini, sudah banyak para masyarakat Palembang yang memanggang nya dengan panggangan modern dari gas.

Meskipun tanpa pengawet, maksuba dapat bertahan sekitar empat hari, setelah empat hari kita masih dapat menikmatinya dengan mengukusnya kembali agar rasanya tetap enak. Mengingat komposisi bahannya yang tak tanggung-tanggung, maka tak heran kue ini awet untuk bertahan sekitar empat hari dan harganya mahal.

Kue maksuba ini tidak disajikan sembarang waktu. Dalam tradisi masyarakat Palembang, kue ini disajikan pada saat-saat istimewa seperti lebaran dan perayaan-perayaan lainnya. Menyajikan hidangan istimewa memang diyakini sebagai bentuk penghormatan kepada kerabat dan tamu. Masyarakat Palembang menyebut kue ini sebagai "makanan kehormatan" dikarenakan proses pembuatannya yang memerlukan kesabaran ekstra dan biaya yang mahal sehingga disajikan saat hari-hari besar saja. Kue ini biasanya dihidangkan sebagai hidangan penutup karena rasanya yang sangat manis. Sehingga masyarakat Palembang percaya bahwa kue maksuba ini juga simbol manisnya bersilaturahmi di hari raya idul fitri.

Figure 4. 53 The Philosophy of Maksuba in Final Product



Steps

1. Prepare a 20 x 20 cm baking sheet, spread it with butter, coat it with baking paper and spread it again with butter.
2. Beat the eggs and sugar until they blend using a mixer.
3. Add 1 can of sweetened condensed milk and stir again.
4. Add melted butter, wisman butter, vanilla and stir again.
5. Pour the mixture as much as 200 ml into the mold, bake for approximately 3-5 minutes or until cooked.
6. Spread the surface with butter, then pour it back with a mixture of 200 ml, bake, then do the same until the dough runs out.
7. After the dough is finished, bake until the cake is cooked, lift and cool.

Cara Membuat

1. Siapkan Loyang 20 x 20 cm, olesi dengan mentega, lapisi dengan kertas roti lalu olesi lagi dengan mentega.
2. Kocok telur dan gula hingga menyatu menggunakan mixer.
3. Masukkan 1 kaleng susu kental manis kemudian aduk kembali.
4. Tambahkan mentega cair, mentega wisman, vanili lalu aduk kembali.
5. Tuang adonan sebanyak 200 ml ke dalam cetakan, panggang kurang lebih 3-5 menit atau hingga matang.
6. Olesi permukaannya dengan mentega, lalu tuang kembali dengan adonan sebanyak 200 ml, panggang, kemudian lakukan hal yang sama hingga adonan habis.
7. Setelah adonan habis, panggang hingga kue matang, angkat dan dinginkan.

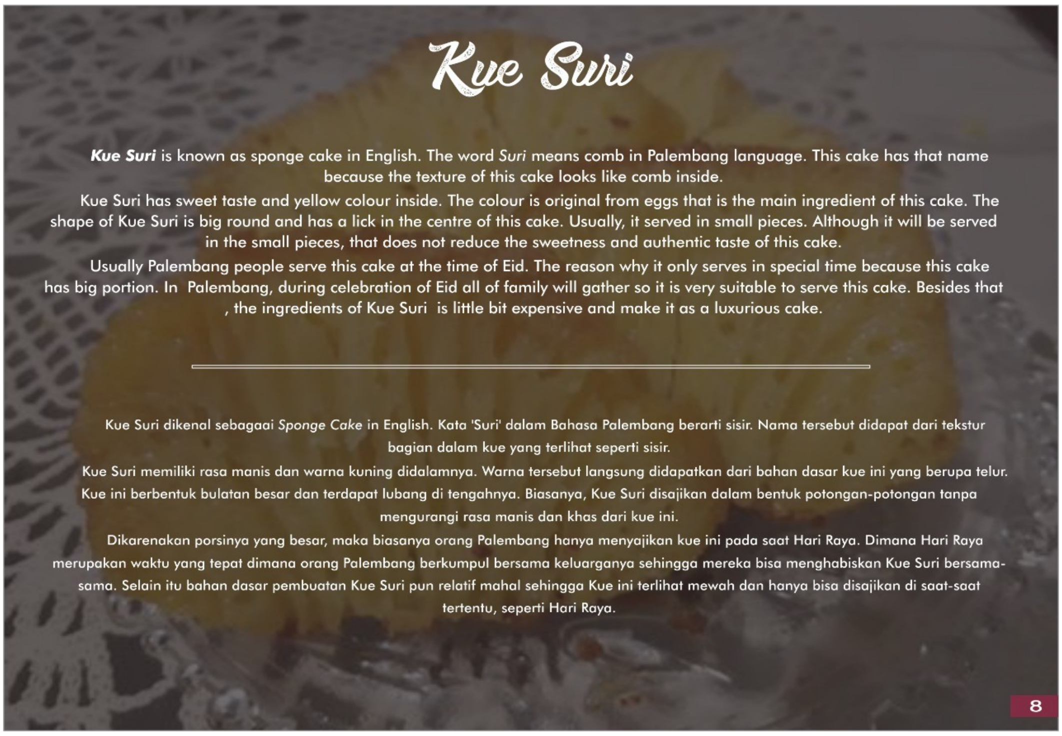
Ingredients

- 25 duck eggs
- 250 grams of butter
- 1 can of sweetened condensed milk
- 500 grams of sugar powder
- 100 grams of wisman butter (butter brand)
- 1 teaspoon of vanilla powder

Bahan - Bahan

- 25 butir telur bebek
- 250 gr mentega
- 1 kaleng susu kental manis
- 500 gr gula pasir
- 100 gr mentega wisman (merek mentega)
- 1 sdt vanili bubuk

Figure 4. 54 The Recipe of Maksuba in Final Product



Kue Suri

Kue Suri is known as sponge cake in English. The word *Suri* means comb in Palembang language. This cake has that name because the texture of this cake looks like comb inside.

Kue Suri has sweet taste and yellow colour inside. The colour is original from eggs that is the main ingredient of this cake. The shape of Kue Suri is big round and has a lick in the centre of this cake. Usually, it served in small pieces. Although it will be served in the small pieces, that does not reduce the sweetness and authentic taste of this cake.

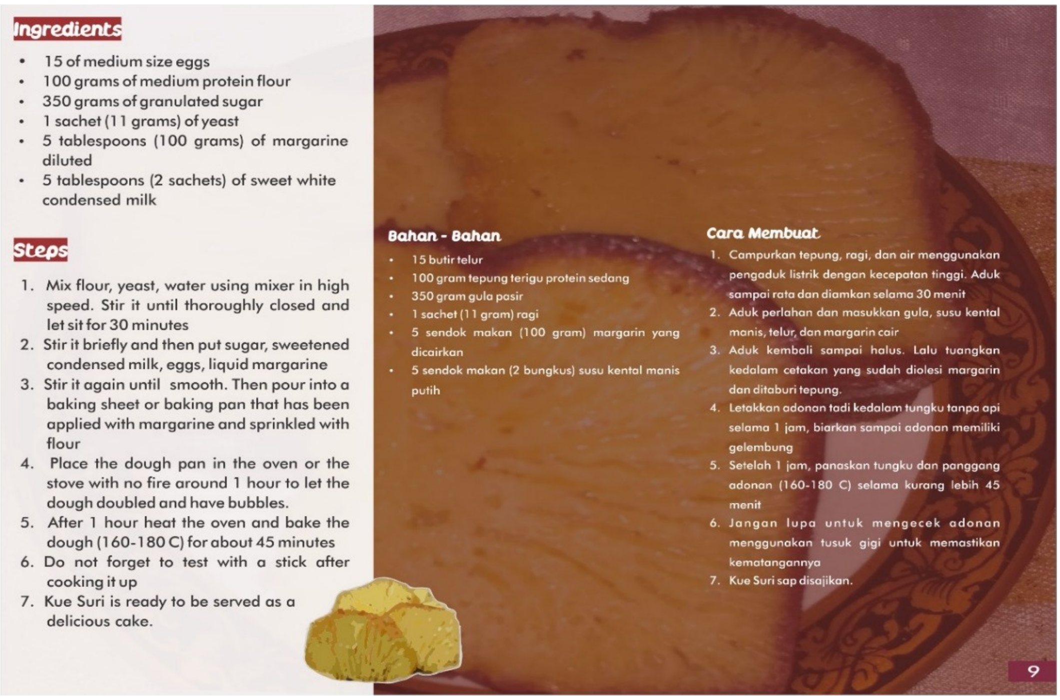
Usually Palembang people serve this cake at the time of Eid. The reason why it only serves in special time because this cake has big portion. In Palembang, during celebration of Eid all of family will gather so it is very suitable to serve this cake. Besides that , the ingredients of Kue Suri is little bit expensive and make it as a luxurious cake.

Kue Suri dikenal sebagaai *Sponge Cake* in English. Kata 'Suri' dalam Bahasa Palembang berarti sisir. Nama tersebut didapat dari tekstur bagian dalam kue yang terlihat seperti sisir.

