

CHAPTER 1

INTRODUCTION

1.1 Background

Traditional food is food which has been already exist, Guerrero et al (2009) said that,

“traditonal food is a product frequently consumed or associated with specific celebrationsor seasons; normally transmitted from one generation to another; made accurately in a specific way according to the gastronomic heritage; with little or no processing or manipulation; distinguished and known because of its sensory properties and associated with a certain local area, region or country”.

It is in line with Kristbergesson (2016), “traditional foods and dishes are traditional in nature, and may have a historic precedent in a national dish, regional cuisineor local cuisine”. So, traditional food is a food which has been already exist, may have a historic precedent in a national dish, regional cuisine or local cuisine and it is still eaten by everyone until now. Every country has traditional delicious food, such as, Italy with Lasagna, Japan with Sushie, Thailand with Tom Yam, and many more. Indonesia also has traditional delicious food.

Indonesia is one of countries which has delicious traditional food in the world. According to Mustinda (2017), “*Indonesia termasuk negara yang memiliki makanan terenak didunia, seperti: rendang, sate, dan nasi goreng.*” It means indonesia include the country that has delicious foods in the world, such as: rendang, sate and nasi goreng. From Sabang until Merauke, Indonesia has different traditional food in every region. One of traditional food from Indonesia is sambal. Sambal is often regarded as a companion foods which is able to complement taste of food. In Indonesia, sambal is required menu that must be present when we eat, because sambal is one of additional appetite for some people in Indonesia, with the sambal course our appetite will

increase. Every region in Indonesia has different sambal. The differences of sambal in Indonesia can be seen from the level of spicy and the ingredients used.

Palembang is one of cities in Indonesia which has many kind of sambals. Many fruits which grown in Palembang, make Palembang people creative to make sambal, so anything can they make, one of example sambal above. Sambal in Palembang has different ingredients used, they are: *sambal nanas*, *sambal kemang*, *sambal embem*, *sambal belimbing*, *sambal tempoyak*, *sambal tempoyak matah*, *sambal cengeh* and *sambal cing kediro*. *Sambal nanas* is fruit sambal, the ingredient that used is pineapple which is already cooked, then *sambal kemang*, the ingredient of *sambal kemang* is kemang's fruit which is rather soft, next *sambal embem*, embem is fruit that has resemble shape like mango, embem has sweet taste, and does not has fibers in the fruit. *Sambal belimbing*, is made from bilimbi fruit that is already cooked, then *sambal tempoyak*, *tempoyak* is durian which has been fermented around 3-4 days, usually people add anchovy and petai as complement. Next, *sambal tempoyak matah*, *tempoyak matah* is sambal that use tempoyak as main ingredient. *Sambal cengeh*, *sambal cengeh* is sambal that main ingredients are brown sugar and tamarind, sometimes added with anchovy as complement. Next *sambal cing kediro*, *cing kediro* is cherry tomato that used as main ingredient..

There are many recipe books about Indonesia's sambal but until now there is no recipe book of sambal that discusses sambals in South Sumatera especially in Palembang, so that the writer is interested to design recipe book about Palembang traditional sambal for her final report. Therefore, the writer takes the title "Designing of Palembang's Traditional Sambal Recipe Book" to provide information to the readers if Palembang also has traditional sambal which is easy to make.

1.2 Problem Formulation

The problem of this final report is how to design of Palembang's traditional sambal recipe book.

1.3 Problem Limitation

Because there are too many sambals in Palembang so the writer decided to choose only 8 kinds of sambals into recipe book such as: *sambal nanas, sambal kemang, sambal embem, sambal tempoyak, sambal belimbing, sambal tempoyak matah, sambal cung kediro* and *sambal cengeh*.

1.4 Purpose

Based on the problem formulation above, the prupose of this final report is designing of Palembang's traditional sambal recipe book.

1.5 Benefits

The benefits of this final report are

1. For the readers

- Giving information about how to make traditional sambal of Palembang
- Giving information about how to design Palembang's traditional sambal recipe book.

2. For English Department

To fullfil the assignment of final report from English Department in State Polytechnic of Sriwijaya.