



Authentication of Middle East Mandi Rice at “Cafe Zamrud” Restaurant

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ABSTRACTS

This research is motivated by the popularity of the Middle East Mandi Rice dish in the city of Jakarta. Mandi Rice is a typical rice dish from Hadramaut, Yemen which is unique in terms of the use of ingredients, herbs, spices, tools, processing and presentation. This aspect makes it authentic and differentiates Mandi Rice from other Middle Eastern rice dishes. One of the restaurants in the city of Jakarta that serves Mandi Rice is the “Cafe Zamrud” restaurant. The making of Mandi Rice at the “Cafe Zamrud” restaurant is not necessarily done in an authentic way as is done by the people in their area of origin. The purpose of this study was to determine authentication related to ingredients, seasonings, tools, processing and serving of Mandi Rice at the “Cafe Zamrud” restaurant. The author uses a qualitative approach with the case study method and uses triangulation techniques, namely observation, interviews and documentation in collecting data. Participants were taken by purposive sampling technique, with restaurant owners, cooks and servers as the participants. The research findings show that there are significant differences in the aspects of the use of spices, tools and processing of Mandi Rice dishes at the “Cafe Zamrud” restaurant with the aspects of authentic Mandi Rice dishes. There is also a slight difference in the aspect of the main meat ingredients and seasonings used in the “Cafe Zamrud” restaurant. Overall, it is known that the Mandi Rice dish served at the “Cafe Zamrud” restaurant is not an authentic Mandi Rice. The conclusion of this research is that Mandi Rice in the restaurant “Cafe Zamrud” is not an authentic Mandi Rice dish because there are several aspects that are not in accordance with the rules regarding Authentic Mandi Rice dishes.

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1. INTRODUCTION

Adolescence is a period of growth and development, both physically, mentally, and activity it requires a large enough intake of nutrients (Sandy et al., 2020). If the nutritional needs of adolescents are not properly, various problems and unwanted diseases will occur, one of them is hidden hunger. Hidden hunger depicted as a symptom when somebody experiencing a deficiency of vitamin and mineral (Harding et al., 2017). Victims of hidden hunger may not understand the importance of a balanced nutritious diet (Gani et al. 2018). As the term hidden hunger indicates, the signs of undernutrition and hunger are less overtly visible in those affected by it (Muthayya et al., 2013). Hidden hunger has been identified as a major public health issue as individuals with borderline micronutrient deficiencies do not develop classic signs and symptoms of overt deficiencies (Cole, 2012). In Indonesia, micro malnutrition still needs attention. A lack of micro-nutrients remain the primary focus of iodine, vitamin a, zinc and iron (Reska et al., 2018). Hidden hunger becomes important for female adolescent, but sadly still many adolescents ignore that, because hidden hunger didn't make the sufferer feel hunger. Hidden hunger makes up 7% of the global disease burden. Iron deficiency related anemia, zinc and vitamin A deficiencies were among the 15 leading causes of disease burden, in addition, hidden hunger compromises socio-economic development, learning The diversity of the Indonesian nation is not only reflected in the diversity of tribes and languages, but also reflected in the cuisine or culinary. Therefore, don't be surprised if someone says that no country has a variety of culinary delights as rich as Indonesia. This situation is influenced by various factors including the influence of different nature, travel history, politics and the economy, even religion also influences culinary variety in Indonesia. The diversity of food or culinary is evidence of differences in human culture and Indonesia's nature. The form of Indonesian culinary diversity is not only reflected in the culinary specialties of various regions in Indonesia but also the existence of foreign culinary delights, one of which is Middle Eastern culinary.

