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Preservation Of Traditional Food Jagung Bose As A Gastronomic Tourism Attraction In Timor Island, East Nusa Tenggara

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ABSTRACT

Jagung (Corn) bose is one of the most distinctive traditional foods on Timor Island, East Nusa Tenggara Province. This food is made from corn, which is the daily staple food for the people of East Nusa Tenggara. Corn is one of the staple commodities that replace rice in this province. Currently, traditional food has not been used as a featured food as a gastronomic tourism attraction that can be enjoyed by tourists. This research also aims to preserve and introduce to the wider community the potential as a gastronomic tourist attraction. The method used in this research is descriptive qualitative research method. The result of the research is the acquisition of gastronomic components as tourist attractions. Then it is necessary to comprehensively promote the distinctiveness of jagung bose as a superior traditional food from the East Nusa Tenggara region. The effort was made to the community, domestic tourists, and foreign tourists. To the local community, educational efforts need to be made to make traditional jagung bose so that it can be passed down to the next generation.

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1. INTRODUCTION

Indonesia is a country rich in natural resources. It encompasses diverse culture and traditional cuisine from its various regions. Each region has its own culinary diversity which cannot be separated from the local cultural ecosystem, so it has its own value and meaning for its people. However, as time goes by, the overall food culture in various regions in Indonesia is no longer fully understood. Even though many types of traditional food still exist today, culinary knowledge is usually only passed down from generation to generation in various regions (Rasyid HN, 2004).

Traditional cuisine refers to processed foods that are typical of a region. In Indonesia, the taste of processed food varies according to region and province. The diversity of local Indonesian products cannot be separated from the diversity of tribes and cultures that exist in Indonesia. The characteristics of regional cuisine should also reflect the characteristics of the local community. In Indonesia, traditional food is an important part of people's lives, both in its contribution to nutritional intake and its role as part of ethnic culture that should be preserved (Gasong LS, 2019). Indonesia is a country with high biodiversity and is rich in traditional animal and vegetable foods.

East Nusa Tenggara Province is one of the provinces in the Republic of Indonesia which is no less rich in various kinds of traditional culinary delights. One of the traditional culinary delights in East Nusa Tenggara, especially Timor Island, is jagung bose. Jagung bose is one of the most typical culinary delights on the island of Timor which is made from corn. This culinary specialty is not the only culinary specialty in East Nusa Tenggara, but there are many other culinary specialties. For the people of East Nusa Tenggara, this typical food has become a daily staple food, so it is no longer foreign to the wider community because corn is one of the staple commodities as a substitute for rice in the East Nusa Tenggara area. The main problem that arises is that in the province of East Nusa Tenggara, almost all tourist destinations do not provide traditional food as one of the attractions in that destination, so it is very difficult for local and foreign tourists to find out what traditional food is available in the area.

2. LITERATUR REVIEW

2.1. Gastronomy

According to the Great Indonesian Dictionary (KBBI, 2023), gastronomy means the art of preparing delicious food. However, gastronomy is often understood as a science related to art, philosophy, social culture and food anthropology. Indonesian cuisine continues to develop. As we all know, gastronomy is closely related to presenting attractive food, including the stories behind the production process (Putra MK, 2021).

Gastronomy is a form of assessment of the entire food appreciation process related to preparation, presentation, ethics and origin of food and food serving. In the world of gastronomic tourism, gastronomic tourism is very important and influential for tourists who want to experience different travel experiences and typical culinary delights from the destinations they visit (Indonesia ML, 2023; Turgarini D & Sari HPR, 2016).

