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## Identification of Pindang Cuisine as A Regional Identity (Culinary Gastronomy) of The City District of South Sumatra Province

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### ABSTRACT

Pindang is among the most renowned traditional dishes of South Sumatra and has become an identity alongside pempek. Pindang in South Sumatra is characterized by its gravy and sour, sweet, and salty flavors. Pindang varies in its prompting identification to examine the characteristics of pindang from each regency and city in South Sumatra Province. The research was conducted qualitatively with a phenomenological design with data collected through observation and interviews with residents or restaurants in each region, as well as documentation on the pindang served. Based on observations and interviews, it was found that cooking methods and additional ingredients in pindang in regencies districts and cities are different. Pindang in regencies and cities in South Sumatra has a clear yellow to dark reddish-brown color. The northern part of Palembang features a pindang sauce that is brownish yellow and clear, the western part of Palembang city has a reddish brown and thick pindang sauce, and the southern part of Palembang city has a thick yellow to clear sauce..

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## 1. INTRODUCTION

Each region of Indonesia has a variety of culinary that characterizes or identifies a region. The culinary is closely related to an area and the recipes are passed down from generation to generation until they become part of the tradition (Waryono, 2021). This process is commonly referred to as culinary gastronomy. One such culinary is Pindang, or commonly referred to as Pindang Palembang.

Pindang is one of the dishes that characterize the province of South Sumatra (South Sumatra) alongside pempek. Pindang is known for its distinctive flavor. Pindang is generally made from fish and spices such as shallots, chili, turmeric, galangal, lemongrass leaves, and tamarind. Pindang in South Sumatra differs from the pindang in other regions. Pindang in this area is soupy and has a sour, sweet and salty taste (Pratama, 2021).

The existence of pindang in South Sumatra began with simple processing due to the high activity of the people of South Sumatra. The high level of community activity encourages people to cook practically. On the other hand, South Sumatra also has many rivers, including the Musi River and its tributaries. Plus, South Sumatra is a swampy area that provides abundant fish. The types of fish used are catfish, gabus, toman, nila, gurame and other river fish (Noer NIR. et al, 2022; Hidayat R et al, 2020). Pindang fish found should be suitable for consumption based on the results of physical, chemical, and biological tests on SNI standard (Setyowati E & Agustin HY, 2022; Pandit, IGS et al 2024; Pandit, IGS, 2023). Some other types of fillings that can be used include meat, bones, chicken, shrimp and eggs (Hanadya & Sari, 2021).

Pindang is generally consumed with white rice, chili sauce and fresh vegetables both during the day and at night. Pindang is a side dish in the household and can now be found in various Pindang restaurants in South Sumatra. Some of them are Pindang Oemak, Pindang Musi Rawas, Riverside Restaurant, Sri Melayu, Pindang Mang Iwan, Simpang Bandara, RM Putri Tunggal, Pondok Makan Dua Sepakat, RM 5 Saudara, Rumah Rama, Pondok Lesehan Kupik Randik, RM Anggelen II Pindang Bambu, Pindang Rupit Syifa and others.

These restaurants are spread across various regencies and cities in South Sumatra (Rusdiana NDA et al, 2024; Gabriela, L & Junianto, 2024). Along with this, pindang sauce is also found to have a variety of sauces, namely red, yellow and brown. Based on this phenomenon, it is necessary to identify variations in various types of pindang from each regency and city in South Sumatra Province. Therefore, the problem formulation in this study is to determine the characteristics of pindang from each regency and city in South Sumatra Province.

## 2. LITERATUR REVIEW

### 2.1. Pindang

Pindang is a type of culinary dish that has the potential to attract tourists to visit Palembang city. Pindang is a processed fish made by combining the methods of boiling, cooking and salting (Alam, Porwani, & Hanadya, 2023).

In Palembang, almost all restaurants serve pindang. One of the favorite types of fish is pindang patin (Alimin, 2018). Pindang patin is made by cooking patin fish in a flavorful broth made from a variety of herbs and spices including turmeric, ginger, galangal, lemongrass, shallots, garlic and others. The following are the steps in making pindang patin according to Aisyah & Nurhayani (2023):

- a. The catfish is cut into several pieces and then washed thoroughly.

- b. Bring water in a pot to a boil
- c. Add the pre-sautéed seasoning to the boiling water.
- d. Add salt and sugar, followed by star fruit, cayenne pepper, tomato, and pineapple
- e. Insert basil and green onion leaves.
- f. Cook until the aroma is fragrant.

