

Angleng as Gastronomic Heritage and Destination Attraction in Kampong Nihmat, Cigugur Village, Parongpong District, West Bandung Regency

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Abstract—Angleng is a traditional dessert from Sundanese ethnique and has become one of the gastronomic heritage in West Java. This sweet dessert is hard to find, that is why Angleng needs to be preserved. The reason is this dessert has become the main dessert in Sundanese traditional events, such as wedding ceremony and the celebration of the Eid Day. Angleng is made from local raw material and the making process is interesting that it could be a gastronomic tourism in Kampong Nihmat, Cigugur Village, Parongpong District, West Bandung Regency. This research was conducted using qualitative method with data collection techniques through in-depth interview, observation, and documentation. The results show that Angleng has existed in this Kampong since 200 years ago and it has become a tradition to serve this food on special days ever since. This food is always served on special days because sticky rice symbolizes friendship ties. To make it a tourist attraction, it needs more development, coordination between many stakeholder, promotion, also adequate facilities. That way, it will be more attractive for the tourist. Through this research, the researchers help the producer of Angleng to organize themselves under the Sundanese Gastronomy Heritage Education Centre. Their activities consist of improving their product as a home industry, creating cooking class, making tour package, and the last is creating network and involving themselves in gastronomic event.

Keyword—*angleng; traditional food; gastronomy; preservation; tourist attraction.*

I. INTRODUCTION

Each tribe or region has traditional food with its own characteristic. However, many kinds of food in Indonesia are almost extinct, especially the traditional one. Indonesian traditional food are barely known and tasted by the present generation because of several things, including instant food culture that has grown in society as well as the pride of eating foreign culinary that grows in the community. It also happens to Angleng. The existence of this traditional Sundanese food of West Java keeps decreasing due to the invasion of modern food, which is more interesting in the eye of current society.

Angleng is made from a mixture of sticky rice, grated coconut, and white sugar. We had distributed a preliminary questionnaire to 50 respondents, which consist of students and members of local communities in Bandung and West Bandung regency. The result shows that 41 respondents or 82% of total respondents do not know Angleng, 50 respondents or 100% of respondents do not know the history of Angleng, 44 people or 88% of respondents do not know how to make Angleng, 45 respondents or 90% of them said Angleng is hard to found, and 50 respondents or 100% of them replied that Angleng need to be preserved.

The following table contains an additional data for this research:

TABLE I. ANGLENG SELLER IN WEST BANDUNG REGENCY

No	Name	Age	Adress	Total Production
1	Ibu Yuyu	58	Kampung Nihmat, Cigugur Village, Parongpong District, West Bandung District	3000 pcs Angleng/100 Angleng Packaging in month (1 Pack of 30 pcs Angleng Content)
2	Ibu H.Erum	60	Jl. Raya Cililin No.14,Cililin, West Bandung Regency.	2800 pcs Angleng/ 200 Angleng Packaging in Month (1 Pack Of 14 pcs Angleng Content)

Source :Author Prepared, 2017

Based on the table I above, there are 2 (two) Angleng producers found by the writer in the surrounding of West Bandung regency. From the preliminary questionnaire and table I, it can be concluded that most people today do not know what Angleng is. Even worse, there were only 2 Angleng producers found by the researchers. Therefore, it is necessary to preserve Angleng traditional food and make it be able to compete with other modern food. The preservation of Angleng traditional food needs to be done to avoid claims from other countries. Our society should realize that the traditional food we have is part of our identity as a nation.

Based on the background that has been described above, it is necessary for the researchers to do a research related with the

inventory and conservation efforts of traditional Indonesian food. Therefore, the suitable title of this research will be "Preserving Angleng As Potential Tourist Attraction in Kampong Nikmat, Cigugur Village, Parongpong District, West Bandung Regency".

The first purpose of the research is to know the existence of Angleng Traditional Food in Kampong Nikmat, Cigugur Village, Parongpong District at this time. The second is to know the historical and philosophical values of Angleng. The third is to know the making process Angleng. The last is to know the efforts to converse Angleng and make it a gastronomic tourism in Kampong Nikmat, Cigugur Village, Parongpong District.

The benefit of this research theoretically is to maintain the existence of Angleng, a Sundanese food heritage that needs to be preserved for the sake of preserving tradition and culture. This is important because this food has become one of Sundanese gastronomic tourist attraction in West Java. This research can be useful as a guidance in making tourist attractions at Kampong. Practically, this study can add knowledge and experience in doing research by knowing the development of traditional Sundanese food in West Java and the effort to preserve Angleng as a special Sundanese food.