Gastronomic tourism includes many activities when undertaken, such as: providing live cooking lessons and demonstrations, providing recipes for delicious food and drinks, and guiding the tourists through the process of selling food and drinks (Dhajni AR, 2023). The following elements must be met: The number of units produced. Thus, economic recovery through the catering industry can achieve the expected goals. There are also several previous studies related to gastronomic tourism, including research (Turgarini D & Sari HPR, 2016) which outlines several concepts related to gastronomic tourism, namely the gastronomic

component which consists of philosophy, history, tradition and social, cooking, culinary raw Materials, tasting, serving, studying, researching and writing about food, looking for unique food experiences, nutrition knowledge, ethics and etiquette. Furthermore, there is also a gastronomic tourism destination development component, which consists of tourist attractions, accommodation, tourist facilities and services, transportation, infrastructure

providing cooking lessons to tourists as well as food festivals, routes and trails, are also part of gastronomy. Meanwhile (Long, 2004), stated that culinary tourism is a term that was first put forward in 1998 which refers to the concept that tourists can get to know other cultures through food. By eating, preparing and serving food, tourists can actively build their own unique experiences.

2.2. Gastronomic Tourism

Gastronomic tourism is a trip to an area related to food as a reaction goal. So gastronomic tourism places more emphasis on the philosophy behind food and drinks. United Nations World Tourism Organization (UNWTO). Gastronomic tourism is another way to enjoy tourist attractions while also preserving culture through cultural preservation efforts in the field of food and drink or what is usually called culinary tourism (Ningrum LD, 2018).

2.3. Tourist Attractions

A tourist attraction is an attraction that has its own value and is able to attract tourists to visit tourist destinations. According to the World Tourism Organization (UNWTO) tourist attractions are activities, objects or activities carried out by people who travel to a place. In the Great Indonesian Dictionary (KBBI, 2023), the meaning of tourist attractions is art, culture, historical heritage, traditions, natural wealth, or holidays for tourists in tourist destination areas.

Yoeti (2002) described attractions or tourist attractions are anything that can attract tourists to visit a tourist destination, such as: natural attractions (landscape, sea views, beaches, climate and other geographical features of the destination), cultural attractions (history and folklore, religion, arts and special events, festivals), social attractions (way of life, population, language, opportunities for social gatherings), and building attractions (buildings, historic and modern architecture, monuments, parks, gardens, marinas).

2.4. Preservation

The definition of preservation in Law Number 11 of 2010 is a dynamic effort to maintain the existence of cultural heritage and its value by protecting, developing and utilizing it (Hasan MA, 2022). The Great Indonesian Dictionary states that conservation (pelestarian) comes from the word Lestari, which means to remain forever, not change. In broad terms, conservation has the definition of preservation, an effort that is grounded and basic. This is also called supporting factors, both from within and from outside the thing being preserved. A.W. Widjaja in 1986, stated that conservation is a particular activity that reflects the existence of something that is precise and eternal, dynamic, flexible and selective.

3. METHODS

This research uses descriptive qualitative data analysis. Research with a qualitative approach places greater emphasis on the process of deductive and inductive conclusions as well as on the analysis of the dynamics of relationships between observed phenomena, using scientific logic. This does not mean not using statistical or quantitative data at all, but the emphasis is not on testing hypotheses but rather on efforts to answer research questions through normal ways of thinking and through distributing questionnaires.

Qualitative descriptive research method is a method used by researchers to discover knowledge or theories regarding research at a certain time. The method applied in this research is a qualitative descriptive method (Mukhtar, 2013). Through this method the author tries to reveal strategies for preserving the traditional food jagung bose and introduce the wider community to the preservation of the traditional food jagung bose as a gastronomic tourism attraction on Timor Island, East Nusa Tenggara.

Data collection in this research is by distributing questionnaires and observations related to the data that will be needed. So, from the results of data collection, the next step is processing the research data and distributing the questionnaire, reducing it through the data processing process, and interpreting the results from distributing the questionnaire (Azwar S, 2014). From all the results of the interviews through distributing the questionnaire above, it boils down to the title "Preserving the Traditional Food of Jagung Bose as a Tourism Gastronomy on Timor Island, East Nusa Tenggara" which is used to achieve the research objective, namely to preserve and introduce to the wider community the preservation of the traditional food of jagung bose as a gastronomic tourism on Timor Island, East Nusa Tenggara.