Pratama (2021) added that pindang is one of Southern Sumatra's specialties, made of freshwater fish and traditional spices. Pindang in Southern Sumatra varies in each region including:

- a. Pindang Pegagan is characterized by a yellowish-red color resulting from the use of turmeric and chili, with a sour, mildly spicy taste, and a non-oily texture.
- b. Pindang Meranjat is characterized by being very spicy compared to pindang in other regions
- c. Pindang Musi Rawas is characterized by its sour taste and clear soup.
- d. Pindang Palembang is characterized by a strong flavor of spices and is not too spicy.
- e. Pindang Sekayu is characterized by a mild flavor, slightly dark in color and slightly sweet in taste, watery and slightly oily.

## 2.2. Regional Identity

Regional identity is composed of two components: identity and region. Identity means special characteristics or conditions, while region or refers to a specific area. When combined, regional identity is a characteristic or special state of a region or area. Kamil (2017) added that regional identity must have elements of uniqueness that will characterize the region.

One example that can be a regional identity is culinary. Culinary not only fulfills biological needs, but also plays an important role in enhancing tourist appeal, increasing visitor numbers, enriching the tourist experience, strengthening regional identity, and stimulating growth in other sectors (Sari, 2017).

Some examples of culinary that have become regional identities include rendang, pempek, gudeg, coto Makassar, bika Ambon, gonggong and others. Generally, culinary that has a function as a regional identity is a regional specialty or local food. Saputra et al (2021) explain that typical culinary is a culinary that is old and difficult to find in other regions. Apart from taste, shape and not everyone can make it so that the taste is different.

## 3. METHODS





The method used in this research is qualitative with phenomenological design. This method was chosen because the problem is quite complex, dynamic, and full of meaning. This research describes the condition or one/more information about pindang in the cities and regencies of South Sumatra province.





Data were collected using participatory observation techniques by looking at the pindang culinary served in each region, in-depth interviews with natives or pindang restaurants in each region, and documentation (triangulation) by taking photos of the pindang served. The triangulation technique is the collection of information using different data collection techniques to obtain data from the same source. in the form of transcripts of interview results, field notes, documents or visual materials such as photos, videos and materials from the internet and other documents related to the object under study.

The data that has been collected is then analyzed using the Miles and Huberman model. Miles and Huberman's analysis is carried out interactively continuously until it is complete so that the data is saturated. Some of the steps taken are reduction, display, conclusion or verification.



4. RESULTS AND DISCUSSION




Table 1. Description, Seasonings, Cooking Methods and Characteristics of Pindang from regencies and Cities in South Sumatra province

City/Regency	Pindang Photo	Description	Seasoning	Cooking method	Distinctive features
Banyuasin		Pindang with oily yellow gravy	<ul style="list-style-type: none"> <li>• Red and cayenne pepper</li> <li>• Lemongrass</li> <li>• Galangal</li> <li>• Turmeric</li> <li>• Red and white onion</li> <li>• Tamarind water</li> </ul>	<ul style="list-style-type: none"> <li>• Fine blender seasoning</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Umbut smooth,</li> <li>• Yellow eggplant</li> <li>• Cassava</li> <li>• Turmeric leaf</li> </ul>
Musi Banyuasin		Pindang with clear brownish yellow gravy	<ul style="list-style-type: none"> <li>• Red chili peppers</li> <li>• Lemongrass</li> <li>• Galangal</li> <li>• Turmeric</li> <li>• Shallots</li> </ul>	<ul style="list-style-type: none"> <li>• Smashed seasoning</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Brown sugar</li> <li>• Terasi</li> </ul>
Musi Rawas		Pindang with clear brown gravy	<ul style="list-style-type: none"> <li>• Red chili peppers</li> <li>• Lemongrass</li> <li>• Galangal</li> <li>• Turmeric</li> <li>• Ginger</li> <li>• Red and white onion</li> </ul>	<ul style="list-style-type: none"> <li>• Chopped spices</li> <li>• Sautening</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Bay leaf</li> <li>• Soy sauce</li> </ul>
Musi Rawas Utara		Pindang with oily brown gravy	<ul style="list-style-type: none"> <li>• Red chili peppers</li> <li>• Lemongrass</li> <li>• Galangal</li> <li>• Turmeric</li> <li>• Red and white onion</li> </ul>	<ul style="list-style-type: none"> <li>• Smashed Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Tomatoes</li> <li>• Bay leaf</li> <li>• Soy sauce</li> </ul>
Lubuk Linggau		Pindang with deep yellow and oily gravy	<ul style="list-style-type: none"> <li>• Red and cayenne pepper</li> <li>• Lemongrass</li> <li>• Galangal</li> <li>• Turmeric</li> <li>• Red and white onion</li> <li>• Tamarind</li> </ul>	<ul style="list-style-type: none"> <li>• Ground spices</li> <li>• Sautening</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Terasi</li> <li>• Brown sugar</li> </ul>

