



Galendo as A Traditional Foods of Ciamis

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ABSTRACTS

Galendo is a food made from coconut and has become part of the culture and traditions of Ciamis Regency. The existence of this galendo is passed down from generation to generation orally and informal learning. This research aims to obtain an overview of the history, the recipe for the formula for making galendo, and the efforts of informants in marketing their products. The research method used is a qualitative approach. The research data source is the primary data source with the research design used is descriptive qualitative. The author uses interview, observation, and documentation methods. Therefore, the instruments needed are observation guides, interview guides, tape recorders, cameras and stationery to support research. The results showed that the history of galendo's existence began with the movement to plant coconut trees on a large scale in Ciamis in the 1800s which resulted in many coconut trees growing. the main use of coconut in Ciamis is as an ingredient for making coconut oil. One of the traditional galendo factory businesses located in Pawindan Village, namely Galendo Tri Putra, This factory is one of the galendo suppliers in the Ciamis traditional market. Galendo is only made from coconut milk which is heated while stirring, then the precipitate called "oil dung" is filtered, wrapped in woven bamboo called sawuk and finally compacted to become galendo. Galendo is considered a valuable national cultural asset, the existence of this traditional food should not be lost with time.

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1. INTRODUCTION

Indonesia is a country that has a variety of wealth and culture that makes each region unique (Lutfi Eliazer *et al*, 2013). The diversity of arts, traditions, languages and also the diversity in aspects of traditional food which is a legacy and characteristic of a region (Asfina & Ovilla, 2016). Food is influenced by the availability of raw materials from which region it comes from so that each region has its own characteristics (De Solier & Duruz, 2013).

One of the areas in Indonesia whose culinary diversity has been growing until now is West Java. Most of the livelihoods of the people of West Java are farmers. One of the processed

foods that takes advantage of this potential is Galendo with the ingredients used coming from local products, namely coconut. Galendo has long been a special food from Ciamis Regency, this special food is in the form of a snack that is usually served as a snack or dessert.

Galendo has a meaning in socio-cultural life, namely to utilize the by-product of processed cooking oil into processed food that can be consumed so that it is not redundant. Galendo also has meaning in socio-cultural life as a typical identity of the legendary city of Ciamis. Another meaning of Galendo is maintaining harmony with family, friends, and people around you, because Galendo has a philosophy of "talking intimately" (Chusmeru, 2020; Alamsyah and Yuyun, 2006).

Original Galendo is made without the use of other additives such as flavoring agents, making this typical Ciamis food through several stages starting from the collection and selection of the main raw material, namely coconut, coconut peeling to the process of making coconut milk and then heating the coconut milk to the process of forming oil. Quoted from Travel.tempo.co magazine (online), the people of Ciamis as a center for producing galendo call the deposits under the oil that exist in the process of making coconut oil "oil dung". The resulting oil dung is then collected by filtering and put into woven bamboo called sawuk to then be pressed so that the oil in the dung comes out as well as a compaction process until it really becomes galendo.

The existence of Galendo which still survives today needs to be supported by socio-cultural studies of the Sundanese people and increasing public knowledge about galendo and how to process this traditional food, so that it can provide information that galendo has authenticity that can never be replaced. The preservation of this galendo can also be documented as a form of maintaining the authenticity of galendo in the Ciamis community and re-elevating galendo as a culinary specialty of Ciamis.

With the background of the discussion above, there are four problems that researchers can examine related to Galendo, namely: (1) What is the history and development of the development of galendo production as Ciamis traditional food according to the informant? (2) What are the materials and tools used by the informants in making the Galendo recipe formula? (3) How do informants market galendo? (4) What are the informants' efforts to "preserve" galendo?

2. METHODS

This study aims to obtain an overview of the history of galendo, the materials and tools used in making galendo formula recipes, the efforts of informants in marketing their products and also the efforts of informants in preserving galendo.

