

Satay as a Culinary Heritage of Indonesian Gastronomy

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Abstract

Satay is Indonesia's gastronomic culinary heritage that needs to be preserved because it has excellent potential for tourism development. This aims to study the characteristics of satay and what is done to preserve satay as Indonesia's gastronomic culinary heritage. This research is qualitative descriptive. The data used are primary data obtained from direct interviews with 20 satay traders in Yogyakarta, ten chefs of 4-star hotels in Yogyakarta, and the Yogyakarta Special Region Tourism Office. Data collection techniques use interview, observation, and documentation techniques. Data analysis techniques in this study are reduction, presentation, data analysis, and conclusions. The results showed satay food as a culinary heritage of Indonesian gastronomy has a diversity of both types and flavors obtained from different ingredients, spices, and concoctions. Further development is needed to preserve satay so that it becomes culinary that is recognized as a world culinary heritage by publishing Indonesian satay reference books and web/blogs and actively promoting it as an Indonesian culinary destination at regional, national, and international levels. Increase the active role of the government and all stakeholders in Pentahelix in providing information and promotion to increase the popularity of satay as Indonesia's gastronomic culinary heritage.

Keywords: Satay, Gastronomy, Culinary heritage, Preserved

A. Introduction

Indonesian tourism is vibrant and diverse. Natural and cultural wealth is an essential component of tourism in Indonesia. The diversity of Indonesian tourism is spread in every province in Indonesia. Culinary tourism is very popular with tourists, especially domestic tourists. Culinary can be one of the reasons for tourists travel; this is known as culinary tourism. One of the foods tourists favor is Satay, with various types in every tourist destination. Satay traders can spend a thousand skewers or more days because of the many tourists who want to enjoy the Satay menu.

As a typical Indonesian food with its diversity, Satay has a flavor that comes from a different blend of spices from each tourist destination, and each producer has unique spices. Therefore, as one of Indonesia's gastronomic culinary heritage, Satay must be preserved. Furthermore, Satay has the characteristics of Indonesian cuisine, which is an integral part of Indonesian gastronomy. In this regard, it is necessary to investigate further the Satay with its diversity and taste. The research results can support the preservation of gastronomic culinary heritage foods and become an essential part of tourism development in Indonesia. In particular, there are three problems that researchers can examine to preserve Satay as a culinary heritage of Indonesian gastronomy, namely: (1) What influences the diversity of satay flavors in each region as well as the characteristics of Satay?; (2) What efforts have been made by the government in preserving Satay as a culinary heritage of Indonesian gastronomy?

Tourism is a travel activity carried out by a person or group of people by visiting certain places for recreational purposes, personal development, or studying the uniqueness of tourist attractions temporarily. Meanwhile, various kinds of tourism activities supported by different facilities and services provided by the community, business people, government, and local governments are called tourism.

According to Suwantoro (2019), tourism is a temporary departure from one or more persons to another place outside their residence. Therefore, the impetus for his departure was due to various economic, social, cultural, political, religious, health, or other interests, such as simply wanting to know, gain experience, or learn.

Based on data from the Central Statistics Agency (Badan Pusat Statistik), the eleven provinces most frequently visited by tourists are Bali, with more than 3.7 million, followed by DKI Jakarta, Special Region of Yogyakarta, East Java, West Java, North Sumatra, Lampung, South Sulawesi, South Sumatra, Banten, and West Sumatra (Priyambodo, 2011). Around 59% of tourists visit Indonesia for leisure, while 38% for business. Singapore and Malaysia have the highest recorded number of tourists coming to Indonesia from the ASEAN region. Meanwhile, from the Asian region (excluding ASEAN), Chinese tourists were first, followed

by Japan, South Korea, Taiwan, and India. The most significant number of immigrants from the European region came from the United Kingdom, followed by the Netherlands, Germany, and France. In addition to enjoying recreational attractions, tourists also visit to look for unique foods in the province.

According to Kruger (2014), Satay is thought to have come from the Tamil language, namely "Catai," which means meat. Several sources say Satay comes from the dialect of one of the tribes in China, Minann, namely 'sa tae bak,' which means 'three pieces of meat.' Satay first appeared in the 19th century. Initially, Indonesian people cooked Satay by boiling. However, after Muslim Tamil and Gujarat traders arrived in Indonesia and the introduction of grilled kebabs, Satay began to be cooked by burning. In addition, it is estimated that the way of cooking skewered Satay is also inspired by kebabs. Although Middle Eastern traders inspired this cooking method, Satay is still a typical Indonesian cuisine because it was created and developed by indigenous Indonesians. With its distinctive taste from the aroma of Indonesian spices, Satay can penetrate geographical boundaries. This can be found in the presence of Satay sellers typical of certain areas who sell and open their Satay businesses in other areas because of those in that area like them. Therefore, it is correct if Satay is considered one of the heritages in the culinary treasures of Indonesian gastronomy.