Kue Suri memiliki rasa manis dan warna kuning didalamnya. Warna tersebut langsung didapatkan dari bahan dasar kue ini yang berupa telur. Kue ini berbentuk bulatan besar dan terdapat lubang di tengahnya. Biasanya, Kue Suri disajikan dalam bentuk potongan-potongan tanpa mengurangi rasa manis dan khas dari kue ini.

Dikarenakan porsinya yang besar, maka biasanya orang Palembang hanya menyajikan kue ini pada saat Hari Raya. Dimana Hari Raya merupakan waktu yang tepat dimana orang Palembang berkumpul bersama keluarganya sehingga mereka bisa menghabiskan Kue Suri bersama-sama. Selain itu bahan dasar pembuatan Kue Suri pun relatif mahal sehingga Kue ini terlihat mewah dan hanya bisa disajikan di saat-saat tertentu, seperti Hari Raya.

Figure 4. 55 The Philosophy of Kue Suri in Final Product



Ingredients

- 15 of medium size eggs
- 100 grams of medium protein flour
- 350 grams of granulated sugar
- 1 sachet (11 grams) of yeast
- 5 tablespoons (100 grams) of margarine diluted
- 5 tablespoons (2 sachets) of sweet white condensed milk

Steps

1. Mix flour, yeast, water using mixer in high speed. Stir it until thoroughly closed and let sit for 30 minutes
2. Stir it briefly and then put sugar, sweetened condensed milk, eggs, liquid margarine
3. Stir it again until smooth. Then pour into a baking sheet or baking pan that has been applied with margarine and sprinkled with flour
4. Place the dough pan in the oven or the stove with no fire around 1 hour to let the dough doubled and have bubbles.
5. After 1 hour heat the oven and bake the dough (160-180 C) for about 45 minutes
6. Do not forget to test with a stick after cooking it up
7. Kue Suri is ready to be served as a delicious cake.

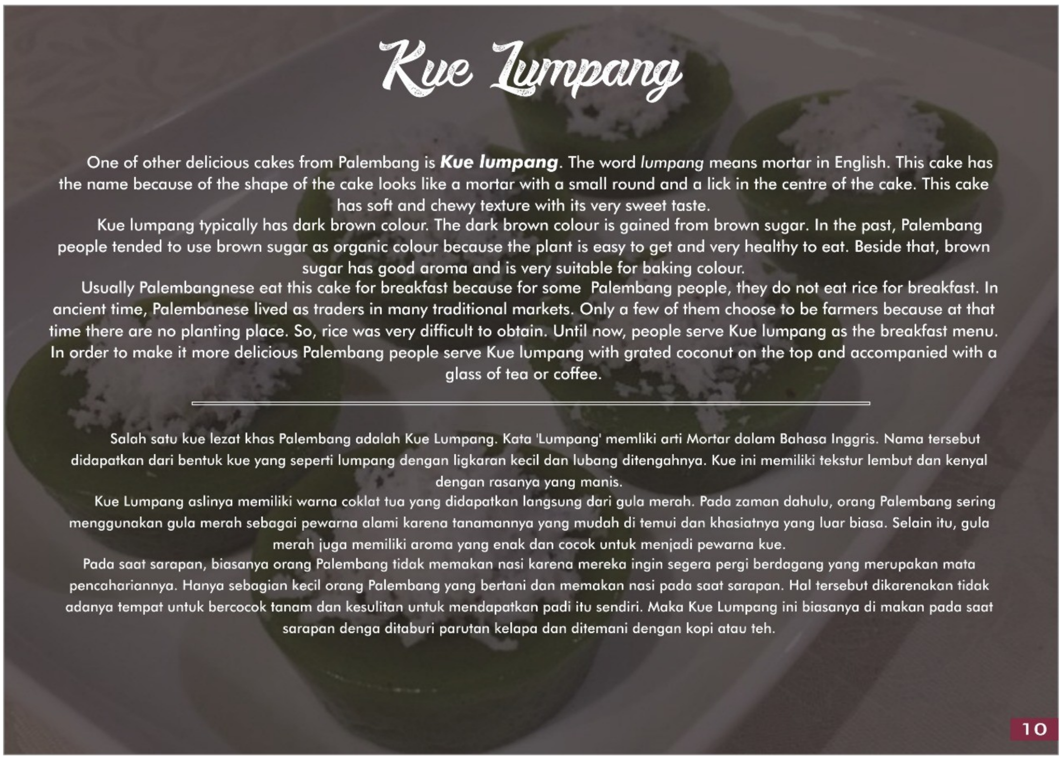
Bahan - Bahan

- 15 butir telur
- 100 gram tepung terigu protein sedang
- 350 gram gula pasir
- 1 sachet (11 gram) ragi
- 5 sendok makan (100 gram) margarin yang dicairkan
- 5 sendok makan (2 bungkus) susu kental manis putih

Cara Membuat

1. Campurkan tepung, ragi, dan air menggunakan pengaduk listrik dengan kecepatan tinggi. Aduk sampai rata dan diamkan selama 30 menit
2. Aduk perlahan dan masukkan gula, susu kental manis, telur, dan margarin cair
3. Aduk kembali sampai halus. Lalu tuangkan kedalam cetakan yang sudah diolesi margarin dan ditaburi tepung.
4. Letakkan adonan tadi kedalam tungku tanpa api selama 1 jam, biarkan sampai adonan memiliki gelembung
5. Setelah 1 jam, panaskan tungku dan panggang adonan (160-180 C) selama kurang lebih 45 menit
6. Jangan lupa untuk mengecek adonan menggunakan tusuk gigi untuk memastikan kematangannya
7. Kue Suri sap disajikan.

Figure 4. 56 The Recipe of Kue Suri in Final Product



Kue Lumpang

One of other delicious cakes from Palembang is **Kue lumpang**. The word *lumpang* means mortar in English. This cake has the name because of the shape of the cake looks like a mortar with a small round and a lick in the centre of the cake. This cake has soft and chewy texture with its very sweet taste.

Kue lumpang typically has dark brown colour. The dark brown colour is gained from brown sugar. In the past, Palembang people tended to use brown sugar as organic colour because the plant is easy to get and very healthy to eat. Beside that, brown sugar has good aroma and is very suitable for baking colour.

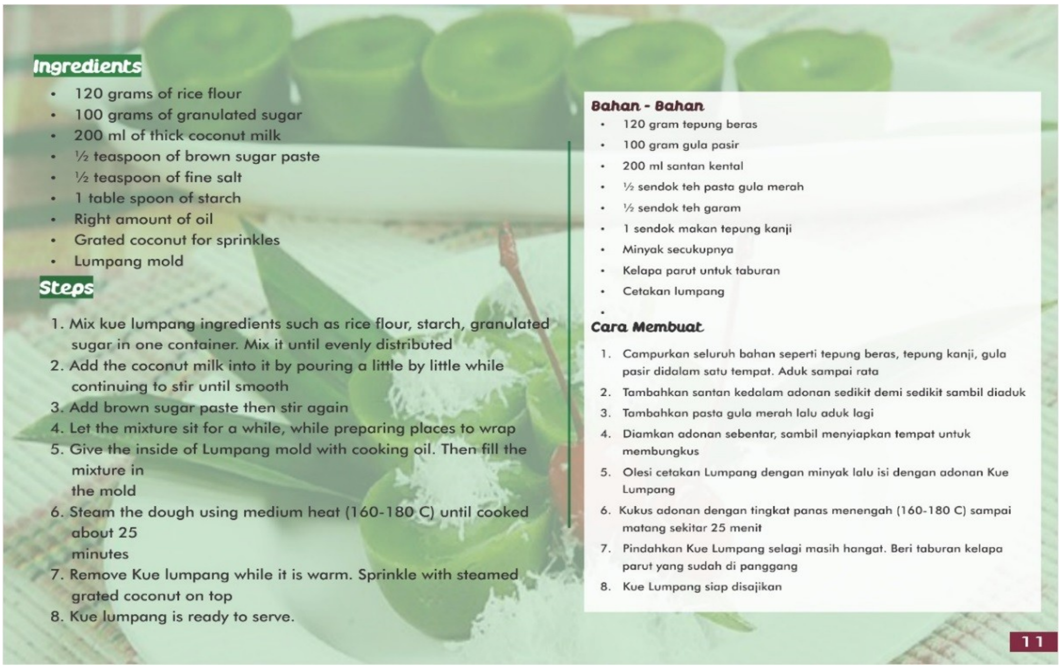
Usually Palembangnese eat this cake for breakfast because for some Palembang people, they do not eat rice for breakfast. In ancient time, Palembanese lived as traders in many traditional markets. Only a few of them choose to be farmers because at that time there are no planting place. So, rice was very difficult to obtain. Until now, people serve Kue lumpang as the breakfast menu. In order to make it more delicious Palembang people serve Kue lumpang with grated coconut on the top and accompanied with a glass of tea or coffee.

Salah satu kue lezat khas Palembang adalah Kue Lumpang. Kata 'Lumpang' memliki arti Mortar dalam Bahasa Inggris. Nama tersebut didapatkan dari bentuk kue yang seperti lumpang dengan ligkaran kecil dan lubang ditengahnya. Kue ini memiliki tekstur lembut dan kenyal dengan rasanya yang manis.

