

CHAPTER II

LITERATURE REVIEW

2.1 Culinary Tourism

Culinary tourism is an alternative in supporting the potential of natural tourism, cultural tourism, historical tourism and marine tourism. This culinary tour is part of the type of tourism that exists, because it is not complete if tourists do not try traditional culinary in the area. Although culinary tourism is often considered a complementary tourism product, potential culinary tourism is developed because tourists are usually interested in trying out the specialties of the region (Bersa, 2012).

Kurniawan (2010) defines culinary tourism as a program that raised the theme of a variety of food. It usually presents the street food and cheap food. The places visited are spread across the corner of the city, district, province or the capital of a city. According to Mason & O'Mahony (2007), culinary tourism as tourism trips which are the purchase or consumption of regional food (including beverages), or the observation and study of food production (from agriculture to cooking schools) represent a significant motivation or activity. Culinary tourism concerns the self-aware and conscious interest in experiencing a destination through its foods. Kurniawan (2010), state that culinary tourism is a program that raised the theme of a variety of food. It usually presents the street food and cheap food. The places visited are spread across the corner of the city, district, province or the capital of a city.

2.2 Traditional Food

Traditional food is food that has a natural flavor and its hereditary for our next generation. The uses of particular food ingredients and food preparation methods have been passed on from one generation to the next and nowadays referred to as "traditional foods". Traditional foods play a major role in traditions of different cultures and regions for thousands of years including foods that have

been consumed locally and regionally for an extended time period. Preparation methods of traditional foods are part of the folklore of a country or a region. Traditional foods are foods with a specific feature or features which distinguish them clearly from other similar products of the same category in terms of the use of “traditional ingredients” (raw material of primary products) or “traditional composition” or “traditional type of production and /or processing method” (Beograd, 2018).

Traditional foods are foods consumed in the way our ancestors ate them. The basis of traditional foods is that the foods you consume as nutrient dense and nourishing as possible. Traditional foods go beyond just avoiding packaged and processed foods. It is about choosing the best food options available for your budget, individual chemistry, location and consuming it in a way that allows your body to extract the maximum nutrition from that item (Foster, 2019).

From explanation above, traditional foods come from foods made from natural ingredients. It is also heritage from ancestors to generation and becomes typical foods from that area.

2.3 *Pempek* as Traditional Food

According to Pringadi (2017), *Pempek* is authentic for Palembang food. Indeed, there are so many who say that *pempek* is like dumpling, Chinese food, sold by Chinese people who in that century were in Palembang which was a trading city. But, *pempek* is pure from Palembang. In the time of the Palembang Sultanate, *kelesan* was a customary food within the Limas House which contained certain properties and uses. It called *kelesan* because these foods last a long time. Dullness was sold commercially in the days of Dutch colonialism. At that time, the Chinese controlled the trade food. Including the merchant seller also Chinese. One version says, because those who sell are Chinese, then when buyers come, they call "Pek, Apek" (the name for the old Chinese man). "Pek, Apek" is what later turned into *pempek*. However, the cultural version of Palembang said, the seller of *kelesan* was

called Empek. In old days everytime you want to buy, the buyer calls "Pek, Empek". But now the buyer will call the seller with "Pempek".

According to Hayati (2016, cited in Mega, 2017) *Pempek* is a food that is quite popular among people society. *Pempek* is a kind of gel that is thick and elastic. The basic ingredients of making *pempek* are fish meat, tapioca, water, fine salt and other additional spices.

It can be concluded that *pempekis* from Palembang and it was made by Chinese people who lived in Palembang at that time. *Pempek* is one of the foods that exist until now.

2.3.1 How to make *Pempek*.

According to Kesuma (2008), the followings are the ingredients and the steps to make *pempek*.

Ingredients:

1. 500 gram of meat of *Tenggiri* or *Gabus* fish.
2. 10 tablespoons of ice / cold water.
3. 150 gram sago flour or tapioca flour.
4. 2 tea spoons of salt
5. 1/2 tea spoon of flavoring.

How to make *Pempek*:

1. Remove the flesh.
2. Enter ice water, flavoring and salt. Stir until sticky.
3. Add sago flour or starch little by little.
4. Stir the mixture until smooth and does not stick again in the hand.
5. Take a small amount of the base mixture and shape it according to the type of *pempek*.
6. *Pempek* is ready to be cooked.

2.3.2 Kinds of *Pempek*

According to Rama (2018), there are 10 kinds of *pempek*:

1. *Pempek lenjer*: The most visible from *pempek lenjer* is a rounded elongated shape. It is made from sloping dough with various kinds of spices.
2. *Pempek kapal selam*: *pempek kapal selam* has a large round shape with an egg inside it.
3. *Pempek telur kecil*: It's different from a smaller size *pempek* egg. The contents can be chicken or duck eggs but beforehand be shaken.
4. *Pastel* or *Pempek pistol*: As the name implies, *Pastel* or *pempek pistol* has a patterned edge. In addition, the contents are in the form of young papaya cooked with coconut milk.
5. *Pempek keriting*: *pempek keriting* is made with special tools. So, that the shape is like pasta. At a glance, it is also similar to crackers.
6. *Pempek adaan*: *pempek adaan* is not boiled but is immediately fried. It feels clearly different because of the unique manufacturing process.
7. *Pempek kulit*: Fish skin is an ingredient for making *pempek tabok* or *pempek kulit*. The shape is flat round and not through the boiling process, but immediately fried like *pempek adaan*.
8. *Pempek tahu*: *pempek tahu* is one of the most interested ones. *Pempek tahu* is from Chinese.
9. *Pempek panggang*: There are also those that are not boiled or fried, the name is *pempek panggang*. The savory taste is real and blends with the typical Palembang *cuko* sauce.
10. *Pempek lenggang*: *Pempek lenggang* baked with banana leaves. That makes it have a distinctive and savory taste. In addition, *Pempek lenggang* can also be fried.

2.4 *Cuko*

Cuko is gravy or chili sauce which is consumed when we eat *pempek*. The deliciousness of *pempek* actually is from the *cuko* itself. For Palembang people, *cuko* is often slurped when eating *pempek*. Therefore, local tourists are not used to enjoying *cuko* by sipping it.

According to Siahaan (2018), the sauce for *Pempek* Palembang is called 'cuko', this does not mean that it is dominant with eating vinegar which is usually added to foods that are sour, but only the name, 'cuko'; the ingredients of 'cuko' are mainly brown sugar, garlic, onion, salt, a little vinegar to eat, water according to its thickness and chili according to its spiciness, sometimes mixed with mashed shrimp. The blend of spices in it makes *cuko* have a distinctive taste. Initially this *cuko* was always made spicy by the indigenous people of Palembang; the reason is to improve taste and appetite.

2.4.1 How to make *Cuko*:

According to Devi (2019), there are **the ingredients and the steps to make *Cuko***.

Ingredients:

1. 500 gram brown sugar
2. 50 gram tamarind
3. 1 liter water
4. 8 garlic cloves
5. 10 pieces of red chili
6. 2 tablespoons *ebi*
7. 2 tablespoons of vinegar (she added an apple vinegar)
8. 1 teaspoon of salt

How to make *Cuko*:

1. Prepare materials
2. Blend *ebi* until smooth, set aside. It is sprinkled on top of the *pempek* / vinegar when we are going to eat *pempek*.

3. Blend the garlic and chili until smooth.
4. Mix water, brown sugar, tamarind, garlic and the chili in the blender.
5. Cook while stirring occasionally until boiling. Turn off the heat, lift it up.
6. Strain the cooked *cuko* solution earlier. Then add vinegar, stir well and correct the flavor.