4. RESULTS AND DISCUSSION

4.1. Characteristics of Respondent Data

Based on research obtained and the results of data collection using questionnaires and in-depth interviews with 100 respondents. The profile of respondents in the research is as follows:

a. Characteristics of Respondent Data Based on Gender

The characteristics of respondents based on gender can be seen in the diagram below:

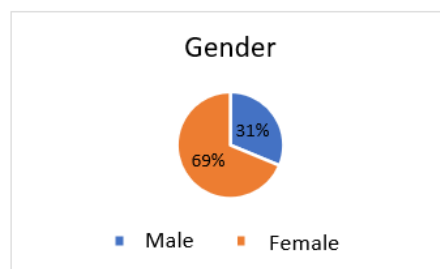


Figure 1. Diagram of Respondent Characteristics Based on Gender

Source: processed data, 2024

Based on Figure 1, it can be seen that 25 respondents were male (31%) while 55 respondents were female (69%).

b. Characteristics of Respondent Data Based on Age

The characteristics of respondents based on age can be seen in the diagram below:

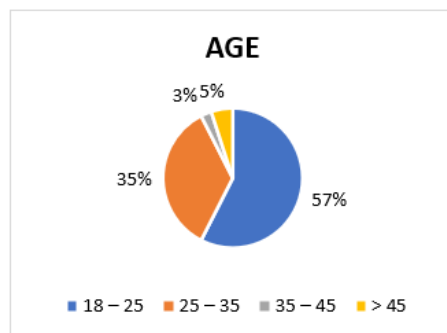


Figure 2. Characteristic Based on Age

Source: processed data, 2024

Based on the diagram in Figure 2 above, it shows that respondents aged 18 - 25 years were 46 people (57%), respondents aged 25 - 35 years were 28 people (35%), respondents aged 35 - 45 years were 4 people (5%), and responses aged > 45 years amounted to 2 people (3%).

c. Characteristics of Respondent Data Based on Occupation

Response characteristics based on work can be seen in the diagram below:

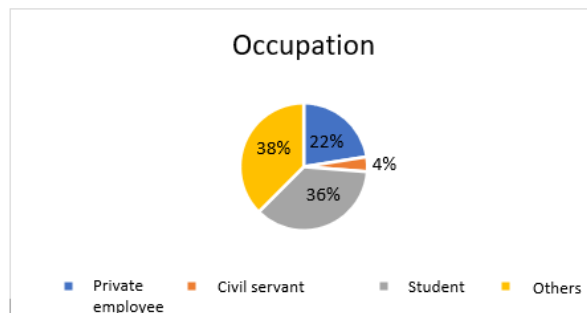


Figure 3. Characteristics of Respondents Based on Occupation

Source: processed data, 2024

Based Figure 3 above, it can be seen that the characteristics of respondents who work in the private sector are 18 people (22%), respondents who work as civil servants are 3 people (4%), respondents who work as students are 29 people (36%), and other jobs as many as 30 people (36%).

d. Residence

Response characteristics based on data residence are seen in the diagram below:

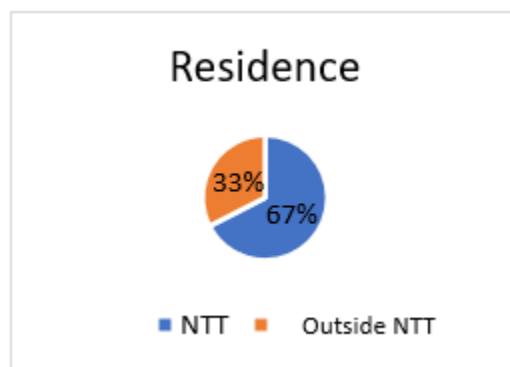


Figure 4. Characteristics of Respondents Based on Place of Residence

Source: processed data, 2024

Based on diagram 4.4 above, it can be seen that the number of respondents from East Nusa Tenggara was 54 people (67%), while the number of respondents from outside East Nusa Tenggara was 26 people (33%)