There are some benefits of doing this research. The first is to preserve Angleng and participate in maintaining the tradition of Sundanese as well as West Java's traditional food culture. The second is to assist in documenting one of the Sundanese culinary in the form of scientific publication. The third is to make Angleng become a potential tourist attraction.

II. LITERATURE REVIEW

[1], [2] points out several components involved in the development of tourism destinations:

1. Tourist Attraction, which is tourism activities related with natural environment, culture, and other things that attract tourists.
2. Accommodation, which is a variety of hotels and other facilities related with providing service for tourists who intend to stay during their tour. Other things included in this component are restaurants and other places to eat.
3. Amenity, which is a variety of desirable and useful facilities and services. The facility is also called welcome service, such as shops for selling handicrafts and souvenirs, banks, money changers, other financial services facilities, tourist information offices, personal services (such as beauty salon), health care facilities, telecommunication facilities, and so on. Amenity can be grouped into two categories namely economic and non economic.
4. Accessibility, which means the infrastructure and transportation access, both from and to the tourist areas. It also includes internal transportation that connects the main tourist attractions with the surrounding area.

To understand gastronomy, we can refer to [2] who said that gastronomy is the study of the branch of science that studies the mixing of food ingredients from food and cooking

process and its phenomenon in consuming the food. Gastronomy is the study of the relationship between culture and food, in which gastronomy studies various cultural components with food as its cultural center. Gastronomy is formed because gastronomy is a product of cultivation that occurs in agricultural activities, which resulting in the color, aroma, and taste of a food. We can trace its origins from the environment in which the raw material is produced.

Educational tour is an element of tourism activities with educational content in it. Educational tour or edutourism is a program where tourists visit a tourist attraction with the main purpose to gain experience of learning directly in these attractions [3]. Educational tours are also a combination of several sub-types of tours such as ecotourism, historical and cultural tours, rural tourism, as well as inter-institutional exchange of educational institutions [5].

According to [6], there are several components that must be considered in making gastronomic tour packages. Here are the components to watch out for:

1. Capacity or the ability of tourists to consume food.
2. From the side of health, consume heavy food (eat rice) 1 day 3x meal. As for snack (coffee break), it should be given 2x in 1 day, at 10 am and 3 pm.
3. The region's flagship destinations, such as nature tourism, historical tours, and cultural tourism.
4. The time period or duration of visit, eg one, two, or three days.
5. The region's leading gastronomic inventories, such as: local specialty raw materials, regional gastronomic history, gastronomic traditions of traditional ceremonies, gastronomic philosophy, food and beverage home industry, restaurants, traditional markets, souvenir shops with good packaging. Itinerary or visit schedule is better adjusted with points 1, 2, 3, 4, and 5.

Gastronomic travel itinerary practice has been done, where there are travel packages provided by a special tour and travel company to enjoy attractions related to gastronomy. Currently, this type of tourism has begun to grow. The tour and travel company introduces a food culture in an area, the attractions of making a meal or a drink, enjoying a meal in the area to be visited from breakfast to dinner, how to eat, festivals, visiting gastronomic places.

Every society has its own food pattern, this pattern is usually original and hardly known for its beginning, since it is passed from mother to child, from generation to generation. Traditional food is an ancestral heritage that needs to be preserved. This is in line with government programs on traditional food preservation. Until now, traditional food written in written sources has not received much attention from experts. To find past written sources of traditional food is a valuable source that will make the importance of cultural heritage is understood by the general public.

According to [5] in his book "Do not be afraid to eat healthy with traditional food", It is our duty to maintain and love Traditional Indonesian food and make it as one of the

elements of culture and nation. Do not let the food of our ancestors are patented by other nations.

Angleng is in Kudapan category. The word kudapan comes from the word "kudap", which means snack. Its function is to eliminate hunger. The Great Indonesian Dictionary (KBBI) says snack is a term for food that is not the main meal (breakfast, lunch, dinner). It also means a mild food to eliminate a person's hunger for a while, one of the source of energy for our body, and something to be eaten for pleasure. According to [6], snack is a food that is often eaten outside of the main meal time, often called intermittent food. The eating time of snack can occur between breakfast and lunch, between lunch and dinner or also known as "afternoon tea", or even after dinner.

III. METHOD

The research design used in this research is qualitative research, that is used to find deeper meaning of something [9]. According to [7], qualitative research is a research that utilizes open interviews to examine and understand the attitudes, views, feelings, and behavior of individuals or groups of people.

The research object is Sundanese gastronomic traditional food called Angleng, which can act as a tourist attraction. The subjects of research are the Angleng producers located in West Bandung regency, academics, practitioners, associations, culinary historians, and the Government. The reason why the researchers use the qualitative approach is because the qualitative approach can make an in-depth explanation and thorough analysis on the studied objects, including the development, the manufacturing process undertaken by producer, and preservation of Angleng. Another reason is because the researchers need some data from the field that contains problems that are actual about Angleng.