Kue Lumpang aslinya memiliki warna coklat tua yang didapatkan langsung dari gula merah. Pada zaman dahulu, orang Palembang sering menggunakan gula merah sebagai pewarna alami karena tanamannya yang mudah di temui dan khasiatnya yang luar biasa. Selain itu, gula merah juga memiliki aroma yang enak dan cocok untuk menjadi pewarna kue.

Pada saat sarapan, biasanya orang Palembang tidak memakan nasi karena mereka ingin segera pergi berdagang yang merupakan mata pencahariannya. Hanya sebagian kecil orang Palembang yang bertani dan memakan nasi pada saat sarapan. Hal tersebut dikarenakan tidak adanya tempat untuk bercocok tanam dan kesulitan untuk mendapatkan padi itu sendiri. Maka Kue Lumpang ini biasanya di makan pada saat sarapan denga ditaburi parutan kelapa dan ditemani dengan kopi atau teh.

Figure 4. 57 The Philosophy of Kue Lumpang in Final Product



Ingredients

- 120 grams of rice flour
- 100 grams of granulated sugar
- 200 ml of thick coconut milk
- ½ teaspoon of brown sugar paste
- ½ teaspoon of fine salt
- 1 table spoon of starch
- Right amount of oil
- Grated coconut for sprinkles
- Lumpang mold

Steps

1. Mix kue lumpang ingredients such as rice flour, starch, granulated sugar in one container. Mix it until evenly distributed
2. Add the coconut milk into it by pouring a little by little while continuing to stir until smooth
3. Add brown sugar paste then stir again
4. Let the mixture sit for a while, while preparing places to wrap
5. Give the inside of Lumpang mold with cooking oil. Then fill the mixture in the mold
6. Steam the dough using medium heat (160-180 C) until cooked about 25 minutes
7. Remove Kue lumpang while it is warm. Sprinkle with steamed grated coconut on top
8. Kue lumpang is ready to serve.

Bahan - Bahan

- 120 gram tepung beras
- 100 gram gula pasir
- 200 ml santan kental
- ½ sendok teh pasta gula merah
- ½ sendok teh garam
- 1 sendok makan tepung kanji
- Minyak secukupnya
- Kelapa parut untuk taburan
- Cetakan lumpang

Cara Membuat

1. Campurkan seluruh bahan seperti tepung beras, tepung kanji, gula pasir didalam satu tempat. Aduk sampai rata
2. Tambahkan santan kedalam adonan sedikit demi sedikit sambil diaduk
3. Tambahkan pasta gula merah lalu aduk lagi
4. Diamkan adonan sebentar, sambil menyiapkan tempat untuk membungkus
5. Olesi cetakan Lumpang dengan minyak lalu isi dengan adonan Kue Lumpang
6. Kukus adonan dengan tingkat panas menengah (160-180 C) sampai matang sekitar 25 menit
7. Pindahkan Kue Lumpang selagi masih hangat. Beri taburan kelapa parut yang sudah di panggang
8. Kue Lumpang siap disajikan

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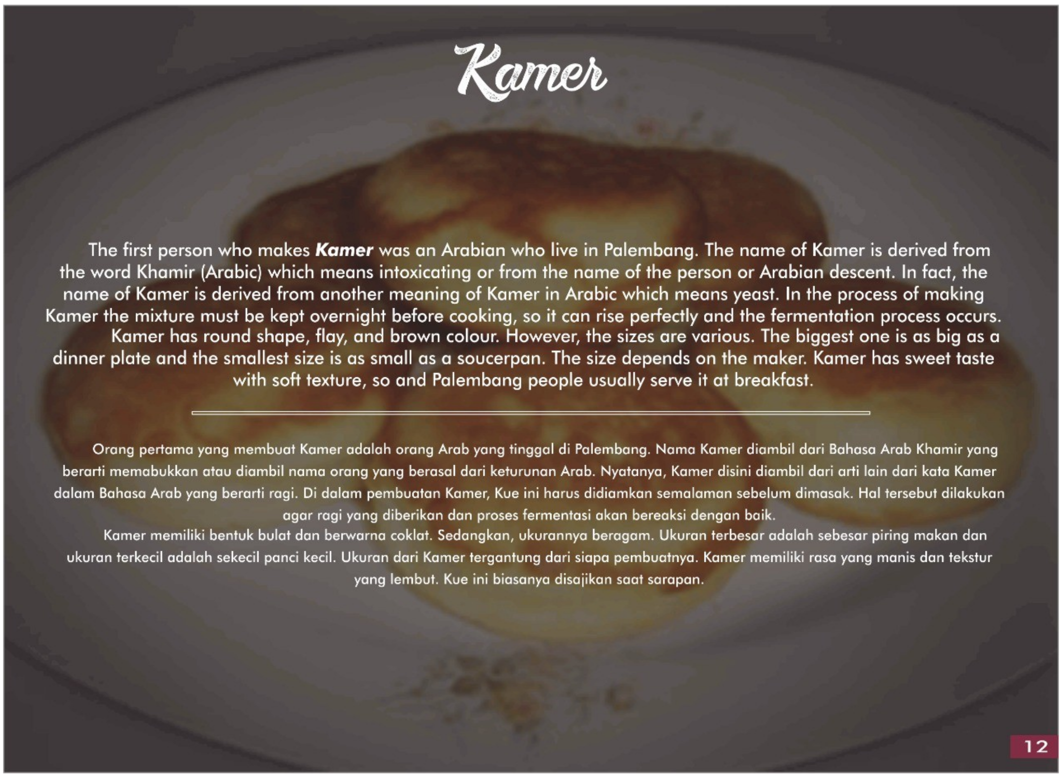
Figure 4. 58 The Recipe of Kue Lumpang in Final Product



Kamer

The first person who makes ***Kamer*** was an Arabian who live in Palembang. The name of Kamer is derived from the word Khamir (Arabic) which means intoxicating or from the name of the person or Arabian descent. In fact, the name of Kamer is derived from another meaning of Kamer in Arabic which means yeast. In the process of making Kamer the mixture must be kept overnight before cooking, so it can rise perfectly and the fermentation process occurs.

Kamer has round shape, flay, and brown colour. However, the sizes are various. The biggest one is as big as a dinner plate and the smallest size is as small as a soucerpan. The size depends on the maker. Kamer has sweet taste with soft texture, so and Palembang people usually serve it at breakfast.

Orang pertama yang membuat Kamer adalah orang Arab yang tinggal di Palembang. Nama Kamer diambil dari Bahasa Arab Khamir yang berarti memabukkan atau diambil nama orang yang berasal dari keturunan Arab. Nyatanya, Kamer disini diambil dari arti lain dari kata Kamer dalam Bahasa Arab yang berarti ragi. Di dalam pembuatan Kamer, Kue ini harus didiamkan semalaman sebelum dimasak. Hal tersebut dilakukan agar ragi yang diberikan dan proses fermentasi akan bereaksi dengan baik.

Kamer memiliki bentuk bulat dan berwarna coklat. Sedangkan, ukurannya beragam. Ukuran terbesar adalah sebesar piring makan dan ukuran terkecil adalah sekecil panci kecil. Ukuran dari Kamer tergantung dari siapa pembuatnya. Kamer memiliki rasa yang manis dan tekstur yang lembut. Kue ini biasanya disajikan saat sarapan.

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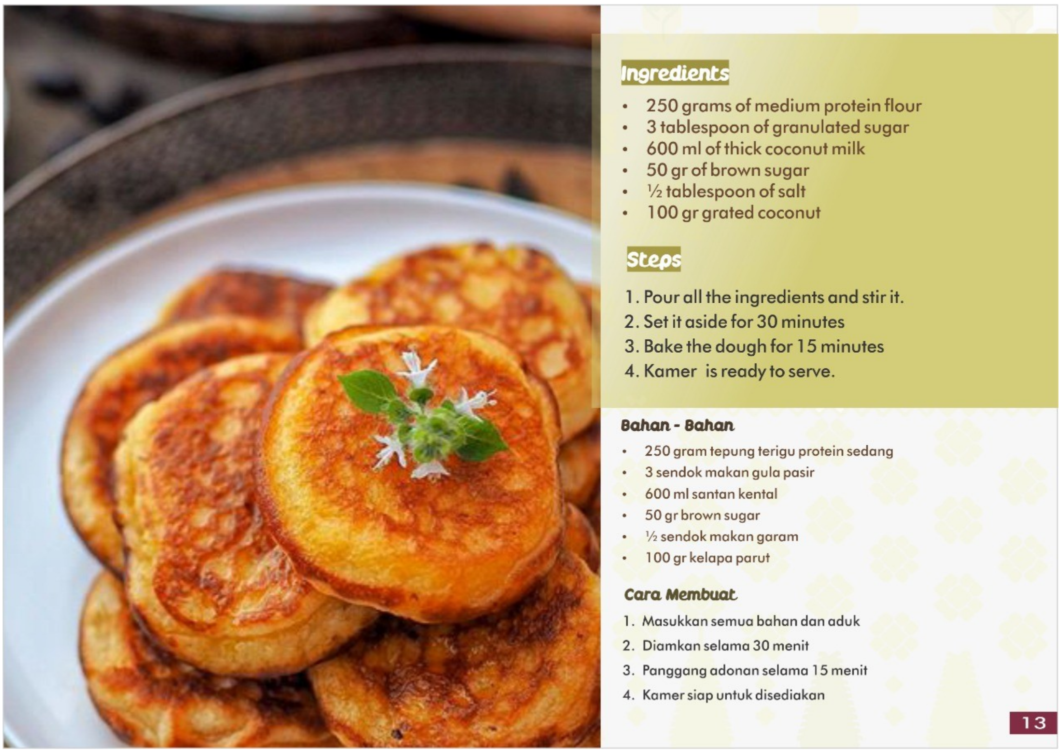
Figure 4. 59 The Philosophy of Kamer in Final Product



Ingredients

- 250 grams of medium protein flour
- 3 tablespoon of granulated sugar
- 600 ml of thick coconut milk
- 50 gr of brown sugar
- ½ tablespoon of salt
- 100 gr grated coconut

Steps

1. Pour all the ingredients and stir it.
2. Set it aside for 30 minutes
3. Bake the dough for 15 minutes
4. Kamer is ready to serve.