Middle Eastern dishes first entered Indonesia because they were brought by traders from the coastal area of the Arab region called Hadramaut in the 18th century before independence. At first these dishes were only consumed by Arab immigrants but then spread to Indonesian society. Typical Middle Eastern dishes have strong taste and aroma characteristics because they are rich in herbs and spices. Most typical Middle Eastern dishes use animal protein as the main ingredient, such as chicken, fish, lamb, and beef. Pork and other non-halal ingredients are not used in typical Middle Eastern dishes, because these dishes originate from Arab countries where the majority embrace Islam (Hartono, 2015). Middle Eastern dishes are also usually served in large portions and enjoyed with family and relatives. Large portions of typical Middle Eastern dishes are also influenced by the habits and biological factors of Middle Eastern society (Nur, 2021).

As the capital city, the city of Jakarta is home to various ethnicities and tribes, both native Indonesians and migrant immigrants. One of the ethnic immigrants in Jakarta is the Arab-descendant community. The Arab community in Jakarta initially started in areas such as Pekojan, Krukut and Tanah Abang. The arrival of these Arab communities then created various

cultural assimilation in various ways, one of which was food (Hartono, 2015). Middle Eastern specialties which were originally only enjoyed by the Arab community, are finally being enjoyed by many people in Jakarta. One of the typical middle eastern dishes which is quite famous among the people of Jakarta is Mandi Rice.

Mandi Rice is a typical Yemeni rice dish which is characterized by a savory taste and a strong spicy aroma. The main ingredient of this dish is basmati rice and uses main animal ingredients such as mutton, lamb and chicken. The aroma of spices in Mandi Rice is created from a special Yemeni spice mixture called hawaij. This dish also uses main animal ingredients such as mutton, lamb and chicken. The uniqueness of Mandi Rice also lies in the processing process, where Mandi Rice is cooked in a slow-cook manner using a special cylindrical oven called the tandoor/tanoor (Ragsdill, 2020). In its place of origin, Mandi Rice is served on a large plate in portions for 2 to 4 people, and is complemented by various kinds of side dishes and condiments such as tomato puree sauce and pickled cucumber (Tobing, 2021).

A typical Middle Eastern restaurant in Jakarta that sells Mandi Rice is the "Cafe Zamrud" Restaurant. This restaurant, which was founded in 2009, provides a variety of Middle Eastern specialties such as Mandi Rice, Kebuli and Biryani. Mandi Rice dishes are unique in terms of main ingredients, seasonings, spices, tools, processing and presentation. This is an authentic aspect of the Mandi Rice dish. Authentication relates to the quality and original characteristics of food. The authenticity of food includes cooking methods, serving methods, food aromas, recipes, ingredients, even eating and drinking habits (Timothy & Ron, 2013). This authentic aspect of Mandi Rice is what distinguishes Mandi Rice from other Middle Eastern rice dishes.

When foreign food is brought into a country, sometimes it is necessary to make adjustments both in terms of taste and ingredients used so that it can be accepted by the native people of that country. This adjustment is called acculturation. Acculturation is a blend of two or more cultures which eventually gives birth to a new culture, but does not eliminate elements of the old culture. Acculturation can be created if it is influenced by whether or not a foreign dish is easily accepted by the local community. Acculturation adds wealth in the culinary field even though the process of acculturation makes a dish have a taste or presentation that is slightly different from its country of origin (Murniaseh, 2021).

In previous research conducted by Endes Monica (2020) entitled "Culinary Traditions of Arab Communities in Palembang City". This study uses a qualitative descriptive research method. This study aims to describe the general picture of Arab society in Palembang, describe Arab culinary traditions and the history of culinary development, and describe the changes and influences of Arab community traditions on culinary in Palembang. Based on this research, it can be concluded that the Arab community has lived and settled in Indonesia for a long time and has occupied various cities in Indonesia such as Palembang, Jakarta and Bogor. The interaction between the Arab community and the natives creates a mix of cultures or acculturation. One form of acculturation created is acculturation in the field of food. The mix of Arab-Indonesian cultures gave birth to culinary or Peranakan Arab cuisine with an authentic

and unique taste. For example, the typical Palembang Samin or Nasi Minyak dish is an adaptation of the Mandi Rice dish typical of the Hadramaut Arab community.