The aim is to determine Satay's characteristics and what is done to preserve Satay as Indonesia's gastronomic culinary heritage.

B. Literature Review

According to Taqwani (2012), gastronomy is a study of the relationship between culture and food, where gastronomy studies various components of culture with food as the center (culinary art), which is related to culture. Gastronomy is formed because gastronomy is a cultivation product that occurs in agricultural activities. It produces the color, aroma, and taste of food that can be traced to its origins from the environment where the raw materials are produced.

Meanwhile, according to Lestari & Natalina (2019), in an article by Indra Ketaren, *Between Gastronomy and Culinary*, it was stated that Gastronomy is a guide on various ways that involve everything about food and drink. The study is very interdisciplinary, related to the reflection of history, the impact of culture, and the environment on "how, where, when, and why" food and beverages are essential for society and the food service industry.

Soeroso & Susilo (2014), in their paper *Traditional Indonesian Gastronomy as a Cultural Tourism Attraction*, mention that preservation of the traditional gastronomy, as a part of the national culture, is essential for developing cultural tourism attraction.

According to Astawan (2013), in his book "Do not be afraid to eat delicious healthy with traditional food," our collective obligation is to maintain and love

traditional Indonesian food and make it one of the elements of culture and nation. Do not let the food of our ancestors and ancestors be patented by other nations, as happened with tempeh. In some countries, it is proven that the development of traditional foods can significantly contribute to the development of tourism and increase in earning foreign exchange.

According to Alamsyah (2013), the advantages of traditional culinary arts can be used as an essential business guide to recognize consumer habits towards eating patterns which are marked by unique characteristics that Indonesian people like dishes with the following characteristics: (1) Savory; (2) Seasoned; (3) Sensational taste; (4) Without standard (flexible) rules; (5) Unique.

Savory taste is a significant element when choosing a dish. This savory taste comes from the food's fat, protein, or salt content. Seasoned (spicy), the average type of Indonesian cuisine is loaded with spices; some even remove the original taste of the raw materials. Combining raw materials and spices will produce a unique flavor that everyone likes. One is Satay, with its special spices that almost all Indonesians can accept because Indonesia has been known as a country that produces spices since the Dutch colonial era.

Sensational taste, the average person likes a sensational taste that arouses the appetite, such as spicy, salty, sour, or sweet taste. One example is the chili element found in almost every Indonesian food, and it is not uncommon for chili sauce to be provided on the dining table. 'Sambel' has a vital role as a complement to food. Because without the chili sauce, the taste of the food is less pronounced and has no meaning.

Without standard (flexible) rules, it means that traditional cuisine still does not adhere to standard rules in eating patterns like other international cuisines. For example, traditional cuisine does not recognize appetizers such as salads, desserts such as puddings, and the main course served in rice and side dishes. As for some foreign cuisines, we can recognize the types of food for breakfast, lunch for lunch, and dinner for dinner. However, traditional cuisine, it can function as anything. For example, from a composition point of view, *pecel* is a salad or appetizer, but some *pecel* is used as a side dish to accompany rice and rice cake. However, in some other areas, *pecel* is considered a breakfast food, but in other places, it is served at night.

Unique means that traditional food can show the superiority of the area of origin or represent the symbol of the area itself; although sometimes there are similarities, there are always differences. This difference can be from the way of eating, the composition of spices, the function of the food, or the way it is served. So that traditional food can be said to be inseparable from the identity of the area of origin and authenticity, so it can be an added value that will always be taken into account when opening a traditional cuisine business. For example, opening a Madura Satay stall business becomes a unique attraction because this Satay has

particular characteristics. The same goes for other types of Satay that include the name of the area of origin.

According to Sani et al. (2016), spices are ingredients from nature, plants, or animal sources that are useful for giving a distinctive taste to dishes and used in dry or fresh conditions. Meanwhile, spices come from plants, giving dishes a unique aroma and taste. However, spices are usually used in a dry state. The functions of herbs and spices are: (1) Give flavor to food; (2) Give color to food; (3) Improve taste and aroma; (4) Help digestion of food.