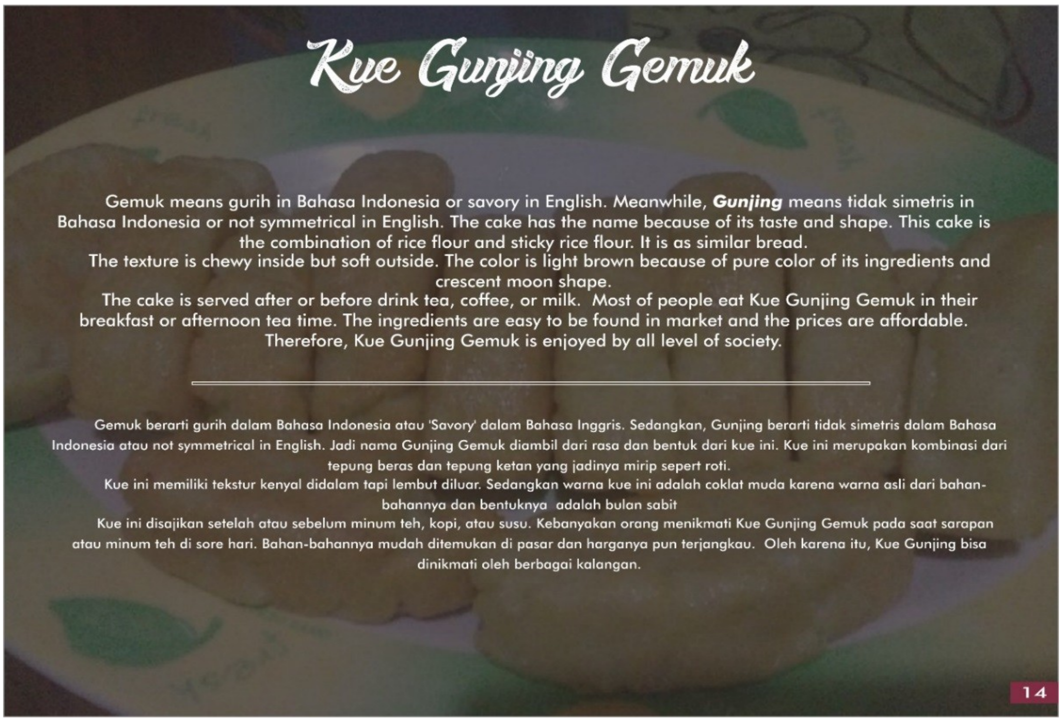
Bahan - Bahan

- 250 gram tepung terigu protein sedang
- 3 sendok makan gula pasir
- 600 ml santan kental
- 50 gr brown sugar
- ½ sendok makan garam
- 100 gr kelapa parut

Cara Membuat

1. Masukkan semua bahan dan aduk
2. Diamkan selama 30 menit
3. Panggang adonan selama 15 menit
4. Kamer siap untuk disediakan

Figure 4. 60 The Recipe of Kamer in Final Product



Kue Gunjing Gemuk

Gemuk means gurih in Bahasa Indonesia or savory in English. Meanwhile, **Gunjing** means tidak simetris in Bahasa Indonesia or not symmetrical in English. The cake has the name because of its taste and shape. This cake is the combination of rice flour and sticky rice flour. It is as similar bread.

The texture is chewy inside but soft outside. The color is light brown because of pure color of its ingredients and crescent moon shape.

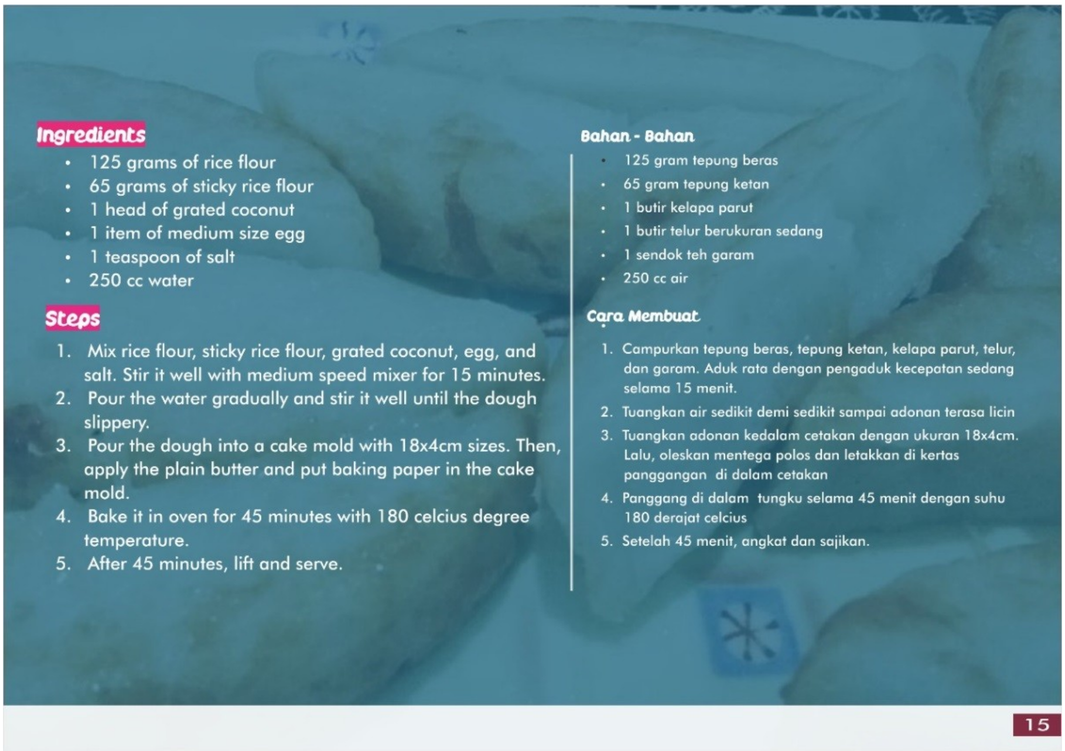
The cake is served after or before drink tea, coffee, or milk. Most of people eat Kue Gunjing Gemuk in their breakfast or afternoon tea time. The ingredients are easy to be found in market and the prices are affordable. Therefore, Kue Gunjing Gemuk is enjoyed by all level of society.

Gemuk berarti gurih dalam Bahasa Indonesia atau 'Savory' dalam Bahasa Inggris. Sedangkan, Gunjing berarti tidak simetris dalam Bahasa Indonesia atau not symmetrical in English. Jadi nama Gunjing Gemuk diambil dari rasa dan bentuk dari kue ini. Kue ini merupakan kombinasi dari tepung beras dan tepung ketan yang jadinya mirip sepert roti.

Kue ini memiliki tekstur kenyal didalam tapi lembut diluar. Sedangkan warna kue ini adalah coklat muda karena warna asli dari bahan-bahannya dan bentuknya adalah bulan sabit

Kue ini disajikan setelah atau sebelum minum teh, kopi, atau susu. Kebanyakan orang menikmati Kue Gunjing Gemuk pada saat sarapan atau minum teh di sore hari. Bahan-bahannya mudah ditemukan di pasar dan harganya pun terjangkau. Oleh karena itu, Kue Gunjing bisa dinikmati oleh berbagai kalangan.

Figure 4. 61 The Philosophy of Gunjing Gemuk in Final Product



Ingredients

- 125 grams of rice flour
- 65 grams of sticky rice flour
- 1 head of grated coconut
- 1 item of medium size egg
- 1 teaspoon of salt
- 250 cc water

Steps

1. Mix rice flour, sticky rice flour, grated coconut, egg, and salt. Stir it well with medium speed mixer for 15 minutes.
2. Pour the water gradually and stir it well until the dough slippery.
3. Pour the dough into a cake mold with 18x4cm sizes. Then, apply the plain butter and put baking paper in the cake mold.
4. Bake it in oven for 45 minutes with 180 celcius degree temperature.
5. After 45 minutes, lift and serve.

