

Gastronomy Traditional Culinary “*Lemang*” on Tanjung Sirih - Lahat District

Arief Marna Sonjaya¹, Melati Pratama^{2*}, Trisna Rahmania³

^{1,2,3}Palembang Polytechnic Tourism

*Corresponding author. email: melatipratama07002@gmail.com

ABSTRACT

Lemang was one of Lahat traditional culinary. Lemang had a delicious taste like umami taste and sweet taste, and had unique performance like cooked and packed in bamboo. In fruit season arrived, lemang had various taste that be identifier of area, like lemang durian. The others variant of lemang in Lahat was mixed fish from Lematang river. Lemang not only culinary, but also contained history, culture, geography and cooking method. It were called gastronomy. Based on that, this paper would be explore about gastronomy of lemang in Lahat. Lemang had a variety of mentions include lomang, malomang, mangalomang, lamang, melemang, malemang and lemang. Each areas called lemang with different mentions. Lomang, malomang, mangalomang were mention for Batak, lamang was mention for Minangkabau, melemang was mention for Bengkulu and lemang was mention for Lahat. In Batak, lemang was so popular because based on history, for the first time lemang come from Batak. Lemang mostly produced by people who lived near the forest, like Tanjung sirih village in Lahat because a type of bamboo was used to produce lemang was special. Lemang was produced by combine gelatinous rice and coconut milk in bamboo, then grilled over the embers during 1 hour.

Keywords: *Gastronomy, Lahat, Lemang*

1. INTRODUCTION

Lahat is one of district in South Sumatra where is located 276 Km from Palembang city. Lahat was symbolized by Jempol mountain because it has a thumb shaped hill at left side of the road. Geographically, Lahat is located at 3,5° to 4,5° south latitude and 103° to 103,8° east longitude which is plateau and surrounded by hills and mountains. The hills and mountains are a part of row hill that stretches along Sumatra Island. Based on the Central Bureau Statistic (2021) [3], Lahat has 40 natural tourisms potential, has 22 archaeological tourisms potential, art and culture traditional.

The natural tourisms, archaeological, art and culture tourism was had by Lahat can be seen at Megalit, Lematang river, Serelo hill, some of water fall until the culinary. Each the traditional culinary of

Lahat is fusion between natural, archaeological, art and culture so it has a beauty history. Some of traditional culinary are tempoyak, lempok, gula durian, bubuw and *lemang*. *Lemang* is a traditional culinary that available in a long time, not like tempoyak, lempok, gula durian and bubuw. *Lemang* can found in a long of road side Tanjung sirih – Pulau pinang Lahat, and it are made as souvenirs by tourists.

Lemang has its own history in Lahat. The collaboration of natural, archaeological, art and culture in Lemang, it was called gastronomy. Ardy (2020) [1] said that gastronomy is study that the role of local culture was involved to the culinary. Gastronomy does not miss from history, tradition, technology, nutrition, philosophy, cooking method and politic, so gastronomy can make culture and history was contained in traditional culinary as

identity area (Ketaren, 2017) [6]. Based on that, this paper will discuss more deeply gastronomy of *lemang*. By this paper, it was expected can maintain and increase knowledge about traditional food to milenial generation so that not forget to the historical, cultural, and customs in own area, cooking method so legacy of culinary cultural can be maintained to the next generation. Eating Lemang as typical food from Lahat is also an exciting experience for tourists. In line with research conducted by Karo, increasing tourist visits through experiential marketing is a strategy that has a significant impact on increasing tourist visits to a restaurant or an area or tourist attraction (Karo Karo, 2020)[7].