Based on their origin, herbs, and spices can be grouped into six groups: (1) Seasonings derived from fruit and seeds. For example, candlenuts, chili, paprika, bilimbi (*Averrhoa Bilimbi* Linn), cardamom, pepper, and others; (2) Spices derived from flowers, such as cloves, capers, saffron, and others; (3) Seasonings derived from leaves, such as bay leaves, kaffir lime leaves, and others; (4) Spices derived from roots, such as turmeric, ginger, kencur (aromatic ginger), galangal, and others; (5) Seasonings derived from bulbs, such as shallots, garlic, onions, leeks, and others.

According to Purba et al. (2020), conservation, in general, can be defined as an effort or activity to care for, protect and develop objects of preservation that have a use value to be preserved. Pitana and Gayatri argue (Rani, 2014) that tourism is an activity that directly touches and involves the community, thus bringing various impacts to the local community. Even tourism is touted as an extraordinary driving force that can make local people experience metamorphosis in various aspects.

C. Research Methods

In this qualitative descriptive research, researchers become the main instrument in research. According to Moleong (2021), the role of humans as research instruments is a characteristic of qualitative research that cannot be separated from participant observation. However, it is the role of researchers that determines scenarios. Both are described in this section respectively. Researchers, in this case, conducted interviews with 20 resource persons of satay traders, ten chefs of four-star hotels, and policy stakeholders, namely the Yogyakarta Special Region Tourism Office.

The information collected includes the characteristics of Satay, region of origin, ingredients, cooking techniques, and its presentation, as well as efforts to preserve Satay. In addition to in-depth interviews, researchers observed the process of making Satay and conducted a literature review. In-depth interviews explore a predetermined topic (based on the purpose and intent of the interview) using open-ended questions. Exploration is carried out to determine their opinions based on respondents' perspectives on a problem. This interview technique is carried out by the interviewer interviewing one person face-to-face.

The researchers, in this case, wanted to know the diversity of Satay based on the region of origin, the differences in spices and spices in each region, and the government's efforts to preserve Satay. Data analysis techniques in this study are reduction, presentation, data analysis, and conclusions.

D. Result and Discussion

Satay as a culinary heritage of Indonesian gastronomy has a variety of types and flavors. Among the famous ones include Satay Madura, Satay Maranggi, Satay Padang, Satay Klathak, Satay Lilit, Satay Ponorogo, Satay Pusut, Satay Rembiga, Satay Klopok, Satay Ragey, Satay Kere, Satay Loso, Satay Ambal, Satay Tegal, Satay Blora, Satay Banjar, Satay Buntel, Satay Makassar, Satay Kerang, Satay Lalat, Satay Kelinci, Satay Bandeng. Each Satay comes from a different province in Indonesia and has its history, herbs, spices, and taste.

As a culinary heritage of Indonesian gastronomy, Satay also has a positive impact on the economic growth of the Satay seller community, impacting the economy, society, and culture. Enjoying Satay directly at the place of origin where the Satay is located has its sensation, in addition to the originality of the taste and the emotions that build up with it. This kind of atmosphere occurs when tourists go on tours in culinary tourism destinations or during homecoming activities, returning to their hometowns to taste Satay as a cure for homesickness. Satay deserves to be enjoyed at any time; even in some areas, some make Satay their breakfast menu. Satay with different spices and herbs on each Satay is a unique characteristic of the Satay.

Table 1. Varieties of Indonesian Satay

Description	Ingredients & Herbs	Serving with
Satay Madura, Satay which is very popular in Indonesia. As the name suggests, this is a culinary specialty of Madura Island in East Java.	Usually, the meat ingredients are chicken or mutton with sweet soy sauce and palm sugar mixed with garlic, fried onions, mashed fried peanuts, petis, candlenuts, and salt. That's for the Chicken Satay.	Meanwhile, goat Satay is served with sweet soy sauce plus sliced red onion and cayenne pepper.
Satay Padang has a unique taste, derived from the curry sauce which is thickened using rice flour.	Usually made from beef or goat offal which is enjoyed with spices and then	Served with a yellow sauce that comes from the curry seasoning in the process of boiling the