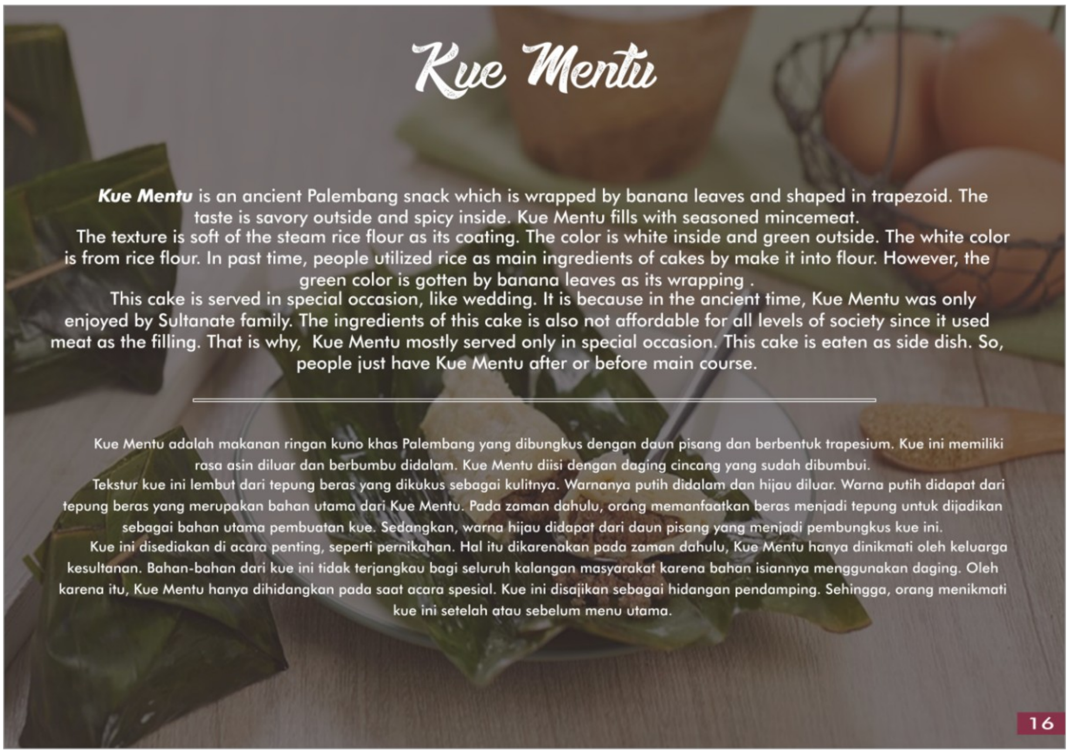
Bahan - Bahan

- 125 gram tepung beras
- 65 gram tepung ketan
- 1 butir kelapa parut
- 1 butir telur berukuran sedang
- 1 sendok teh garam
- 250 cc air

Cara Membuat

1. Campurkan tepung beras, tepung ketan, kelapa parut, telur, dan garam. Aduk rata dengan pengaduk kecepatan sedang selama 15 menit.
2. Tuangkan air sedikit demi sedikit sampai adonan terasa licin
3. Tuangkan adonan kedalam cetakan dengan ukuran 18x4cm. Lalu, oleskan mentega polos dan letakkan di kertas panggangan di dalam cetakan
4. Panggang di dalam tungku selama 45 menit dengan suhu 180 derajat celcius
5. Setelah 45 menit, angkat dan sajikan.

Figure 4. 62 The Recipe of Gunjing Gemuk in Final Product



Kue Mentu

Kue Mentu is an ancient Palembang snack which is wrapped by banana leaves and shaped in trapezoid. The taste is savory outside and spicy inside. Kue Mentu fills with seasoned mincemeat.

The texture is soft of the steam rice flour as its coating. The color is white inside and green outside. The white color is from rice flour. In past time, people utilized rice as main ingredients of cakes by make it into flour. However, the green color is gotten by banana leaves as its wrapping .

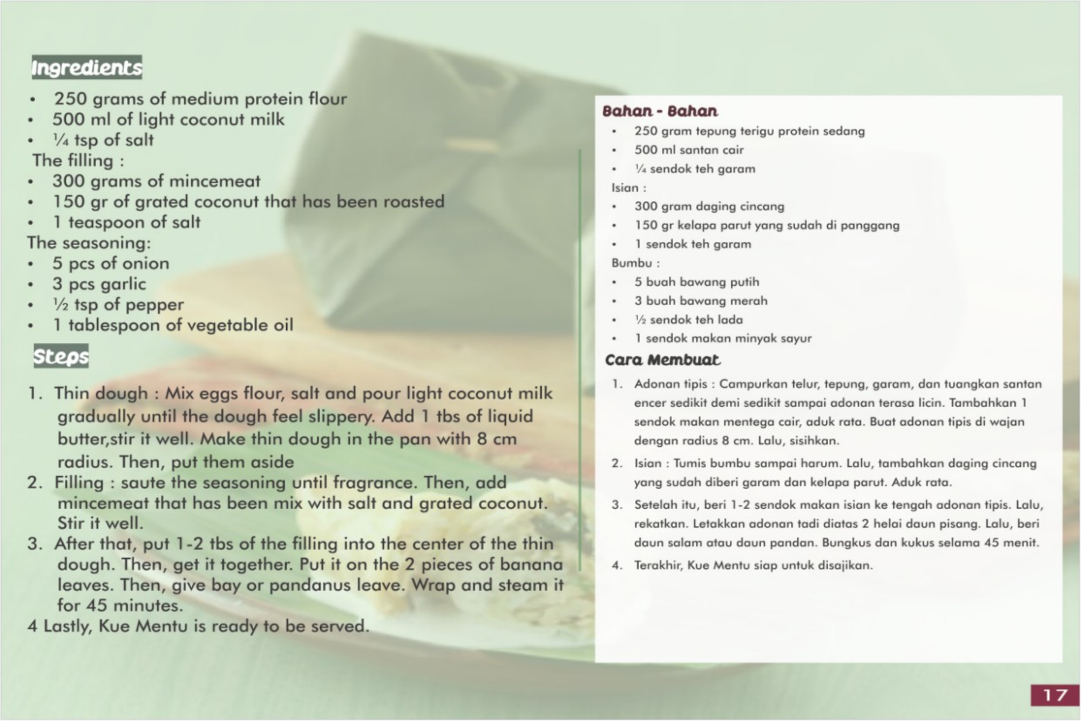
This cake is served in special occasion, like wedding. It is because in the ancient time, Kue Mentu was only enjoyed by Sultanate family. The ingredients of this cake is also not affordable for all levels of society since it used meat as the filling. That is why, Kue Mentu mostly served only in special occasion. This cake is eaten as side dish. So, people just have Kue Mentu after or before main course.

Kue Mentu adalah makanan ringan kuno khas Palembang yang dibungkus dengan daun pisang dan berbentuk trapesium. Kue ini memiliki rasa asin diluar dan berbumbu didalam. Kue Mentu diisi dengan daging cincang yang sudah dibumbui.

Tekstur kue ini lembut dari tepung beras yang dikukus sebagai kulitnya. Warnanya putih didalam dan hijau diluar. Warna putih didapat dari tepung beras yang merupakan bahan utama dari Kue Mentu. Pada zaman dahulu, orang memanfaatkan beras menjadi tepung untuk dijadikan sebagai bahan utama pembuatan kue. Sedangkan, warna hijau didapat dari daun pisang yang menjadi pembungkus kue ini.

Kue ini disediakan di acara penting, seperti pernikahan. Hal itu dikarenakan pada zaman dahulu, Kue Mentu hanya dinikmati oleh keluarga kesultanan. Bahan-bahan dari kue ini tidak terjangkau bagi seluruh kalangan masyarakat karena bahan isiannya menggunakan daging. Oleh karena itu, Kue Mentu hanya dihidangkan pada saat acara spesial. Kue ini disajikan sebagai hidangan pendamping. Sehingga, orang menikmati kue ini setelah atau sebelum menu utama.

Figure 4. 63 The Philosophy of Kue Mentu in Final Product



Ingredients

- 250 grams of medium protein flour
- 500 ml of light coconut milk
- ¼ tsp of salt

The filling :

- 300 grams of mincemeat
- 150 gr of grated coconut that has been roasted
- 1 teaspoon of salt

The seasoning:

- 5 pcs of onion
- 3 pcs garlic
- ½ tsp of pepper
- 1 tablespoon of vegetable oil

Steps

1. Thin dough : Mix eggs flour, salt and pour light coconut milk gradually until the dough feel slippery. Add 1 tbs of liquid butter,stir it well. Make thin dough in the pan with 8 cm radius. Then, put them aside
2. Filling : saute the seasoning until fragrance. Then, add mincemeat that has been mix with salt and grated coconut. Stir it well.
3. After that, put 1-2 tbs of the filling into the center of the thin dough. Then, get it together. Put it on the 2 pieces of banana leaves. Then, give bay or pandanus leave. Wrap and steam it for 45 minutes.