2. LITERATURES

2.1 Gastronomy

Gastronomy comes from Ancient Greek “gastros” that mean stomach and “nomos” that mean law or rule (Nurzaman dan Widiastuti, 2019) [14]. According Kamus Besar Bahasa Indonesia (KBBI), gastronomy has a mean seni menyiapkan hidangan yang lezat lezat atau tata boga. Nugroho and Hardani (2020) [12] also said that gastronomy is guidance about all of food and drinks. The terms of gastronomy was born from the title of poetry in Francis at 1801. Gastronomy has a role as a basis to know how are food and drinks was used to build a similarities and differences food and drink culture from any countries.

Ketaren (2017) [6] said that the gastronomy has five aspects or viewpoints such as practical gastronomy, theories, technic, molecular and food. (1) Practical gastronomy is a gastronomy that has relate between practice and study about preparation, production and serving of food and drinks from any countries in the world. Gastronomy practice concerning at the standar and specific technic process from cultural point of view, national and regional. (2) Theories gastronomy is a gastronomy that support gastronomy practical by studying process approach, system, recipe, cooking books and etc. the gastronomy theories can be showed by ability someone to combine food and drinks haved. (3) Technical gastronomy is a gastronomy that review evaluation systemic from anything in gastronomy which need assessment and measurement. This gastronomy be connection between micro food industry that is being scaled up. The subject of this gastronomy are technician, food scientist, specialisation of people which have a job in food and

chef. (4) Molecular gastronomy is a gastronomy in the form of scientific study who studies physicochemical from raw material during cooking process and sensory phenomenon was felt. The gastronomy has characteristic by scientific method in observation, hypothesis, experiment. (5) Food gastronomy is a gastronomy that has correlated between food and drinks, include that process to increase delicacy of food.

Based on five aspect of gastronomy (Ketaren, 2017)[6] said include four elements such as historical, cultural, landscape of geography and cooking method. (1) Historical, gastronomy in historical explain about the origin of raw material, how and where some of food are be cultured. (2) Cultural, it is a factor which influences culture of area which consumed that food. (3) Landscape geography, it is about environment factor (nature and ethnic that influences people to cook some of food). Cooking method explain about cooking process generally, not about technic how to cook because a gastronom should not can be cooking.

2.2 Lemang

Lemang is Malay culinary especially Sumatra, Kalimantan and Sulawesi. Malay society make Lemang be traditional food who made when fasting month, eid al-fitr, wedding, and etc. *Lemang* is culinary which the production was packed by a leave put into bamboo. Lemang was made from glutinous rice is mixed with coconut milk, salt and sugar. Lemang was grilled on the coal during a few hours [6]. The process production *lemang* can be seen Figure 1 as a pra observation data.



Figure 1. Process production of Lemang

Lemang has characteristic intermediate moisture food with water content 10-40 persen, water activity 0,65-0,90. It makes microbial growth. *Lemang* contain carbohydrate, fat, protein and other component which can make deterioration for the *Lemang*. The

increasing shelf life of food by intermediate moisture food can be conducted by adding preservative and manipulation process. Solichah, et al (2020) [4] said that Lemang production method can affect to the shelf life because cooking method of *lemang* can affect to the water activity. The principal of cooking method by boiling, steam and grilled have a same principle. They weaken structure of gelatinous rice and make it be ripe. The difference of cooking method of *lemang* can affect to that characteristic and shelf life.

3. METHODOLOGY

The method was used in this research are descriptive with qualitative data approach. Mukthar (2013)[9] said descriptive qualitative is a method that used researcher to found knowledge or theory to research at one specific time. The data was used in this research such as primer and secunder data. The primary data was collected by observation and interview a few producer of *lemang*. The secondary data was collected by document supporting like journal, E-book and others.

Data and information collection technique such as observation as a technique to collect data that direct observation to the object. Hasan (2002) [8] said that observation are choosing, changing, noting, recording and coding set of behaviors and organization atmosphere. The observation in this research was conducted by observe amount of *lemang* producer and how to produce *lemang*.

On the other hand, interview is a technique of collect data by giving question by interviewer to responden, the responden answer was noted and recorded. Indepth interview in this paper was conducted by ask about question historical, cultural, landscape geographical, how to produce *lemang*.