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	roasted. The main feature of this cuisine is its yellow broth made from rice flour mixed with beef broth and offal, turmeric, ginger, garlic, galangal, curry powder, salt, and coriander.	meat. Then the curry sauce is thickened with rice flour. Usually served with <i>ketupat</i> or rice cake.
Satay Ambal is made from free-range chicken. Uniquely, the spices used are not peanut sauce, but mashed tempeh mixed with chili and various other spices. Each skewer of the satay contains only one piece of chicken, sliced lengthwise which has gone through the <i>bacem</i> process before grilling	Free-range chicken satay served with grind tempeh-based sauce. Chicken Satay with soy sauce with sliced shallots and cayenne pepper and lime.	Served with grind tempeh sauce mixed with chilies and various other spices. Served with steamed rice. Uniquely, each skewer contains only one piece of chicken, sliced lengthwise which has gone through the <i>bacem</i> process and is then served with rice cake.
This one Satay is made from a young goat aged 5 months.	“ <i>Balibul</i> ” or “ <i>batibul</i> ” goat. Usually, grilled in “ <i>Kod?</i> ”, and served on two skewers filled with four pieces of meat and fat. Sometimes it is also replaced with goat offal.	It is usually served with diluted sweet soy sauce and sliced chili, shallots, green tomatoes, and white rice topped with fried onions.
A typical Blora Satay in the form of meat and chicken skin Satay.	Chicken meat and chicken skin Satay.	These Satays are smaller and usually include peanut sauce, rice, and spiced coconut milk soup.
Satay is made from minced beef or goat, especially the stomach and ribs wrapped in thin fat	Satay Buntel seasoned with sweet soy sauce and pepper served with sliced fresh tomatoes.	Sizes of satay are similar to kebab. The satay is usually served with sliced cabbage, fresh tomatoes, sweet soy sauce, and steamed rice

Description	Ingredients & Herbs	Serving with
Satay is made from beef or goat offal seasoned with peanut sauce with bilimbi.	This satay is made from beef or goat offal lid over with peanut sauce and additional bilimbi.	Beef or goat offal satay accompanied with peanut sauce. The taste of satay is sour-spicy that came from bilimbi.
This satay is usually made from minced beef, chicken, fish, pork, or turtle. This dough will be wrapped around a skewer of bamboo, sugar cane, or lemon grass.	Minced meat of (beef/chicken/fish/pork) mixed with grated coconut, thick coconut milk, lime, shallots, and pepper.	Satay Lilit is suitable to be served with hot steamed rice and extra sauce, such as peanut sauce, chili sauce, spicy chili sauce, to eye chili sauce.
This satay is similar to Satay Lilit, Bali. This satay is usually served specifically during certain events, such as celebrations, people's parties, or celebrations days.	Satay is made from minced beef, fish, or chicken mixed with grated coconut and spices to give it a savory taste.	Satay pusut is suitable for serving with hot steamed rice
This satay is popular in West Java. The uniqueness of this Satay is from the seasoning that uses kecombarang flowers and glutinous rice flour	Diced beef or mutton. Seasoned with unique ingredients consisting of <i>kecombrang</i> flower, <i>oncom</i> (fermented bean cake), and tomato sauce,	Satay Maranggi is served with warm steamed rice accompanied by pickles, tomato sauce, oncom sauce, grilled sticky rice, or rice <i>timbel</i> .
Originally this satay was a cheap vegetarian satay made from tempe gembus typical of Yogyakarta and Solo. The term kere was taken because the material used was made of cheap materials typical of the poor. Over time, besides tempe gembus, satay is also made from intestines, liver, and beef	The main ingredients are tempe gembus, beef offal such as gravel, heart, intestines, liver, or beef.	Satay kere along with rice cake or <i>lontong</i> and peanut sauce.
The name Satay Lalat is not because this Satay is made of flies, but because of its small size that looks like flies. So, this Satay is not an extreme food.	This satay uses chicken meat which is cut into small pieces. Fried peanuts and other seasonings as ingredients for the sauce	This Satay is suitable along rice cake or <i>lontong</i> and lids over with peanut sauce for a richer taste as well as Maduranese usually.