4 Lastly, Kue Mentu is ready to be served.

Bahan - Bahan

- 250 gram tepung terigu protein sedang
- 500 ml santan cair
- ¼ sendok teh garam

Isian :

- 300 gram daging cincang
- 150 gr kelapa parut yang sudah di panggang
- 1 sendok teh garam

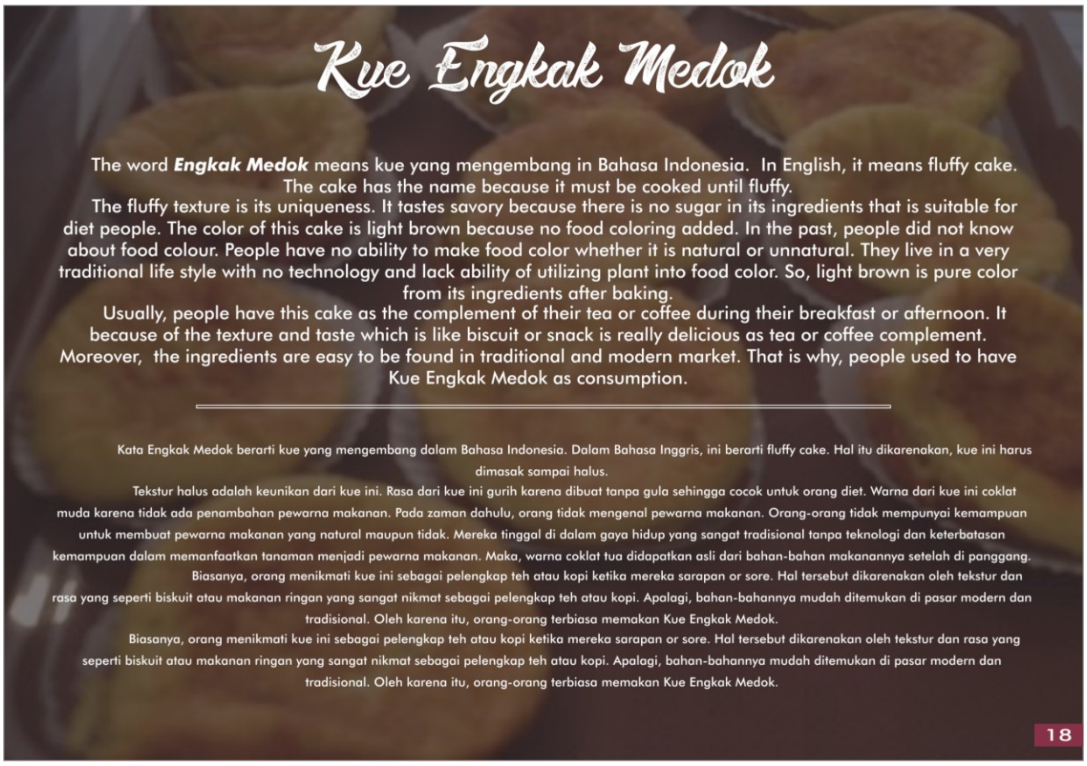
Bumbu :

- 5 buah bawang putih
- 3 buah bawang merah
- ½ sendok teh lada
- 1 sendok makan minyak sayur

Cara Membuat

1. Adonan tipis : Campurkan telur, tepung, garam, dan tuangkan santan encer sedikit demi sedikit sampai adonan terasa licin. Tambahkan 1 sendok makan mentega cair, aduk rata. Buat adonan tipis di wajan dengan radius 8 cm. Lalu, sisihkan.
2. Isian : Tumis bumbu sampai harum. Lalu, tambahkan daging cincang yang sudah diberi garam dan kelapa parut. Aduk rata.
3. Setelah itu, beri 1-2 sendok makan isian ke tengah adonan tipis. Lalu, rekatkan. Letakkan adonan tadi diatas 2 helai daun pisang. Lalu, beri daun salam atau daun pandan. Bungkus dan kukus selama 45 menit.
4. Terakhir, Kue Mentu siap untuk disajikan.

Figure 4. 64 The Philosophy of Kue Mentu in Final Product



Kue Engkak Medok

The word **Engkak Medok** means kue yang mengembang in Bahasa Indonesia. In English, it means fluffy cake. The cake has the name because it must be cooked until fluffy.

The fluffy texture is its uniqueness. It tastes savory because there is no sugar in its ingredients that is suitable for diet people. The color of this cake is light brown because no food coloring added. In the past, people did not know about food colour. People have no ability to make food color whether it is natural or unnatural. They live in a very traditional life style with no technology and lack ability of utilizing plant into food color. So, light brown is pure color from its ingredients after baking.

Usually, people have this cake as the complement of their tea or coffee during their breakfast or afternoon. It because of the texture and taste which is like biscuit or snack is really delicious as tea or coffee complement. Moreover, the ingredients are easy to be found in traditional and modern market. That is why, people used to have Kue Engkak Medok as consumption.

Kata Engkak Medok berarti kue yang mengembang dalam Bahasa Indonesia. Dalam Bahasa Inggris, ini berarti fluffy cake. Hal itu dikarenakan, kue ini harus dimasak sampai halus.

Tekstur halus adalah keunikan dari kue ini. Rasa dari kue ini gurih karena dibuat tanpa gula sehingga cocok untuk orang diet. Warna dari kue ini coklat muda karena tidak ada penambahan pewarna makanan. Pada zaman dahulu, orang tidak mengenal pewarna makanan. Orang-orang tidak mempunyai kemampuan untuk membuat pewarna makanan yang natural maupun tidak. Mereka tinggal di dalam gaya hidup yang sangat tradisional tanpa teknologi dan keterbatasan kemampuan dalam memanfaatkan tanaman menjadi pewarna makanan. Maka, warna coklat tua didapatkan asli dari bahan-bahan makanannya setelah di panggang.

Biasanya, orang menikmati kue ini sebagai pelengkap teh atau kopi ketika mereka sarapan or sore. Hal tersebut dikarenakan oleh tekstur dan rasa yang seperti biskuit atau makanan ringan yang sangat nikmat sebagai pelengkap teh atau kopi. Apalagi, bahan-bahannya mudah ditemukan di pasar modern dan tradisional. Oleh karena itu, orang-orang terbiasa memakan Kue Engkak Medok.

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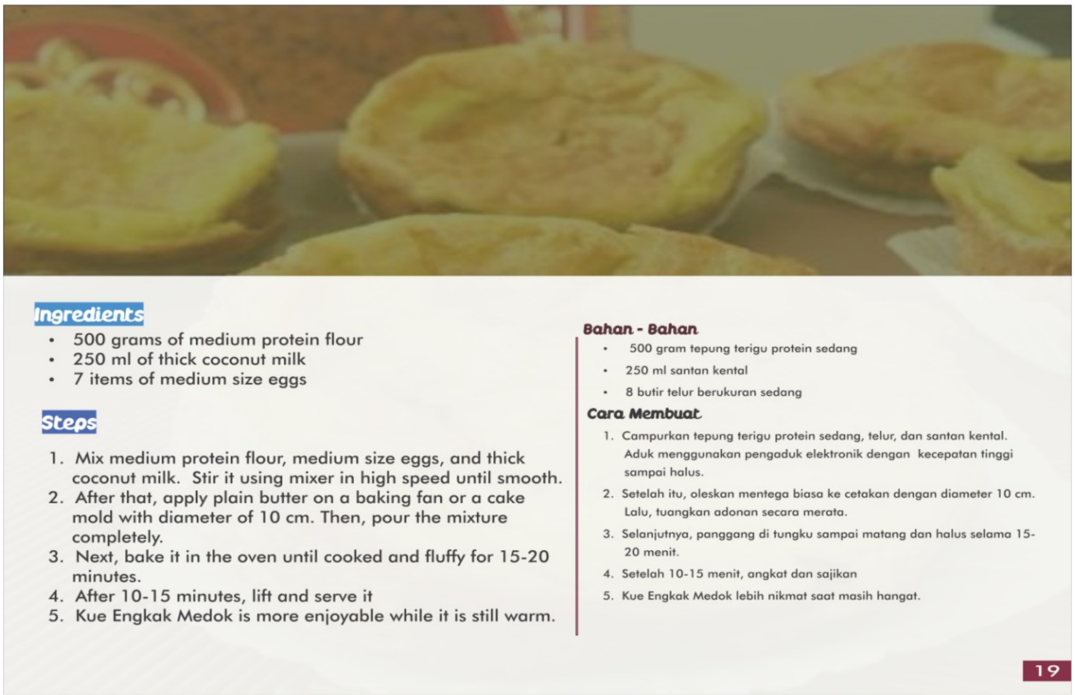
Figure 4. 65 The Philosophy of Kue Mentu in Final Product



Ingredients

- 500 grams of medium protein flour
- 250 ml of thick coconut milk
- 7 items of medium size eggs

Steps

1. Mix medium protein flour, medium size eggs, and thick coconut milk. Stir it using mixer in high speed until smooth.
2. After that, apply plain butter on a baking fan or a cake mold with diameter of 10 cm. Then, pour the mixture completely.
3. Next, bake it in the oven until cooked and fluffy for 15-20 minutes.
4. After 10-15 minutes, lift and serve it
5. Kue Engkak Medok is more enjoyable while it is still warm.