But until now, there has been no research that specifically discusses the authenticity of Mandi Rice dishes in the city of Jakarta. As a native Jakarta student who is studying in the culinary field, the author is interested in knowing more about the authenticity of Mandi Rice dishes served by restaurants in Jakarta. Therefore, researchers are interested in conducting research to identify authentication related to the use of ingredients, seasonings, spices and the processing and serving of Mandi Rice at the "Cafe Zamrud" restaurant.

2. METHODS

The research approach used in this study is a qualitative approach (qualitative research). According to Creswell (in Herdiansyah, 2014) Qualitative research is a scientific research process that aims to understand human problems in a social context by presenting a comprehensive and complex picture related to the detailed views of information sources. In this qualitative research, the author uses the case study research method, which is a research method that uses various data sources that can be used to comprehensively research, describe, and explain various aspects of individuals, groups, a program, organization, or event (Kriyantono, 2020).

The participants in this study were three people consisting of "Cafe Zamrud" restaurant owners, cooks, and waiters. Participants were selected using a purposive sampling technique, which is a technique for determining research participants with certain considerations that aim to make the data obtained later be more representative (Sugiyono, 2018). In the process of collecting data from participants, researchers used the triangulation method, which is a data collection technique that combines various existing data and sources with the aim of ensuring the accuracy of research results (Sugiyono, 2015). The three data collection methods in this study, namely observation, interviews, and documentation. The data that has been obtained is then analyzed through data reduction, data presentation, then conclusion/verification.

3. RESULTS AND DISCUSSION

This research was conducted on several participants who had been determined by the researcher and based on field notes obtained when the researcher carried out data collection activities in the field. First, data collection was carried out by conducting interviews related to research problems with participants, namely the owner of the restaurant "Cafe Zamrud", the cook at the Restaurant "Cafe Emerald" and the waitress at "Cafe Emerald". Second, researchers made direct observations of the Mandi Rice production process at the "Cafe Zamrud" restaurant to strengthen data related to research problems. Third, researchers took documentation in the form of photos on the Mandi Rice production process at the "Cafe

Zamrud" restaurant to strengthen data related to research problems. Therefore the research results will be presented as follows:

3.1. The use of ingredients, herbs and spices in the preparation of the Middle Eastern Mandi Rice dish at "Cafe Zamrud"

One of the factors that becomes an authentic aspect of the Mandi Rice dish is related to the main ingredients used. Based on the results of observations and interviews with Mrs. Zubaedah and Mrs. Syarniah, it can be seen that the meat used for the Mandi Rice dish at Café Zamrud is mutton, beef and chicken. As for the rice, use basmati rice. The use of basmati rice produces rice that doesn't spoil quickly. According to Shaharban (2016) the meat used in authentic Mandi Rice dishes are mutton, lamb and chicken. while for the rice use basmati rice. Based on the findings above, it can be seen that from the aspect of using the main ingredient of meat for the processing of Mandi Rice dishes at "Cafe Zamrud", there is a slight difference in the variant Mandi Rice beef, where the main ingredient for Mandi Rice Authentic does not use beef. However, the restaurant "Cafe Zamrud" also serves a variant of Mandi Rice mutton and chicken, where the main ingredients of meat are the same as the main ingredients of meat in Mandi Rice Authentic, namely mutton and chicken. The writer can conclude that the "Cafe Zamrud" restaurant uses basmati rice, which is the same as the main ingredient of rice in the processing of Authentic Mandi Rice.