4.2. Gastronomic Component Analysis of Jagung Bose

a. History of Traditional Food

[Kasijanto K & Sihotang VBL \(2018\)](#) explained that the people of East Nusa Tenggara were familiar with corn during the Oenam Kingdom (Liurai Sonbai). This is known from the existence of folklore in society. Sonabi, who according to the story came from South Belu, ordered to make a large garden in Tabun Panmuti. To make this garden, Sonbai was forced to chop up his younger sister, Bi Lafu Sonbai. Once the land was available, Wainya's younger brother's flesh and bones were scattered on the ground. So that from the meat and bones that were scattered on the ground several crops grew, one of which was corn. From this garden, Sonbai

then distributed corn seeds to the community and since then East Nusa Tenggara has been able to produce corn in large quantities. The condition of East Nusa Tenggara is known to be dry due to very low rainfall, which has made the province of East Nusa Tenggara successful with agricultural products in the form of corn, in fact corn has been the staple food of the people of East Nusa Tenggara since ancient times.

Bose corn is one of the typical foods of the people of Timor Island, but almost all NTT people are used to consuming this dish, although not every day like before (NTT MK, 2021). Jagung bose, which is made from corn, is not the only specialty of East Nusa Tenggara Province. However, there are many other culinary delights. For the people of East Nusa Tenggara, this typical food has become an everyday ingredient, so it is very familiar. Because corn is one of the staple commodities as a substitute for rice in East Nusa Tenggara. However, bose corn is rarely sold in restaurants in East Nusa Tenggara. This dish is often served at traditional parties or people's parties. However, because it is a staple menu, bose corn is still often cooked by local residents.

Obtaining the basic ingredients for making jagung bose is quite easy in East Nusa Tenggara Province, especially Timor Island, which is known as an area with low rainfall and is geographically dry, this climate suitable for the growth of corn, which is the staple food of the people of Timor Island. Dried corn is the main ingredient in making jagung bose, which is obtained from the plantations of local residents which are grown by the people there as their main food.

b. Culinary (recipe, how to make, and equipment)

The following are the ingredients needed to make jagung bose, which have been tested as follows:

Table 1. Recipe Table, Equipment and How to Make

Recipe	Equipment	How to Make
<ul style="list-style-type: none"> - 400 grams of white corn and 400 grams of yellow corn - 100 grams of rice beans - 59 grams of peanuts - 500 grams of coconut milk - Salt to taste - 1000 ml of water 	<p>The tools used in making jagung bose are , mortar, container, pan, soup spoon</p>	<ul style="list-style-type: none"> - Dry corn is soaked for 1 day and 1 night, then the next day the soaked corn is softened by pounding it using a mortar. - After the corn is pounded, the corn is sifted so that the skin is separated from the corn kernels and the jagung bose is ready to be cooked. - Prepare all the ingredients that will be needed in making jagung bose, such as corn that has been pounded using a mortar, peanuts, rice beans, coconut milk and water according to the requirements for cooking jagung bose - After that, the prepared ingredients are washed until clean. - Pound corn and peanuts into a pan filled with 1000 ml of water. - After the water has reduced for the second time, try tasting the corn. If you feel it is soft enough and no longer hard when chewed, then you can add the coconut milk and cook again until it boils. - After the coconut milk starts to reduce, immediately add the salt and seasoning and cook for approximately 15 more minutes. - After 15 minutes, you need to check the taste. If you feel it is right, you can immediately remove

Recipe	Equipment	How to Make
		<p>the cooked jagung bose from the stove, and it is ready to be served.</p> <p>- Jagung bose is generally eaten together with typical chili sauce from East Nusa Tenggara, namely sambal luat and also Se'i Sapi typical of East Nusa Tenggara.</p>

Source: processed by the Author (2024); Bose RM, 2021

c. Raw Material

The raw materials for making jagung bose corn, such as corn, coconut, and nuts, are sourced from the community's own gardens because corn is a staple food in East Nusa Tenggara, making it easy to obtain. Another way to obtain jagung bose is by buying the raw material at traditional markets in the East Nusa Tenggara area.