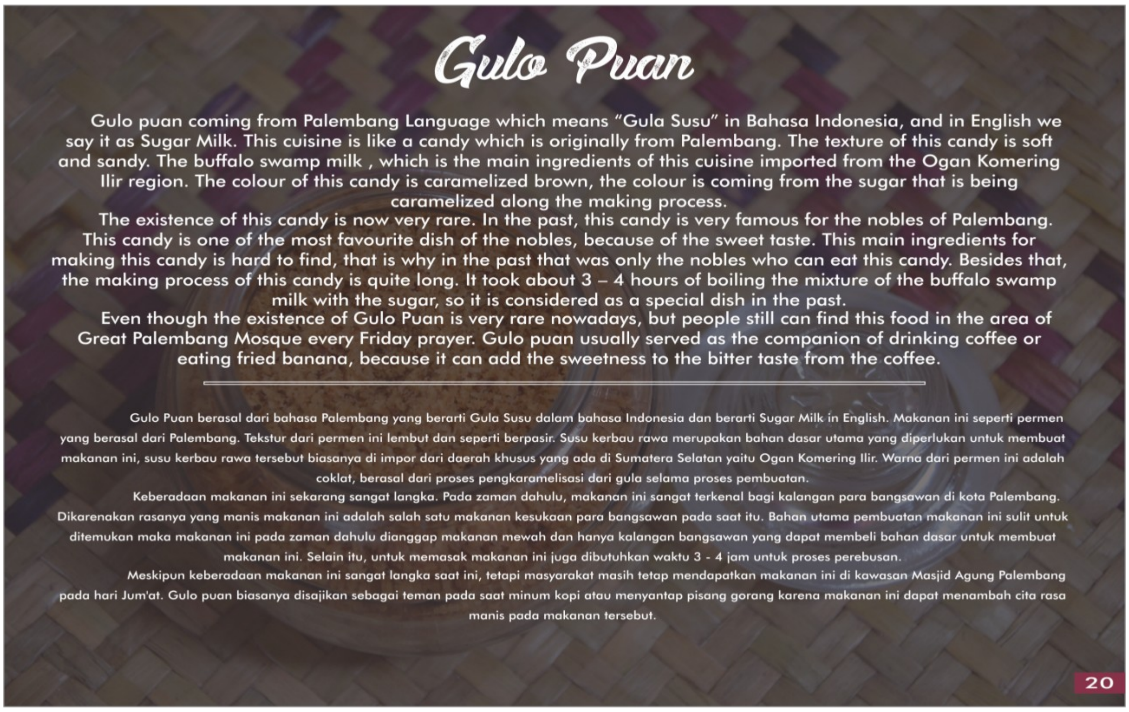
Bahan - Bahan

- 500 gram tepung terigu protein sedang
- 250 ml santan kental
- 8 butir telur berukuran sedang

Cara Membuat

1. Campurkan tepung terigu protein sedang, telur, dan santan kental. Aduk menggunakan pengaduk elektronik dengan kecepatan tinggi sampai halus.
2. Setelah itu, oleskan mentega biasa ke cetakan dengan diameter 10 cm. Lalu, tuangkan adonan secara merata.
3. Selanjutnya, panggang di tungku sampai matang dan halus selama 15-20 menit.
4. Setelah 10-15 menit, angkat dan sajikan
5. Kue Engkak Medok lebih nikmat saat masih hangat.

Figure 4. 66 The Recipe of Kue Engkak Medok in Final Product



Gulo Puan

Gulo puan coming from Palembang Language which means "Gula Susu" in Bahasa Indonesia, and in English we say it as Sugar Milk. This cuisine is like a candy which is originally from Palembang. The texture of this candy is soft and sandy. The buffalo swamp milk , which is the main ingredients of this cuisine imported from the Ogan Komering Ilir region. The colour of this candy is caramelized brown, the colour is coming from the sugar that is being caramelized along the making process.

The existence of this candy is now very rare. In the past, this candy is very famous for the nobles of Palembang. This candy is one of the most favourite dish of the nobles, because of the sweet taste. This main ingredients for making this candy is hard to find, that is why in the past that was only the nobles who can eat this candy. Besides that, the making process of this candy is quite long. It took about 3 – 4 hours of boiling the mixture of the buffalo swamp milk with the sugar, so it is considered as a special dish in the past.

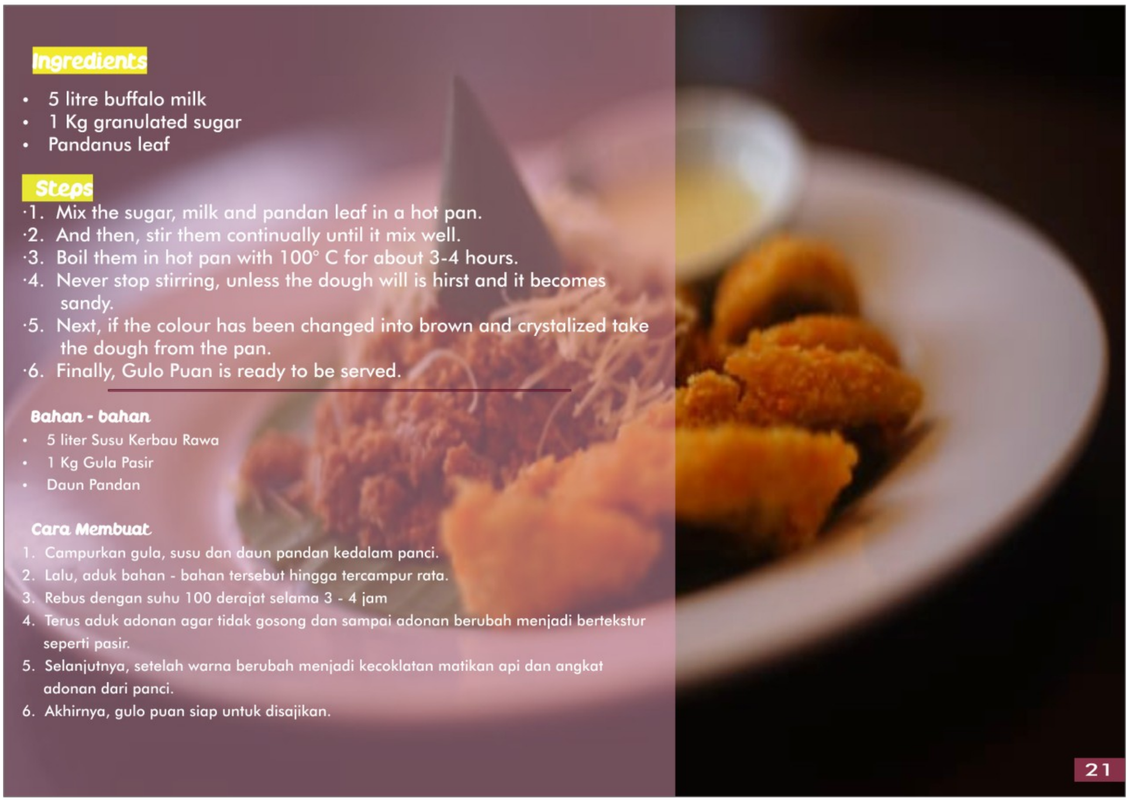
Even though the existence of Gulo Puan is very rare nowadays, but people still can find this food in the area of Great Palembang Mosque every Friday prayer. Gulo puan usually served as the companion of drinking coffee or eating fried banana, because it can add the sweetness to the bitter taste from the coffee.

Gulo Puan berasal dari bahasa Palembang yang berarti Gula Susu dalam bahasa Indonesia dan berarti Sugar Milk in English. Makanan ini seperti permen yang berasal dari Palembang. Tekstur dari permen ini lembut dan seperti berpasir. Susu kerbau rawa merupakan bahan dasar utama yang diperlukan untuk membuat makanan ini, susu kerbau rawa tersebut biasanya di impor dari daerah khusus yang ada di Sumatera Selatan yaitu Ogan Komering Ilir. Warna dari permen ini adalah coklat, berasal dari proses pengkaramelisasi dari gula selama proses pembuatan.

Keberadaan makanan ini sekarang sangat langka. Pada zaman dahulu, makanan ini sangat terkenal bagi kalangan para bangsawan di kota Palembang. Dikarenakan rasanya yang manis makanan ini adalah salah satu makanan kesukaan para bangsawan pada saat itu. Bahan utama pembuatan makanan ini sulit untuk ditemukan maka makanan ini pada zaman dahulu dianggap makanan mewah dan hanya kalangan bangsawan yang dapat membeli bahan dasar untuk membuat makanan ini. Selain itu, untuk memasak makanan ini juga dibutuhkan waktu 3 - 4 jam untuk proses perebusan.

Meskipun keberadaan makanan ini sangat langka saat ini, tetapi masyarakat masih tetap mendapatkan makanan ini di kawasan Masjid Agung Palembang pada hari Jum'at. Gulo puan biasanya disajikan sebagai teman pada saat minum kopi atau menyantap pisang gorang karena makanan ini dapat menambah cita rasa manis pada makanan tersebut.

Figure 4. 67 The Philosophy of Gulo Puan in Final Product



Ingredients

- 5 litre buffalo milk
- 1 Kg granulated sugar
- Pandanus leaf

Steps

1. Mix the sugar, milk and pandan leaf in a hot pan.
2. And then, stir them continually until it mix well.
3. Boil them in hot pan with 100° C for about 3-4 hours.
4. Never stop stirring, unless the dough will is hirst and it becomes sandy.
5. Next, if the colour has been changed into brown and crystalized take the dough from the pan.
6. Finally, Gulo Puan is ready to be served.