Furthermore, another factor that becomes the authentic factor of Mandi Rice is the seasoning used. Based on the results of observations and interviews with Mrs. Zubaedah and Mrs. Syarniah, it can be seen that the spices used for the Mandi Rice dish at Café Zamrud are sliced onions, crushed garlic, large green chilies and coriander leaves. according to [White and Zellner \(2008\)](#) Onion is the oldest seasoning commodity in the Central region and is commonly found in typical Middle Eastern rice dishes such as Mandi Rice. Just like onions, garlic is also a spice that has an important role in typical Middle Eastern rice dishes, such as mandi rice and kabsah rice ([Tariq, 2022](#)). Furthermore, large green chili serves to provide a mild spicy sensation in the Mandi Rice dish ([Bloor, 2022](#)). So it can be seen that from the aspect of using spices in making Mandi Rice at Café Zamrud, onions, garlic and large green chilies are used which are in accordance with the spices used in authentic Mandi Rice. However, there is one difference where the Mandi Rice in "Cafe Zamrud" uses coriander leaves, while the authentic Mandi Rice recipe does not use coriander leaves.

Furthermore, the factor that becomes an authentic aspect of Mandi Rice is the spices used. Based on the results of observations and interviews with Mrs. Zubaedah and Mrs. Syarniah regarding what types of spices are used in preparing the Mandi Rice dish at "Cafe Zamrud", it can be seen that the spices used are dried cardamom, ground cumin, powdered cloves, powdered star anise, powdered turmeric, kelabet powder, nutmeg, whole cinnamon, dried kaffir lime and ground black pepper. According to [Al-Saigh \(2022\)](#) the typical Yemeni spice powder used in making authentic Mandi rice is called hawaj which consists of ground black pepper, ground cumin, ground coriander, ground green cardamom, ground cinnamon, ground cloves, and powdered turmeric. Furthermore, according to [Amira \(2021\)](#), a mixture of Hawaiian spices gives a characteristic floral and nutty taste to the dish. There is also an aromatic herbal spice used in Mandi Rice dish, namely bayleaf which is useful for giving a herbaceous and floral aroma to Mandi Rice ([Falkowits, 2020](#)). Based on the explanation above, it can be seen that there are differences regarding the spices used in making Mandi Rice at Café Zamrud and those used in making authentic Mandi Rice. The preparation of

Mandi Rice at Café Zamrud uses several Asian spices such as powdered star anise, powdered mace and kelabet which are not included in the Hawaiian spice mix. The making of Mandi Rice at Café Zamrud also uses dry cardamom while the Hawaiian version uses powdered cardamom. Furthermore, another difference is that the Emerald Café uses whole cinnamon, whereas the Hawaiian version uses ground cinnamon. The final difference lies in the aromatic spices. The aromatic spices in the Mandi Rice recipe at "Cafe Zamrud" use dried kaffir limes instead of bayleaf. Meanwhile, the authentic Mandi rice recipe uses bayleaf.

3.2. The use of tools in the process of processing a typical Middle Eastern Mandi Rice dish at "Cafe Zamrud"

The use of tools is also a valid aspect of the authentic Mandi Rice dish. Based on the results of observations and interviews with Mrs. Zubaedah and Mrs. Syarniah, it was shown that the tools used in processing the Mandi Rice dish at "Cafe Zamrud" are a high-pressure gas stove and a large cauldron to process the rice. Meanwhile, to process the meat using big gidir. According to Raichlen (2011) Mandi Rice is processed using a special cylindrical oven called a tanoor/tandoor. The tanoor is a cylindrical oven usually made of iron or clay. Tanoor is commonly used in various countries such as in Middle Eastern countries, India and Pakistan. According to Ragsdill (2020) Traditionally, Mandi Rice is cooked using a coal well called a tanoor. he continued, according to him, the use of this tanoor is what distinguishes Mandi Rice from other Middle Eastern specialties such as Biryani Rice and Kabsah Rice. There also several other equipment for making Mandi Rice, namely a level grill rack and a large pot/gidir pan. The use of a level grill rack serves to store meat in large quantities during the cooking process in the tandoor. Furthermore, the Mandi Rice dish is a one pot dish where rice is cooked in only one container using a large pot/pangi gidir. This large pot is useful for making rice for large portions and in one cook (Tigerfoodindia, 2021).

