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Assistance for Making Indonesian Culinary as an Introduction to Indonesian Culture in Thailand

Nugraheni, L[1], Kanzunnudin, M.[2], Setiawaty, R.[3], Salaebing, M.[4] & Rohmah, I. F.[5]

[1,2,3,5]Universitas Muria Kudus, Kudus, 59532, INDONESIA
[4]Thaksin University, Faculty of Humanities and Social Science, THAILAND

*Corresponding author: luthfa.nughraheni@umk.ac.id

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Abstract: Indonesia is one of the countries that produces spices in the world. Indonesian food is famous for its unique taste, many foreign people are interested in tasting and making typical Indonesian food. Through BIPA, local Indonesian culture and products such as food can be introduced to BIPA students at Hatyaiwittayakarn School, Thailand. BIPA students participate in practicing how to make it and students can appreciate Indonesian culture. Later, students will also be able to exchange their own culture through PKM assistance in making Indonesian culinary delights. The challenges faced by researchers in this activity are that students and teachers do not know or taste meatballs and corn bakwan, students and teachers do not know the procedures for processing meatballs and corn bakwan. The method used in this research is descriptive qualitative with a participant active learning approach. The techniques used in this research include lectures, questions and answers, discussions, and practice. Data analysis was carried out using narrative analysis techniques. Research data sources include documents and other references relevant to the topic of discussion, as well as literature studies to support understanding of Indonesian culture and the culinary delights being studied. The aim of the research was to introduce Indonesian culinary delights to foreign countries in Thailand, namely the Hatyaiwittayakarn School.

Keywords: BIPA 1, Food 2, bakso 3, bakwan jagung 4

1. Introduction

From now on, Indonesian plays an important role in its position as a foreign language. Nugraheni (2020); Ahsin, et. al (2020); Ahsin, et. al (2020); Al Mabruroh, et. al (2020); Angelia, et. al (2020); Arukah, et. al (2020); Arukah, et. al (2020) believes that in general, foreign speakers study Indonesian with two purposes, namely academic and practical, Devi, et. al (2020); Fathurohman, et. al (2020); Fathurohman, et. al (2020); Kara, et. al (2020); Kara, et. al (2020); Lestari, et. al (2020). Academic aims to gain a further understanding of Indonesian language and literature, while practical is aimed at self-interest, one of which is getting to know Indonesian culture. His interest in learning Indonesian for Foreign Speakers (BIPA) is increasing. This can be seen from the dedication at one of Thailand's state schools, namely Hatyaiwittayakarn School, Sunarya, Y. (2023); Nisa, et. al (2020); Nugraheni, et. al (2020); Nugraheni, et. al (2020); Nurhadi, et. al (2020); Prayogo, et. al (2020). stated that the context of teaching Indonesian in several government institutions abroad marked an increase in BIPA teaching since the 1990s.

Muzaki, H. (2023) BIPA is an Indonesian language education program where the students or subjects are foreign speakers. BIPA teachers usually use various approaches to teach foreign languages in class according to student learning outcomes. Mussaif (2017). Culture-based language learning is the best way to learn Indonesian for foreigners because it is down-to-earth learning. With this method, students are expected to not only master the language, but also understand Indonesian culture. Suyitno, I. (2017) believes that language is a means of conveying information and reflecting Indonesian culture to foreign speakers. By understanding someone's language they can understand someone's language, they can know the culture and way of life of the person who uses it. Nur, MAR (2018) Understanding Indonesian is very important for BIPA learning for two reasons. Firstly, it can help understand how to communicate, and secondly it can help students avoid mistakes in interacting with native Indonesian speakers. Inform BIPA students about whether language elements can offend or conflict with Indonesian society's customs.

**Corresponding author: luthfa.nughraheni@umk.ac.id*
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Culture is the result of human work, feelings and creations which are expressed in ideas, thoughts, ideas, norms and human activities in order to fulfill their life needs, (Rosana, 2017); Purnaningtyas, et. al (2020); Purnaningtyas, et. al (2020); Rodli, et. al (2019); Roysa, et. al (2020); Satria, et. al (2020); Sofia, et. al (2020). Aprianti (2022); Sulistyowati, et. al (2020); Tamarudin, et. al (2020); Umah, et. al (2020); Widianto, et. al (2019); Ahsin, et. al (2019); Ahsin, et. al (2019); Cahyono, et. al (2020); Kurniasih, et. al (2020); Ristiyani, et. al (2019); Wanabuliandari, et. al (2019); Wanabuliandari, et. al (2019) believes that Indonesian culture is old and original cultures that can be found in various regions spread across Indonesia. Culture is seen in various forms of social life in Indonesia. The cultural richness of the Indonesian nation is a characteristic and differentiator from other nations. Examples of culture owned by the Indonesian people include traditional houses, traditional ceremonies, traditional clothing, traditional dances, traditional musical instruments, traditional food and social cultures within the community. According to Hariyanto (2023); Fathurohman, (2013); Fathurohman, (2014); Fathurohman, et.al (2014); Fathurohman, et. al (2015); Fathurohman, et. al (2017) food is in eighth place in terms of universal cultural elements. This indicates that food is part of culture produced by humans for the sake of survival, Fathurohman, et. al (2018); Fathurohman, et.al (2019); Fathurohman, et.al (2015); Fathurohman, et.al (2017); Fathurohman, et.al (2018); Fathurohman, et. al. (2019).