Bahan - bahan

- 5 liter Susu Kerbau Rawa
- 1 Kg Gula Pasir
- Daun Pandan

Cara Membuat

1. Campurkan gula, susu dan daun pandan kedalam panci.
2. Lalu, aduk bahan - bahan tersebut hingga tercampur rata.
3. Rebus dengan suhu 100 derajat selama 3 - 4 jam
4. Terus aduk adonan agar tidak gosong dan sampai adonan berubah menjadi bertekstur seperti pasir.
5. Selanjutnya, setelah warna berubah menjadi kecoklatan matikan api dan angkat adonan dari panci.
6. Akhirnya, gulo puan siap untuk disajikan.

21

Figure 4. 68 The Recipe of Gulo Puan in Final Product

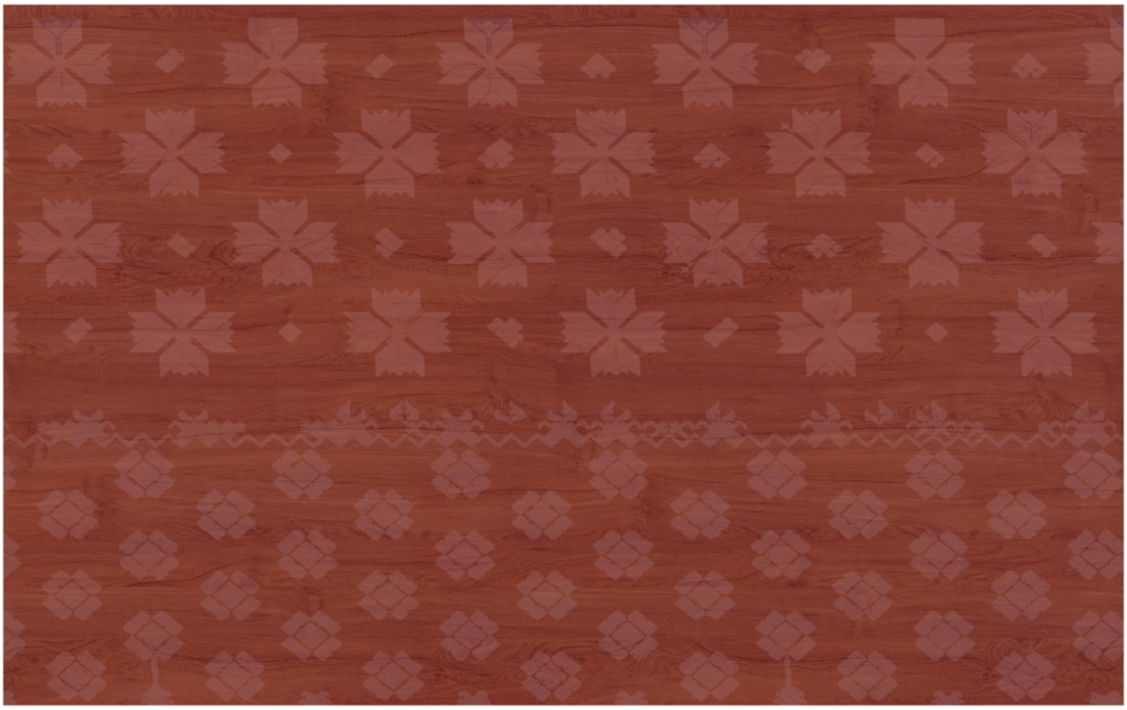


Figure 4. 69 The Back Cover in Final Product

4.1.6 Dissemination

Due to the limited time and budget, the dissemination of this final product was done in a final proect report examination. In this case, the writer informed about the product to the examiner, the appointed lecturers of English Department, State Polytechnic of Sriwijaya.

4.2 Discussion

The discussions focusses on the inappropriate and appropriate parts as advised and suggested by the experts of the book.

4.2.1 Inappropriate Parts

There are two parts of the trial version book that needs to be revised according to the expert: Layout, Content, Langauges.

Layout

In this book, the media chosen was A4 paper size (21 x 29.7 cm) and it was folded into two. According to the book layout expert opinion, the used of the white colour for the cover and also for the background of the book was not good since it did not look interesting for the readers. Mr. Budi as the expert also said that the chosen font was inappropriate because it was too small. This suggestion was not in line with to what [CITATION Ars05 \l 2057] said in his book, that a good font size for texts in a booklet is 12 points. Avoiding capital letters was also suggested because it makes reading process difficult.

Content

In this book, there were some suggestions according to the content of this book from the expert of content. Mrs. Maulidia as the expert of content of this book said that there were many of the content inappropriate with the original data of the food. For example, the picture used for the Kue Suri was not Kue Suri but Bika Ambon. Another inappropriate content for this book was the name of Khamir that actually was Kamer. Also some recipes, steps and ingredients that were inappropriate. It is in line with the statement written by [CITATION Pat12 \l 2057] that writing a content inaccurately will damage your work, accurate content builds trust for the reader. It is shown how important accuracy is in writing something, moreover it is supposed to be a book.

Languages

On the process of writing this book, the writer got a lot of suggestions from the languages experts. Since this book used two languages, so there were two experts for the language which were in English and also in Bahasa Indonesia. Mrs. Sri Gustiani was responsible as the expert of English and also Mrs. Eviliana was responsible as the expert of Bahasa Indonesia.

English

Based on the English expert's suggestion, this book had several inappropriate things according to the language. For example, there were a lot of missspelling in this booklet. On the other hand, there were quite a few wrong punctuation and also diction used by the writer in writing this booklet. It was stated in [CITATION The12 \l 2057] that a good writing required a good tenses and grammar that helps the reader easy to understand the circumstance of the writing easily. From that statement it can be concluded that a wrong grammar use in the writing will also guide the reader to get the wrong information.

Bahasa Indonesia

Based on the Bahasa Indonesia expert's suggestion, this book had several inappropriate parts according to *Ejaan Yang Disempurnakan* (EYD) or in English Enhanced Speeling rules of Bahasa Indonesia. According to [CITATION Ach19 \l 2057] EYD will help the writer to write their sentence properly, fewer mistakes on the punctuation, spelling and etc, because the mistakes in using those aspects will affect the perfect writing. For example, the sentence effectiveness, conjunction, and also punctuation. For example, on the sentence of "*Diolah dari susu kerbau rawa di pedesaan di kawasan rawa-rawa Sumatera Selatan, keberadaan makanan pelengkap ini sekarang terbilang langka"* that supposed to be "*Diolah dari susu kerbau rawa di pedesaan di kawasan rawa-rawa Sumatera Selatan. Keberadaan makanan pelengkap ini sekarang terbilang langka"* so the sentence were use proper punctuation as needed to be required as a good sentence. The other example was in the sentence of "*Bedanya, bakpia menggunakan bahan isian sedangkan kue khamir tidak."* That was changed into "*Namun, bakpia menggunakan bahan isian sedangkan kue khamir tidak."* So this sentence turns into a good one, from "Bedanya" to "Namun". The last, in the sentence of *"Bolu suri Palembang ini dinamakan suri yang dalam Bahasa Palembang artinya sisir karena serat-serat dengan kue mirip sisir."* Changed into *"Kue Suri dikenal sebagai Sponge Cake in English. Kata 'Suri' dalam Bahasa Palembang berarti sisir. Nama tersebut didapat dari tekstur bagian dalam kue yang terlihat seperti sisir."* It showed that the last sentence was more effective than the first one.

4.2.2 Appropriate Parts

There were three parts of the trial version that did not need to be revised according to the expert. There were size, layout and language.

Size

In this book, the media chosen was A4 paper size (21 x 29.7 cm) and it was folded into two. According to the book expert's opinion, the selection of paper size was good and precise. The use of the media of A4 paper (21 x 29.7 cm) made the book in precise size, because the A4 paper may be folded into two. So, the A4 produced four pages at a time, two pages of section of the front side, and two other sections on the back side [CITATION Vin16 \l 2057]

Layout

Mr. Budi as the book expert said that the layout of this book was good. The pictures in the book were clear and represented the food at it was written. The organization of the texts was good to make the readers get the information easily. Additionally, the use of the binding method to combine the paper was saddle stick (stapling) method which was commented as a cheap, fast produced, and nice looking. This statement in line with Suhardinoto, Adib, Wijayanti (2013) in their book entitled *Perancangan Buku Wisata Kuliner Pulau Lombok dan Promosinya* which mentioned that Layout was set by displaying a lot of pictures, so the reader would not get bored in reading.

Language

Mrs. Sri Gustiani as the English book expert said that the tenses used in this book were correct, since the writer used simple present tense to repot the phenomena of unpopular Palembang Culinary. She also stated that, the language used was easy to understand by the readers. This particular statement was also in line with the article from [CITATION The12 \l 2057] which said that a good writing required good tenses and grammar that helped the readers understand the circumstances of the writing easily. From the chosen tenses the reader receives two kinds of information, one concerning time and the other relating to whether an event or process is open or closed.