Walpole (1995) [5] said literature study was conducted to get knowledge to any concept which is used as basic or guidance in research process. The literature study in this paper was needed to explore gastronomi of *lemang*.

Data and information was used and collect are by sampel. That sampel are a part of population. Collecting sampel are needed to easy researcher to get conclusion. The prosedur of collecting sampel effect refraction in get conclusion, in this research to determine interview informan use snowball sampling.

4. RESULT AND ANALYSIS

Based on research, the gastronomy of *lemang* include historical, cultural, lanscape geography and coking method.

4.1. The Historical of Lemang

Lemang was a cooking method to cook rice in bamboo. The description of *lemang* method come from Ida Pfeiffer. Ida Pfeiffer was a Austrian born girl who had strong desire to travel. Ida Pfeiffer started her journey from Serawak, to Dayak and then Pontianak. After that, Ida Pfeiffer direct her Journey to the Java and Batak in Sumatra.

At 5 August 1852, Ida Pfeiffer arrived in Padang Sidempoean (onderfadeeling Ankola). In Padang Sidempoean, Ida Pfeiffer had a plan journey to the Toba lake. For the journey, Ida Pfeiffer was guided by Dja Pangkat. They started their journey to Silindoeng by pass Sipirok area. From Boeloemario, they through the jungle at as along Batang Toroe, she went to the hill and deep canyon on foot.

In the journey between Sipirok and Silindoeng, they took a rest. Ida Pfeiffer watched how Dja Pangkat and their team prepared a dinner and food to the next day. When they have found the Toba lake, Ida Pfeiffer finished her journey and back to the Padang Sidempoean at august 25th. After she took a journey in Batak. Ida Pfeiffer did journey to the Minangkabau (West Sumatra) like Pajakoemboeh, and back to the Batavia. *Lemang* was cooking method in bamboo, it was called in Minangkabaoe at 1873. The habit of cooked *lemang* come to Bengkulu at 1900.

The histocial *lemang* at Tanjung sirih was come from traditional ceremony of Basemah ethnic like wedding, 14 malam ceremony, fasting month, eid al-fitr and etc. in ancient times, *lemang* was cooked collectively in a large numbers. It was 100 bamboo at once cooked.

Besemah (KBBI: Basemah) or Pasemah is an ethinc group that in habits the area of Pagaram city, Empat lawang, Ogan komering ulu, Muara enim, and Lahat. Puyang Basemah was called Atung Bungsu. Atung Bungsu had a sister, her name was Puyang Diwe Gumay. Puyang Diwe Gumay had descent, it was called Gumay tribe. Diwe Gumay lived a large area of village. The tribe of Gumay developed be three tribes such as Gumay lembak, Gumay ulu and

Gumay talang. Gumay lembak and Gumay ulu lived at kecamatan Pulau pinang, while Gumay talang lived at Lahat city.

Gumay lembak tribe, Puyang Muke Akhahan was called Kerie sindang matahari had 8 children. They were Atungkal diwe, Gune raja, Puyang abawan, Puyang bigih, Puyang pandan, Puyang bile raje, Puyang bile bujang, Puyang bile pantas. Of eight Puyang Muke Akhahan children, Puyang abawan lived in Tanjung sirih.

For the first time in Tanjung sirih, *lemang* was cooked in bamboo Dabuk (*Gigantochla pseudoarundinaceae*). It has a large size 7-14.5 m from ground level, the surface of bamboo was coated by wax, the diameter was 2-4 cm, and thickness was 3-9 mm. it had green color for the skin [11]. The thickness of Dabuk bamboo made *lemang* had a long for cooking time, it was 3-4 hours.