The research method used is a qualitative approach. namely an approach that is carried out intensively, in detail and in depth regarding a matter under study in the form of programs, events, activities and others to obtain in-depth knowledge/information about it (Baxter & Jack, 2008). The research data source is the primary data source with the research design used is descriptive qualitative. The author uses interview, observation, and documentation methods. Therefore, the instruments needed are observation guides, interview guides, tape recorders, cameras and stationery to support research.

The galendo research location is located in Pawindan Village, precisely at the Tri Putra Galendo Factory, which is one of the famous galendo producers.

3. RESULTS AND DISCUSSION

3.1. Research findings

Research regarding Galendo was carried out by observation and in-depth interviews with three informants. The following are the profiles of the informants: (1) Mr. Dayat (51 years), owner of the company. (2) Mr. Faisal (47 years), an employee at the Galendo factory. (3) Mrs. Acih (67 years) from the community who knows about galendo.

The history of the people of Ciamis began to consume galendo, which was originally only considered as waste, starting from the movement to plant trees on a large scale in Tatar Galuh (now Ciamis) which is estimated to be in the 1800s during the reign of Galuh Regent Raden Prabu Aria Kusumadiningrat. As a result of this movement, until now in the Ciamis area there are many coconut trees that can be utilized by all parts, especially as the main ingredient for making coconut oil. Galendo, which was previously considered coconut oil dregs because it went rancid easily, is currently experiencing rapid development so that it can become a food that is easy to find in Ciamis.

One of the galendo factories in Pawindan Village is Galendo Tri Putra owned by Mr. Dayat which has been running for 17 years starting from 2005. He followed in the footsteps of his parents who are also galendo producers in Ciamis Regency.

The materials and tools used by Mr D in making the galendo recipe formula according to a one-time production measure at Mr D's Galendo Tri Putra are as follows: 77 coconuts of the inner type are taken for the meat or around 15 kg of coconut meat which will produce around 15 liters of coconut milk . The tools used in making galendo consist of: a coconut grater machine, a coconut milk presser machine, a large wok or pan, a furnace or hawu, a wooden straw sutil, a large scoop filter, boboko, woven bamboo or sawuk sheets, a clentical oil presser, and clear plastic for packaging.

The process of making this galendo includes: grated coconut and then taking the coconut milk using a pressing machine, the resulting coconut milk is then put into the cauldron for further heating which is carried out for two and a half hours or 150 minutes while continuing to stir, after clentic oil and oil dung are formed then Next is the process of filtering the dung and draining it in boboko. The next step is that the oil dung that has been collected is put into sawuk or woven bamboo which is tightly tied so that it does not leak and then pressed with the aim that the remaining oil in the galendo comes out and at the same time as a compaction process. This pressing process is carried out for half an hour until there is no clentic oil dripping, then galendo is packaged using clear plastic and ready to be marketed.

Galendo himself comes from generations which are ingrained in Ciamis Regency. There are many variants of galendo, such as the powdered version (oil dung), the solid version (the well-known galendo), there are also galendo which have been varied with the addition of other flavors and also various forms. Galendo, which used to only be sold around, now occupies every souvenir center in Ciamis. Galendo produced by Mr. Dayat is sent to the Ciamis traditional market to be resold by Ciamis special food traders.

Mr. Dayat promotes online on social media. The galendo business owned by Mr. Dayat is usually distributed to Pasar Ciamis and other areas according to orders. In the ciamis galendo

market, Mr. Dayat is sold at the following prices: 500 grams Rp. 30,000, 1 kg Rp. 60,000 and 2 kg Rp. 120,000. Apart from being sold to the market, according to the informant, there are also customers who buy original galendo to be made into various flavors.

In the view of the Galendo community, it is a traditional Ciamis food that has existed for a long time and has been passed down from generation to generation. Galendo has various uniqueness besides having a distinctive coconut aroma and legit taste, also in its history Galendo has myths that not many people know about. The myth is a prohibition against mentioning galedo/oil dung or expecting galendo to be present during the coconut oil making process, this is believed to result in less oil being produced and more oil dung.