City/Regency	Pindang Photo	Description	Seasoning	Cooking method	Distinctive features
			<ul style="list-style-type: none"> <li>water</li> <li>• Pineapple</li> </ul>		
Ogan Ilir		<p>Pindang with deep reddish brown gravy</p> <p>deep reddish brown</p>	<ul style="list-style-type: none"> <li>• Red and cayenne pepper</li> <li>• Lemongrass</li> <li>• Galangal</li> <li>• Turmeric</li> <li>• Red and white onion</li> <li>• Tamarin water</li> </ul>	<ul style="list-style-type: none"> <li>• Smashed Boiling</li> </ul>	<p>Addition:</p> <ul style="list-style-type: none"> <li>• Terasi</li> <li>• Basil Leaves</li> <li>• Ranti tomato</li> <li>• Leeks</li> </ul>
Prabumulih		<p>Pindang with yellowish brown clear gravy</p> <p>yellow brown clear</p>	<ul style="list-style-type: none"> <li>• Red and cayenne pepper</li> <li>• Lemongrass</li> <li>• Galangal</li> <li>• Red and white onion</li> <li>• Pineapple</li> <li>• Tamarind water</li> </ul>	<ul style="list-style-type: none"> <li>• Smashed seasoning</li> <li>• Boiling</li> </ul>	<p>Addition:</p> <ul style="list-style-type: none"> <li>• Terasi</li> <li>• Basil Leaves</li> <li>• Leeks</li> </ul>
Muara Enim		<p>Pindang with intense reddish yellow gravy</p>	<ul style="list-style-type: none"> <li>• Red and cayenne pepper</li> <li>• Galangal</li> <li>• Turmeric</li> <li>• Lemongrass</li> <li>• Red and white onion</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Ground spices</li> <li>• Marination</li> <li>• Steaming</li> <li>• Boiling</li> </ul>	<p>Addition:</p> <ul style="list-style-type: none"> <li>• Tomatoes</li> <li>• Terasi</li> <li>• Basil leaves</li> <li>• Leeks</li> <li>• Vinegar meal</li> </ul>
Lahat		<p>Pindang with intense yellow gravy</p> <p>intense yellow</p>	<ul style="list-style-type: none"> <li>• Red and cayenne pepper</li> <li>• Lemongrass</li> <li>• Galangal</li> <li>• Turmeric</li> <li>• Shallots</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Ground spices</li> <li>• Boiling</li> </ul>	<p>Addition:</p> <ul style="list-style-type: none"> <li>• Fried onion</li> <li>• Terasi</li> <li>• Bay leaf,</li> <li>• Basil,</li> <li>• Ginger</li> </ul>



City/Regency	Pindang Photo	Description	Seasoning	Cooking method	Distinctive features
Penukal Abab Lematang Ilir		Pindang with reddish yellow brown gravy	<ul style="list-style-type: none"> <li>• Red and cayenne pepper</li> <li>• Lemongrass</li> <li>• Shallots</li> <li>• Pineapple</li> <li>• Tamarind water</li> </ul>	<ul style="list-style-type: none"> <li>• Ground spices</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Terasi</li> <li>• Basil leaves</li> <li>• Leeks</li> <li>• Sugarred shell</li> </ul>
Pagaralam		Pindang with reddish to yellowish brown gravy	<ul style="list-style-type: none"> <li>• Red chili peppers</li> <li>• Lemongrass</li> <li>• Galangal</li> <li>• Turmeric</li> <li>• Ginger</li> <li>• Red and white onion</li> <li>• Pineapple</li> <li>• Tamarind water</li> </ul>	<ul style="list-style-type: none"> <li>• Minced spices</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Tomatoes</li> <li>• Leeks</li> <li>• Bay leaf</li> <li>• Terasi</li> <li>• Brown sugar</li> <li>• Basil leaves</li> </ul>
Empat Lawang		Pindang with brown gravy	<ul style="list-style-type: none"> <li>• Bird and cayenne pepper</li> <li>• Lemongrass</li> <li>• Tamarind water</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Seasoning finely ground</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Soy sauce,</li> <li>• Brown sugar,</li> <li>• Terasi and</li> <li>• Basil</li> <li>• Tomatoes</li> <li>• Brown sugar</li> </ul>
Ogan Komering Ilir		Pindang with brown gravy	<ul style="list-style-type: none"> <li>• Red and cayenne pepper</li> <li>• Lemongrass</li> <li>• Galangal</li> <li>• Turmeric</li> <li>• Shallots</li> <li>• Tamarind water</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Ground spices</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Basil leaves</li> <li>• Tomatoes</li> <li>• Leeks</li> </ul>
Ogan KomeringUlu		Pindang with intense yellow and viscous gravy	<ul style="list-style-type: none"> <li>• Red chili peppers</li> <li>• Lemongrass</li> <li>• Turmeric</li> <li>• Red and white onion</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Ground spices</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Basil leaves</li> <li>• Tempoyak</li> </ul>