IV. RESULT AND DISCUSSION

The existence of Angleng traditional has begun to decline. This is based on data obtained from the results written in the distributed questionnaires. The results show that 75% of 100% of tourists who come do not know what Angleng is. After conducting deep interviews to the producers of Angleng and to the gastronomic experts, Angleng has existed since 150 years ago, which means it is very ancient. Angleng was a food that must be served at official occasions such as circumcision, wedding, fasting month, and also *Lebaran*. Until now, in the Kampong Nikmat, this menu can still be found on official events and still have a lot of devotees. In ancient times, Angleng's price was 1 cent. Today, the price is Rp. 1,000 for each piece.

The name of Angleng is taken from its making process, which is shaking the ingredients and made a long form of

dough before they are cut into smaller pieces. Then, according to the result of deep interview to an Indonesian Gastronomic expert, Dewi Turgarini, Angleng has a philosophy to strengthen the friendship because it is sticky and has thick texture [11]. According to the book by Department of Education and Local Culture published [12], in ancient times, Angleng was consumed by the middle to upper middle class society. Angleng is usually served as a snack. People used to put this snack in a small jar or small plate. It is usually eaten during the day or afternoon.

From the research, we can know that the raw materials of Angleng are glutinous rice flour and white rice flour (400gram), white sugar (400 grams), grated coconut (160 grams), water (500 ml), black glutinous rice flour (450 grams), and Suji leaves (6 tsp). The making process is divided into two.

The first process is as follows;

1. Put the sticky rice and white rice in a container and wash it clean.
2. After washing the rice, pour the water again and soak the rice overnight.
3. Drain the glutinous rice and white rice that has been soaked overnight.
4. After that, mill or mash the rice until smooth.

The second process consists of these steps :

1. Boil white sugar with coconut shredded, mix them with water, then boil until it is crushed.
2. Chill the mixture first.
3. Flour Feed (sticky rice and crushed white rice).
4. Then cook about 30 minutes until it gets thickened while stirring until the texture is no longer sticky.
5. After that, wait until it is cool then form the dough of Angleng in long shapes.
6. Once the previous step done, dry the Angleng until they are not mushy.

Angleng is potential to be a tourist attractions, such as the making process of Angleng can be Sundanese gastronomic tourism attraction. At the same time, the community in the Kampong can be a learning center of Sundanese Gastronomic Heritage. The tourists or local people who visit can learn the history and the making process of Angleng. Their tourist attractions can include cooking class in old kitchen of Sundanese , which is called *hawu*. They call themselves as Sundanese Gastronomy Heritage Education.Centre (SGHEC). There are activities for the tourist who want to visit Kampong Nikmat ;

TABLE II. ITENARARY OF ANGLENG GASTRONOMIC ATTRACTION IN KAMPONG NIKMAT

No	Time	Location	Activity	Description
1	08.00	House production of Angleng	Arrive at Kampung Nihmat	
2	08.00-09.00	House production of Angleng	Coffee break	Having breakfast with Sundanese coffee break menu
3	09.00-10.00	House production of Angleng	Introduction to SGHEC (Sundanese Gastronomy Heritage Education Centre)	Story telling About Gastronomic Culture in Kampung Nihmat
4	10.00-12.00	House production of Angleng	Cultural Exchange gastronomic Cultures Of origin Area	
5	12.00-12.30	House production of Angleng	ISOMA	Rest and Prayers
6	12.30-13.00	House production of Angleng	Eating bancakan	Lunch Together with the procedures of eating the Sundanese
7	13.00-15.30	House production of Angleng	Cooking Class	Make's Angleng, Sasagon, dand Dapros Items to Packaging
8	15.30-16.30	House production of Angleng	Rest and Prayers	-
9	16.30	House production of Angleng	Travel Back	back to their respective areas

Through this research, the researchers have contributed to the community by helping them to improve the packaging, making tote bag, and helping the SGHEC to participate in regional gastronomic event in Bandung City, i.e Pasar Buhun event held in 21 April 2018.

V. CONCLUSION

The existence of traditional Sundanese snack "Angleng" has been reduced compared with antiquity. This can be seen from the results of the questionnaires that have been distributed to domestic tourists in West Bandung Regency. 75% of total respondents state that they do not know what Angleng is. According to the results of interviews, many respondents agree that the reason behind the decline of Angleng is it is old-fashioned, less attractive than modern food today. The Angleng sellers who are rare and difficult adds to the problem. Based on these conditions, we must continue to preserve the existence of Angleng because it is one of the Sundanese gastronomic heritage that should not be forgotten as a cultural identity.

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