Indonesia is one of the countries that produces spices in the world. This can be seen from the history of Indonesia in the 16th and 17th centuries. The Portuguese, Spanish and Dutch fought over Indonesia because it had abundant spice wealth. Indonesia's diversity creates popular foods such as soto, rendang, satay, meatballs, and corn bakwan. Indonesian food is famous for its distinctive taste, many foreign people are interested in tasting and making typical Indonesian food, (Ramadhan, 2021); Hartani, et.al (2018); Hanif, et. al (2018); Ristiyani, et.al (2018); Wibowo, et.al (2018).

Food is part of a cultural phenomenon, because modern and traditional food can reflect the diversity of food types in an area and is a culture that expresses the identity of that area. Food is not just used to fulfill human nutritional needs, but food is also a form of human strategy designed to maintain survival (Nawiyanto, 2011; Susanto, 2013) in (Fuad & Hapsari, 2019).

The diversity of food, especially traditional food, is supported by the abundant local resource capacity in each region, Roysa, (2017); Ristiyani, et.al (2017); Fakhriyah, et.al (2017); Fakhriyah et.al (2016); Pujiati, et.al (2018); Kanzunnudin, et.al (2018); Yuliani et.al (2018). This reveals that the definition of traditional food is food that is often consumed by certain communities, Kanzunnudin, (2017); Ardianti, et. al (2017); Kanzunnudin, (2017); Ristiyani et. al (2017); Ristiyani, et. al (2017). Traditional food can be a complete meal or snack,. People's eating habits that are integrated into the socio-cultural system in various regions can also influence traditional food in Indonesia. Food can be liked by looking at the source of the raw materials used, how it is processed, and the recipe and taste of the food served, (Nugraheni, 2017); Ahsin, et.al (2018); Ahsin, et.al (2017); Rodli, et.al (2019); Darmuki, et.al (2019).

According to Nurdiyansah 2014 (in Wibawati, 2021) traditional food is food and drink that is commonly consumed with a distinctive taste and is acceptable to the people of each region. The role of culture in making traditional food can be seen in the form of skill, artistic touch, creativity, tradition and taste. The higher the culture in a society, the more various forms of food are served and the more complex the method of making it, Darmuki, et.al (2019); Darmuki, et.al (2019); Hidayati, et.al (2018); Darmuki, et.al (2017).

Thus, this research was carried out with the aim of introducing local Indonesian culture and products more widely, such as food examples, to BIPA students. Through food, BIPA students can see and understand the values and philosophy contained in typical Indonesian food. The focus of this research is to introduce Indonesian food or culinary delights, namely Bakso and Corn Bakwan to BIPA students. It is also hoped that through this research, BIPA students can participate in practicing how to make it and students can appreciate Indonesian culture. Later, students will also be able to exchange their own culture through PKM assistance in making Indonesian culinary delights .

2. Method

The method used in this research is a qualitative descriptive method. A qualitative approach was chosen to understand in depth the process of assisting in making Indonesian culinary delights as an introduction to Indonesian culture in Thailand. Descriptive qualitative is a research approach that aims to describe and understand social or cultural phenomena in depth and detail. The techniques used are lecture, question and answer, discussion and practice. The approach taken uses a participant active learning approach. Data analysis techniques use narrative analysis techniques. Data sources in this research are documents and other references related to the topic of discussion using library study techniques. The research data focused on meatball and corn bakwan food types.

3. Results and Discussion

Known for its diverse flavors, rich local ingredients and unique presentation, Indonesian culinary delights have achieved worldwide fame. Bakso and corn bakwan are real examples of Indonesian culinary diversity which will now be introduced to the world, including at Hatyaiwittayakarn School, Thailand. This initiative not only introduces delicious food, but also promotes positive cultural exchange between the two countries, enriching the learning experience of students and teachers in understanding the various culinary heritages and uniqueness of Indonesian cuisine.

Bakso

Various types of typical and unique food can be found in many Indonesian restaurants. Meatballs are one of the most loved foods in Indonesia and have become famous throughout the world. Bakso has a long and rich history of global travel. Etymologically, the word "bakso" comes from Chinese, where "ba" means meat and "tso" means ball, which shows that Chinese food has entered Indonesian culinary culture.

Marasatrio (2023) Meatballs are one of the results of meat restructuring technology. This is made by mixing the basic ingredients of meat, table salt, pepper, eggs, garlic and tapioca into a dough, then forming it into a ball or desired shape. Starch is the main ingredient in making meatballs, and adding starch to the dough plays an important role in the textural quality of the final product.