3.2. Discussion

This research was conducted to achieve four objectives, namely to find out the history of galendo, to find out the ingredients and tools for making galendo recipes, to find out the efforts of informants in marketing galendo, and also to find out the efforts made by the community to preserve galendo. From some of these objectives, the discussion is as follows:

The area where the research was conducted was at the Galendo Tri Putra Factory owned by Mr. Dayat, located in Pawindan Village, access to the road to Pawindan Village can follow directions from Google maps and can be accessed using two-wheeled and four-wheeled vehicles, but access to the production site can only be passed using a vehicle two wheels only.

Traditionally, Sundanese galendo is consumed during nyaneut or relaxing time while drinking tea or coffee. Galendo is formed from the excrement of oil produced when producing coconut oil. The precipitate, called dung, is compacted and becomes galendo. The history of the people of Ciamis began to consume galendo, which was originally only considered as dregs, starting from the movement to plant trees on a large scale in the 1800s which made many coconut trees in Ciamis that all parts could use, especially as the main ingredient for making coconut oil.

The Galendo factory that was used as the research site was the Galendo Tri Putra factory owned by Mr. Dayat which had been running for 17 years. Mr. Dayat received expertise in making galendo from his father and continued his business in the field of galendo production by painstakingly teaching his employees this skill.

Some of the materials and tools used by Mr. Dayat are already using machines and some are still using traditional tools. The ingredients according to one production measure are as follows: 77 coconuts or about 15 kg of coconut meat which produces about 15 liters of coconut milk. The tools used in making galendo consist of: coconut grater machine, coconut milk presser machine, large wanjan or kancan, furnace or hawu, wooden straw sutil, big scoop filter, boboko, woven bamboo or sawuk sheets, clentical oil presser, and clear plastic for packaging.

The manufacturing process starts with grated coconut and then takes the coconut milk using a pressing machine. The coconut milk then enters the bowl to be heated for two and a half hours or 150 minutes while continuing to stir. in boboko. The next step is that the oil dung is put into the sawuk which is tied tightly so that it does not leak and then pressed with the aim that the remaining oil in the galendo comes out and at the same time as a compaction process. This pressing process is carried out until there is no excess oil dripping, then the galendo is packaged using clear plastic and ready to be marketed (Adimihardja, 2005).

Galendo produced by Mr. Dayat is sent to the Ciamis traditional market to be resold by Ciamis special food traders. The price set by Mr. Dayat follows the general Galendo market price. Apart from being sold to the market, Mr Dayat also promotes and accepts online orders via social media.

According to the informant, the simplest effort as a community in order to help preserve regional specialties is to want and like to consume them so that galendo craftsmen continue to produce galendo so that this kind of culture does not stop and continues to the next generation. Apart from that, another effort that can be done is to at least know what galendo looks like and tastes like, so that there is a sense of pride in its own traditional food (Fitzpatrick & Willis, 2015).

4. CONCLUSION

Conclusions that can be drawn from the data described above are as follows: The origin of galendo, which was originally thought to be the dregs of coconut oil processing, is now a popular food and an icon of Ciamis Regency. The large number of galendo producers in Ciamis originate from the planting of large coconut trees which are then used mainly for the manufacture of coconut oil which also produces galendo, the growing production of galendo has made more enthusiasts of galendo than the clantic oil. In making traditional galendo, only coconut is used without the addition of water or other additives, some of the equipment used is already using machines for efficiency, some are still using traditional tools so that the uniqueness of galendo is maintained. Marketing is done by promoting through social media, taking orders online and also as a galendo supplier at the Ciamis Traditional Market and also Ciamis traditional souvenir center shops. Efforts that can be made as a community in preserving this traditional food according to the informant are by knowing what the taste and shape of galendo is like, likes and wants to consume galendo so that galendo craftsmen can continue their business and can continue to the next generation so that there is a sense of pride in food. traditionally owned.

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