Description	Ingredients & Herbs	Serving with
This duck satay is easy to find in the Tambak area, Banyumas, Central Java. So, it was named Satay bebek tambak.	Diced duck meat. The ingredients of the sauce are made of peanuts and tomatoes	Served with warm white rice and sweet peanut sauce or spicy seasoning with tomato and cucumber slices.
Satay is made from minced meat mixed with grated coconut and spices wrapped around a skewer Satay is made from flat bamboo This satay is made from beef and fat wrapped in coconut processed spices and then grilled. Served with peanut sauce sprinkled with serundeng and served with lontong or rice.	Minced beef, mixed with grated coconut and spices. Peanut sauce ingredients. This satay is made from beef and fat wrapped in coconut processed spices and then grilled.	Served with peanut sauce and rice cake namely <i>lontong</i> or <i>ketupat</i> as accompaniments. Served with peanut sauce sprinkled with serundeng and served with rice cake it's called <i>lontong</i> or rice.
This satay made from rabbit meat can be found in the Kaliurang area, Sleman, Yogyakarta, or in the Bandungan area, Ambarawa District, Semarang Regency, Central Java.	This satay is made from rabbit meat seasoned with sweet soy sauce, shallots, and sliced red bird's eye chilies.	Usually, this Satay is enjoyed with sweet soy sauce, shallots, and sliced red bird's eye chilies, or some are served with thin coconut milk. Usually served with rice cake as a complement to carbohydrates.
Satay Milkfish is a typical food from Serang, Banten. The shape of the milkfish is whole but has no bones and thorns at all because the bones and flesh have been cleaned from the skin, then the meat is stuffed back into the fish skin and clamped with bamboo sticks, and then grilled before serving.	This satay is made from boneless milkfish whose meat is mashed and roasted, then put back into the fish skin after adding flour, eggs, coconut milk, and roasted coconut.	This milkfish satay has smooth meat and is delicious to enjoy with hot chili sauce and hot steamed rice.
This satay with a spicy, sweet taste is a typical dish from Lombok, NTB, made from chunks of beef which are usually marinated with pineapple.	Diced beef, marinated with salt, pepper, and pineapple.	Satay with a sweet and spicy taste is usually served with lontong or ketupat.
This mutton satay is a special food of Yogyakarta. It tastes chewy, savory, and of course	Mutton sprinkled with salt while burning it.	Satay Klatak is usually served with 2 to 4 sticks of Satay, along with a

Description	Ingredients & Herbs	Serving with
sweet like typical Yogyakarta food in general. Satay klathak is one of the mandatory culinary tours when visiting Yogyakarta. Uniquely, the skewers are made of bicycle spokes. The way to cook it is simple, just burn it and season it with salt.		curry sauce that resembles curry.
This satay is unique because the size of the meat pieces is large (jumbo) with satay skewers made of finely shaved bamboo. Satay Ragey is usually made from pork. This satay is often at every event in North Sulawesi. Ragey in Manado language means to burn it, please.	Pork, salt, and lemon as a marinade. Plus, the Rica-rica seasoning	The presentation of this Satay is served with 2 skewers, white rice, pickled vegetables or kale and papaya leaves, plus the typical Minahasa dabu-dabu sauce.
At first, Satay Loso was made from buffalo or beef cooked in bacem (a mixture of spices, brown sugar, and soy sauce) and then grilled.	Originally this satay was made from buffalo meat or beef cooked in bacem (a mixture of spices, brown sugar, and soy sauce), now you can also find this satay variant made from chicken meat.	Satay loso is usually served with peanut sauce and soup containing tendons, young bones, and bean sprouts. Goes well with hot steamed rice.
Satay Banjarmasin is characterized by its main ingredient, which comes from chicken thigh fillet served with a reddish, runny peanut sauce because it contains sauce and large red chilies.	Chicken thigh fillet with a reddish color of chili sauce and large red chilies.	Satay Banjar is usually served with sweet, and spicy peanut sauce with a cinnamon aroma. It serves as a companion to Soto Banjar. Perfect served with rice, lontong, or ketupat.
This satay with a sweet, savory taste is made from clam meat. This scallop satay is made by boiling the scallops first with spices until the scallops are cooked. After that, then the shells are skewered.	Kerang dara	Satay kerrang is usually used as a side dish to accompany the Lontong Kupang or Lontong Balap. Satay Kerang can also be served with warm steamed rice. For those

Description	Ingredients & Herbs	Serving with
		who like spicy food, you can add chili sauce according to taste.

Source: Researchers (2021)

From the table above, it can be explained that the varieties of Indonesian Satay both from the region of origin, the type of ingredients and herbs, the taste, and the way of serving. From the table above, it can also be seen that almost all Satay is cooked by grilling using bamboo skewers, coconut sticks, sap sticks, sugarcane sticks, and lemongrass sticks such as Satay Lilit and Satay Pusut; there are even skewers that use skewers from bicycle spokes as in Satay Klathak. In addition, the use of various spices that vary on each Satay adds a distinctive flavor unique to the Satay.