Starch is the main ingredient in making meatballs, and adding starch to the dough plays an important role in the textural quality of the final product. Starch granules deep in the dough fill the empty spaces between the three-dimensional actin myosin matrix, which is then heated during the boiling process of the meatballs to strengthen the myofibril gel and help crisp the meatballs.



Fig. 1 - Practice making meatballs.

The diversity of flavors and textures of meatballs is one of its main attractions. starting from chewy and soft tendon meatballs to smooth and super jumbo meatballs that are appetizing. Apart from that, meatballs are usually served with noodles, vermicelli, tofu dumplings, and vegetables such as celery and mustard greens. Apart from that, you also have a choice of various types of sauce, such as beef broth, peanut sauce, or spicy sauce.

The ingredients used to make meatballs are: beef, one egg, one hundred grams of starch, three crushed garlic cloves, 1 teaspoon of ground pepper, half a teaspoon of nutmeg powder, one teaspoon of salt, half a spoon of powdered broom stock, and enough water. Next, the method for making beef meatballs is (1) grinding the prepared beef; (2) add eggs and other spices, except starch; (3) after that add the starch while stirring slowly; (4) make the finished dough into balls and put them in boiling water; (5) let the meatballs float as a sign that the meatballs are cooked. Meanwhile, to make meatball sauce as follows (1) enough water then add the meatball cooking broth; (2) add crushed shallots, garlic, fried onions into the broth; (3) Add stock powder, salt and pepper according to taste. The method of serving meatballs can be served in a bowl filled with vermicelli, green mustard greens, fried onions, sliced celery, sauce, soy sauce and chili sauce.

Bakwan Jagung

One of the traditional foods that is popular in Indonesia is corn bakwan. Bakwan corn is a food made from sweet corn and carrots that have been grated and then mixed with wheat flour and added with spices such as shallots, garlic, spring onions and pepper. The mixture is then fried until cooked and golden. Corn fritters are often used as a complement to meals or as a delicious and savory snack.

Bakwan corn has a crunchy taste on the outside but is soft on the inside, making it very popular with all groups, both young and old. Delicious corn bakwan is a favorite choice that is often found at various formal and non-formal events. Keeping up with the times and variations in cuisine, corn bakwan has also experienced various modifications in the manufacturing process and variations in taste. Even so, corn bakwan still maintains its distinctive taste as one of Indonesia's culinary heritage that needs to be preserved.

The method for making corn fritters is like (1) adding the combed corn; (2) add sugar, salt and green onions; (3) coarsely blend coriander, shallots and garlic; (4) pour in rice flour and wheat flour and add enough water; (5) also add

the carrot slices into the mixture; (6) if everything is mixed well, put the mixture according to taste into a frying pan over medium heat; (7) wait until the bakwan is golden yellow; (8) Corn bakwan is ready to be enjoyed.



Fig. 2- Practice making bakwan jagung.

Hatyaiwittayakarn School is one of the high schools in Hatyai, Thailand which is the location for this interesting research effort. Through this activity, researchers together with teachers and students studied and practiced making typical Indonesian culinary delights, namely meatballs and corn bakwan. This research not only introduces Indonesian culinary delights to the school community, but also provides an understanding of Indonesian food culture and exchanges opinions about the flavors that are characteristic of the country. Teachers and students can also immediately taste the unique taste of meatballs and corn bakwan. They think that meatballs and corn bakwan have a delicious taste, especially corn bakwan has a savory and crunchy taste. This Indonesian food was well received by the students and teachers of Hatyaiwittayakarn School.

The challenges faced by researchers in this activity are that students and teachers do not know or taste meatballs and corn bakwan, students and teachers do not know the procedures for processing meatballs and corn bakwan, students and teachers also do not know how to serve meatballs and corn bakwan. Based on these challenges, researchers provided direct assistance and provided explanations regarding the materials used, processing techniques and how to serve them. In the end, students and teachers can practice making meatballs and corn fritters according to the instructions given. Directly, students and teachers can learn about Indonesian culture through the practice of making food that many Indonesian people like.

4. Conclusion

This study shows how important the Student Creativity Program (PKM) is in promoting Indonesian culinary foods as a means of introducing Indonesian culture to Thai society. This activity helps Hatyaiwittayakarn School students learn to make Indonesian food, namely meatballs and corn bakwan. This activity provides their skills to be reintroduced to the local community in Thailand. This mentoring project improves the quality of culinary products and encourages cultural integration through the exchange of knowledge and experience. The results of this assistance show that Thai people are interested in Indonesian culinary delights and recognize the uniqueness and deliciousness of Indonesian cuisine. This is an initiative by researchers to introduce Indonesian culture, one of which is culinary, to the world as a country with natural beauty and as a place with a rich and diverse culinary cultural heritage.

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Conflict of Interest

The authors declare no conflicts of interest.

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