Based on the explanation above, it can be seen that there are significant differences regarding the use of tools in the processing of Mandi Rice dishes at "Cafe Zamrud" and the use of tools in the processing of authentic Mandi Rice dishes. "Cafe Emerald" uses a high-pressure gas stove as its heat source and a large cauldron for the cauldron to cook the rice. Then also the mutton/beef used for the Mandi Rice dish is cooked separately using a large gidir. This is very different from the use of tools in the Mandi Rice Authentic dish which uses a Tanoor/tandoor oven to cook the rice along with the meat.

3.3. The process of processing a typical Middle Eastern Mandi Rice dish at "Cafe Zamrud"

The meaning of the word mandi, namely dew, comes from the dewy texture of Mandi Rice because it is the result of dripping fat during a special processing process. This process is an important aspect in making authentic Mandi Rice. Based on the results of observations and interviews with Mrs. Zubaedah and Mrs. Syarniah regarding the processing of the Mandi Rice dish at "Cafe Zamrud" it was carried out separately between the processing of the rice and the meat dishes. For processing rice into rice using the liwet method. Rice is cooked with herbs and spices and there is the addition of evaporated milk and powdered Dancow milk. Then for goat and beef boiled then fried with a sprinkling of cumin and seasonings. As for the chicken meat, it is processed by the method of marinating and frying. According to Fayed Al Nusari, Manager of the Mandilicious restaurant, explained that the process of authentically processing Mandi Rice dishes is not by grilling or boiling, but must be cooked using the slow cooked method for more than four hours in a tandoor buried in the ground (Sawsan, 2018). Furthermore, in this process, rice mixed with herbs and spices is placed at the bottom of the

tandoor, then the meat is placed hanging from the ceiling of the tandoor. Hanging meat will release fat droplets that will fall on the rice. The long cooking process makes the texture of the meat soft and easily separated from the bones. Then, thanks to the cooking process using a tightly closed tandoor, the texture of the rice becomes moist but not mushy (Seth, 2013).

Based on the explanation above, it can be seen that there is a very big difference between the processing of the Mandi Rice dish at the "Cafe Zamrud" restaurant and the version of the Authentic Mandi Rice processing. The difference is that the Mandi Rice processing process at "Cafe Zamrud" does not use traditional methods such as the authentic Mandi Rice process, where rice and meat are cooked simultaneously using the slow-cook method using a tanoor/tandoor buried in the ground. The Mandi Rice version of the restaurant "Cafe Zamrud" also uses evaporated milk and powdered milk in its processing, which are not compatible with the Authentic Mandi Rice version.

3.4. The process of serving Middle Eastern Mandi Rice dishes at "Cafe Zamrud"

The last aspect related to Mandi Rice Authentic dish is the process of serving it. Based on the results of observations and interviews with Ela's mother regarding the process of serving Mandi Rice at "Cafe Zamrud", one serving of Mandi Rice at "Cafe Zamrud" is served on a stainlesssteel tray and can be enjoyed by two people. A serving of Mandi Rice at "Cafe Zamrud" is served with spicy salsa sauce, pickled Arabica cucumber and emping crackers. The hot salsa sauce at "Cafe Emerald" is made from tomatoes, coriander leaves, large green chilies, onions, garlic and vinegar. According to Tobing (2021), the Mandi Rice dish is served using a large tray to be eaten by 2 to 4 people and is usually eaten with bare hands. But usually restaurants also provide plates, spoons and forks for customers who don't like to eat with their bare hands. Mandi Rice is also served with pickled cucumber and tomato puree sauce. Furthermore, according to Al-Saigh (2022).

Traditionally Mandi Rice is served with a spicy salsa sauce made from tomatoes, coriander leaves, large green chilies, onions, garlic and vinegar. Based on the explanation above, it can be seen that in terms of serving the Mandi Rice dish at the "Cafe Zamrud" Restaurant, it is similar to the serving of Authentic Mandi Rice.