d. How to Taste

Tasting jagung bose is very easy. First, cook the prepared ingredients, then continue cooking until done. Once cooked, jagung bose is ready to be tasted. It is best enjoyed with Sambal or Se'l Beef which is also a specialty of East Nusa Tenggara.

e. How to Present

This traditional way of serving food uses a bowl, and is enjoyed as a regular, everyday meal. This dish is suitable for consumption during the day because jagung bose contains coconut milk, making it unsuitable for consumption in the morning or evening.

f. Educational Value

The educational value in the traditional jagung bose passed down from generation to generation in families makes it an interesting, easy, and delicious attraction for tourists during tourism activities. This dish is a food that only exists in East Nusa Tenggara Province so it needs preservation now and in the future.

g. Nutrient Content

Jagung bose is not only consumed, as is, but it also offers numerous health benefits for the human body. According to research conducted by Satya Wacana Christian University and the East Nusa Tenggara Provincial Food Health Service, the nutritional content of jagung bose is revealed, namely carbohydrates (29.27 grams), protein (5.79 grams), fat (4.97%). There are benefits of jagung bose for health, namely:

- It is good for diabetes sufferers, because the sugar content in jagung bose is low, making it safe for regular consumption by diabetics.
- It helps maintain bone density, because jagung bose can be used as food to maintain bones and teeth. Jagung bose can be a source of calcium for people who have difficulty digesting milk or have lactose intolerance.
- It facilitates the digestive tract, because it contains fiber which can improve digestion. The fiber in jagung bose takes longer to digest and makes the digestive tract more active to prevent constipation.

h. Experiences for Tourists

Activities that can become tourist attractions and provide unforgettable experiences for tourists include enjoying this unique, authentic, and delicious traditional food. This makes tourists who have just tried this food have the desire to visit East Nusa Tenggara again. Apart from that, tourists get new experiences related to tasting traditional food, and provide an unforgettable experience with significant health benefits (Suntikul W, 2019).

i. Ethics and Etiquette

The general rules for consuming the traditional jagung bose are the same as for any food: enjoy it without making noise and pray before eating.

4.3. Efforts to Preserve the Traditional Food Jagung Bose on Timor Island, East Nusa Tenggara Province

Traditional food is food that has been passed down and has become a culture in the local community, as do traditional games and songs (Prasetyo HB, 2019; Krisnadi AR, 2018). Traditional food is also a form of cultural diversity that must be preserved for both current and future generations. Based on interviews with Nona Helix stakeholders, various efforts were obtained to make the traditional jagung bose more well known and in demand, namely as follows:

- a. The East Timorese on Timor Island need to consume and preserve jagung bose as their traditional c Promote ulinary icon.
- b. Promote jagung bose as a traditional dish popular with local and foreign tourists, by highlighting the unique aspects of East Nusa Tenggara region
- c. Introduce the traditional jagung bose as something that must be learned in the family so that it can be passed down to the next generation. The younger generation needs to be given the knowledge to make this traditional food so that one day future generations will not forget how to prepare this food to prevent it from becoming extinct.
- d. Introduce traditional foods to the wider community, both local and foreign tourists, so that people through various events and digital platforms can provide information about the traditional food, jagung bose as a must-try food in East Nusa Tenggara.

5. CONCLUSION

Based on research on the preservation of traditional food jagung bose as a gastronomic tourism attraction on Timor Island, East Nusa Tenggara Province, jagung bose has a gastronomic component where there is historical value, a unique way of making it, has health benefits, the use of local raw materials, tasting method, an interesting way of serving, has ethics and etiquette, and provides an experience that tourists can get in the food. To preserve it, it should be maintained as a traditional food in society, as well as introduce it to the wider community, including local and foreign tourists. Various events and programs have made jagung bose a tourist attraction. This traditional food must continue to be developed as a regional specialty to ensure it remains for future generations.

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