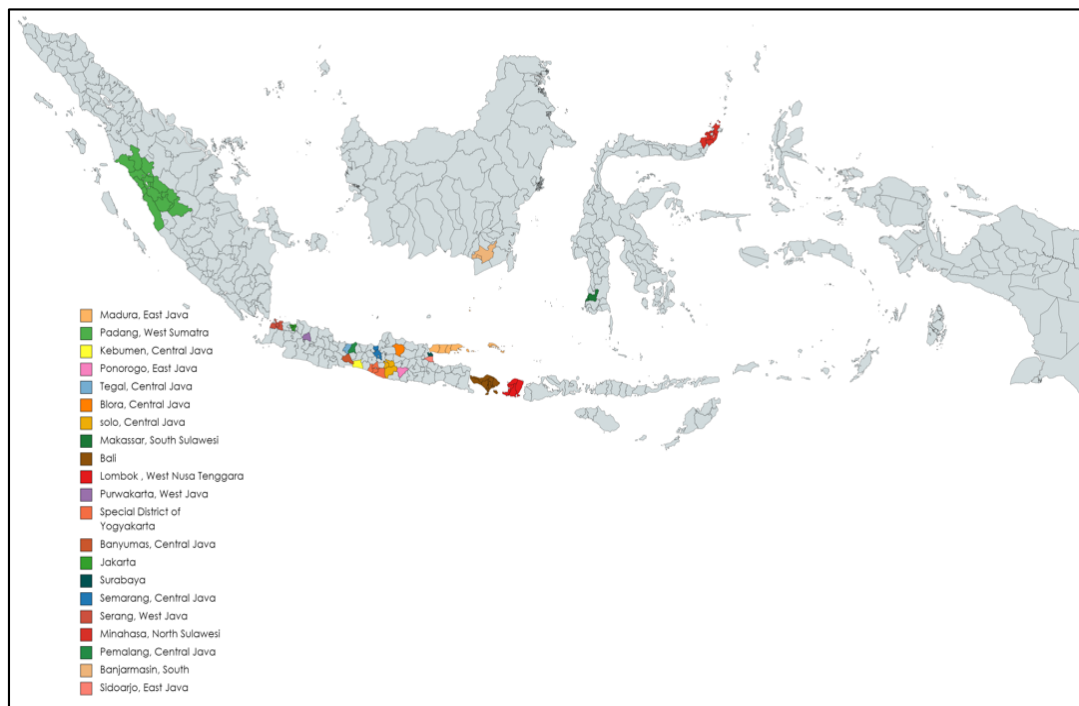


Figure 1. Map of the Origins of Indonesian Satay
Source: Researchers (2021)

The figure above explains the origin of several Indonesian satay dishes that the researchers managed to collect. Most Satay is found on the island of Java from West Java, Central Java, to East Java, including the typical Satay from the Special Region of Yogyakarta. In addition, Sulawesi has two types of satays

originating from Makassar and Minahasa. Meanwhile, Banjarmasin in South Kalimantan has only one type of satay dish, as does West Sumatra.

Local government support both at the provincial and district/city levels in preserving the Satay by providing information to domestic and foreign tourists, including by preparing culinary spots. Then facilitate the media promotion of Satay traders in introducing and developing their Satay food. Assistance and guidance on quality are also needed so that Satay, one of the culinary heritages of Indonesian gastronomy, can be preserved because it has historical, social, and cultural values and positively impacts the economy of the community.

The community also needs to synergize positively in efforts to preserve Satay as one of Indonesia's gastronomic culinary heritage; some of these efforts include gathering support from all Indonesian people to love, recognize, and continue to preserve it, either by promoting it through personal blogs, frequent traditional culinary tours, increasing the frequency of serving traditional food at home, actively supporting in giving voting rights (voting) as when rendang was chosen as the most delicious food in the world by CNNGo.com some time ago. UNESCO now has recognized that the wealth of the world's culinary heritage is the cuisine of France, Mexico, and China. With strong and continuous support from the Indonesians, Indonesian cuisine may become recognized as a world culinary heritage (Media KC, 2011).

E. Conclusion

As a culinary heritage of Indonesian gastronomy, State has diverse types and flavors from different ingredients, spices, and concoctions. Therefore, further development must be carried out continuously to preserve Satay to become a culinary recognized as a world culinary heritage.

Efforts to preserve Satay include creating reference books and web/blogs about Sate Indonesia to introduce and promote Satay into the world of tourism as an icon of culinary destinations at the national, regional, and international levels; Preserving heritage while still using natural herbs and spices in Indonesian Satay because it has health benefits. There is an active role of the government and all stakeholders in Pentahelix in providing information and promotion to increase the popularity of Satay as Indonesia's gastronomic culinary heritage.

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