3.5. Authentication of Middle Eastern Typical Mandi Rice at "Cafe Zamrud" Restaurant

Based on the results of the discussion on the research findings, there is a very significant difference between the Mandi Rice dish made by the restaurant "Cafe Zamrud" and the authentic Mandi Rice version in the aspects of spices, processing tools and the processing process. There are also slight differences in terms of the main ingredients of the meat and the spices used. Based on this, the authors refer to the opinion of Assiouras et al (2015) which says that Authentication refers to the Greek authentikos which means trustworthy or can be trusted. This word refers to the description of anything that is genuine, real, true, or marked by honesty and simplicity.

The word authentic can also refer to tradition. Next is the theory that discusses authentic dishes. Furthermore, according to Strohl (2019) Authentic dishes are a category in which the focus is determined by whether the ingredients used come from a special region, or whether the processing of the dish is carried out using traditional methods commonly used in the region of origin. The use of the same ingredients or the same processing method results in a replica of the dish as in the area of origin. If there is a restaurant that says that they provide authentic dishes typical of a country, then the use of ingredients, cooking utensils to the processing and presentation must be in accordance with the traditions of the country of

origin. If there is a change in these aspects, it will become a new dish with its own standard of authentication. Furthermore, according to Weiss (2011), the true definition of authentication is not from the food, but from the place, many things taste better if they are taken directly from the source. Based on the results of the discussion of the research findings above, it can be seen that the version of the Mandi Rice dish at the “Cafe Zamrud” restaurant is not an authentic Mandi Rice dish.

The tools used for processing Mandi Rice dishes at the “Cafe Zamrud” restaurant are different from those for preparing Mandi Rice Authentic. “Cafe Zamrud” does not use a tandoor/tanoor oven and a level grill rack which is an authentic tool for processing Mandi Rice. The processing of Mandi Rice dishes at the restaurant “Cafe Zamrud” uses the method of processing rice by boiling it using an ordinary cauldron. For the meat, it is boiled using gidir besas. Unlike the authentic version of Mandi Rice where the processing process uses the slow cook method in a tandoor/tanoor oven which is buried in the ground. For the meat, only cumin powder, salt and seasoning are given. This is of course very different from the processing of authentic Mandi Rice dishes. In the process of processing Mandi Rice at the restaurant “Cafe Zamrud” evaporated milk and powdered milk are also added which are not in accordance with the processing version of authentic Mandi Rice.

The aspect of serving Mandi Rice dishes at the “Cafe Zamrud” restaurant is stated to be in accordance with the aspects of serving authentic Mandi Rice dishes. One portion of Mandi Rice made by the restaurant “Cafe Zamrud” can be enjoyed by up to two people and is also complemented by a spicy salsa sauce and pickled Arabic cucumbers which are in accordance with the aspect of serving authentic Mandi Rice.

4. CONCLUSION

Based on the results of the research and discussion as well as the research findings described in chapter four, the conclusion is that the Mandi Rice dish at the restaurant “Cafe Zamrud” is not an authentic Mandi Rice dish because there are several aspects that are not in accordance with the rules regarding Nasi Dish Authentic bath, namely as follows. The use of the main ingredients of meat, rice, herbs and spices used in the processing of Mandi Rice dishes at the “Cafe Zamrud” restaurant was declared not in accordance with the principles of authentic Mandi Rice. The first difference is in the aspect of the meat used, there is a variant of beef, which in the authentic version does not use beef. Then from the aspect of the spices used, there is the addition of coriander leaves, different from the authentic Mandi Rice seasoning version. Furthermore, there is a difference in the spice aspect where the Mandi Rice restaurant “Cafe Zamrud” uses whole cinnamon and dried cardamom, while the authentic Mandi Rice uses cinnamon powder and powdered cardamom. Furthermore, there are also the addition of Asian spices such as powdered star anise, nutmeg and kelabet. powder which is not included in the hawajj spice composition which is the hallmark of authentic Mandi Rice. Finally, there is the addition of an aromatic spice, namely dried kaffir lime, in contrast to the aromatic spices in authentic Mandi Rice which uses bayleaf.

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