City/Regency	Pindang Photo	Description	Seasoning	Cooking method	Distinctive features
Ogan Komerling Ulu Selatan		Pindang with reddish clear yellow gravy	<ul style="list-style-type: none"> <li>• Red chili peppers</li> <li>• Lemongrass</li> <li>• Turmeric</li> <li>• Red and white onion</li> <li>• Pineapple</li> <li>• Tamarind water</li> </ul>	<ul style="list-style-type: none"> <li>• Ground spices</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Ranti tomato</li> <li>• Leeks</li> <li>• Basil leaves</li> </ul>
Ogan Komerling Ulu Timur		Pindang with clear yellow gravy	Red chili peppers Lemongrass Turmeric Galangal Ginger Red and white onion Tamarind water	<ul style="list-style-type: none"> <li>• Ground spices</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Ranti tomato</li> <li>• Basil leaves</li> </ul>
Palembang		Pindang with brown gravy	Red and cayenne pepper Lemongrass Turmeric Galangal Shallots Tamarind water	<ul style="list-style-type: none"> <li>• Ground spices</li> <li>• Boiling</li> </ul>	Addition: <ul style="list-style-type: none"> <li>• Leeks</li> <li>• Bay leaf</li> <li>• Tomatoes</li> <li>• Basil leaves</li> </ul>

The regencies located in the southern part of Palembang city such as Ogan Komerling Ulu, East Ogan Komerling Ulu and South Ogan Komerling Ulu have thick yellow to clear broth. This is influenced by the method of cooking pindang and the spices used. The basic ingredients in making pindang are red chili, shallots, garlic, turmeric, lemongrass, galangal and tamarind water. While other ingredients are additional or those that characterize a region. Some of these ingredients are tomatoes, pineapple, ranti tomatoes, basil leaves, spring onions, tempoyak, brown sugar and soy sauce.

In northern areas such as Musi Rawas and Musi Rawas Utara use soy sauce. Musi Banyuasin and Lubuk Linggau use brown sugar. Other areas that use brown sugar are the western areas of Palembang city such as PALI, Pagaralam and Empat Lawang. The use of aren palm in these areas is due to its abundant availability. Aren is one of the plantation crops that can adapt well to various agroclimates, ranging from lowlands to highlands. This plant thrives in the highlands of southern Sumatra (Novendra & Sidik, 2023). Sholeh, et al., (2019) added that the Talang tuo inscription tells that in ancient times the king of Sriwijaya built a Srikstra garden which contained useful plants such as palm trees, besides that the inhabitants of southern Sumatra were also ordered to plant this tree.

The regencies located in the northern part of Palembang city have a technique of processing pindang by chopping spices and boiling. While the western and southern regions use ground spices. Sjoekri (2017) explains that spices processed by chopping will produce a clear food sauce compared to spices that are mashed. Boiling is a cooking method that is the basic method in Pindang processing. Susanti et al (2021) stated that boiling is the basic method in Pindang processing.

Boiling is the processing of foodstuffs in a boiling liquid. Boiling technique can be done

on several food ingredients, namely fresh meat, preserved meat, eggs, pasta, vegetables and bones. The boiling technique requires requirements including that the liquid must be boiling, the boiling device is adjusted to the liquid and the amount of food to be processed, and the boiling device must be closed.

## 5. CONCLUSION

Based on the results and discussion, it can be concluded that each of the pindang in the regencies and cities in South Sumatra. varies based on the region.

- a. Banyuasin, Musi Banyuasin, Musi rawas, and northern Musi rawas regencies have brownish-yellow and clear soup because they use brown sugar/soy sauce, smashed or chopped spices.
- b. Ogan Ilir, Ogan Komering Ilir, Prabumulih, Muara Enim, Lahat, PALI, Pagaram and Empat lawang regencies have reddish-brown and thick soup. PALI, Pagaram and Empat lawang regencies use brown sugar and spices.
- c. Ogan Komering Ulu, East Ogan Komering Ulu and South Ogan Komering Ulu regencies have a thick yellow to clear soup. The only additional ingredients are ranti tomatoes and spring onions with finely chopped spices..

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