Figure 2 Bamboo Dabuk (*Gigantochla pseudoarundinaceae*)

Over time, *lemang* was not only needed to traditional ceremony but also it was be habit each fasting month, eid al-fitr, welcome guest. And now, *lemang* be souvenir of lahat. As commercial for the first time, *lemang* was produced and sold by one people at 2000. The producer and seller of *lemang* increased be more until now. Taking a long time to cooked *lemang*, bamboo Dabuk hard to got, and demand of *lemang* increase, it made *lemang* was cooked by bamboo kapal. Bamboo kapal more easier to get and had skin was thinner.

4.2. The Cultural of Lemang

The *lemang* culture of Lahat has a similar *lemang* culture of Bengkulu, like language, function and etc. *Lemang* was a culinary which cooked a rice in bamboo. Each area had own name to called *lemang*. Batak/ East Sumatra called it "*lomang*,

malomang, *mangalomang*", Minangkabau /West Sumatra called it "*lamang*", Bengkulu called it "*melemang*", Banyuasin in South Sumatra called "*malemang*", Melayu and Lahat called it "*lemang*". In Lahat, *lemang* was be culinary custom. *Lemang* should be available in wedding ceremony Basemah ethnic. It was requirement and validity of wedding ceremony. A wedding ceremony would be cancel if a groom did not bring a *lemang* to his bride, and so did she. *Lemang* was not be culinary, but also it was be folk culture Lahat society. Beside of wedding ceremony, *lemang* should be available the anniversary of the great day of Islam, fasting month and eid al-fitr, welcome guests and others.

4.2.1. Lemang in wedding ceremony

Lemang in wedding ceremony Basemah ethnic was called *perkulean lemang*. *Lemang* who brought by groom was *lemang gemuk*. *Lemang* gemuk was symboloed the color of bamboo had white color, that skin of bamboo have peeled. The names of *lemang* was adapted to context ceremony like *lemang* pengantin, *lemang pelayan*, *lemang* betuntut dan lainnya. *Lemang* pengantin was *lemang* for wedding ceremony. *Lemang* pelayan was given to leader society like village head.

The responsible party for *lemang* tradition was a people who had ceremony. To make *lemang*, not only involves groom, bride, family, but also friends, neighbours, and village head. Friends and neighbours can help to looked for spices, cooked, and served *lemang* to the ceremony. When the deliberation wedding, how much *lemang* would be calculate and prepared.

The series of Basemah ethnic wedding ceremony between groom and bride should followed their customs. The groom should bring *lemang* and give some of *lemang* to the bride. In basemah ethnic, there was 3 steps should have *lemang*. such as (1) When discussed between both side to set days or wedding time. The groom side should bring 10 bamboo of *lemang*; (2) when the family of groom delivered groom to bride house, they should bring 65 bamboo of *lemang*; and (3) when wedding party, they should bring 50 bamboof of *lemang*.

Lemang gemuk was called *lemang* who brought by groom, and *lemak manis* was called for *lemang* that brought by bride. *Lemang gemuk* and *lemak manis* had own philosophy that illustrated mindset the old Basemah people. *Lemak manis* was symboloed a girl, and *lemang gemuk* was symboloed a boy. *Lemak manis* likened as women clothing, and *lemang gemuk*

was symbolized as man instrument. The encounter between *lemang* gemuk dan lemak manis was a reflection a girl and a boy to marriage bond. Lemang from groom side by bride was a tool of information for the family to come in their wedding party, at next day. *Lemang* was cut, and a piece of *lemang* as invitation to come at their party. The people who got *lemang* should bring a rice box which packed by leave, gulai or main course, cake and other. *Lemang* was brought by groom side, tied up by banana leave. A number of 10 bamboo for bride's parents, 10 bamboo for brother of bride's parents, 10 bamboo for bride, 10 bamboo for groom, and 10 bamboo for village head.

4.2.2. Lemang in Ramadhan and Eid al-fitr

When fasting month, each people in Lahat usually cooked *lemang* and gived it to the mosque. They served *lemang* as food for iftar that was ate together. When eid al-fitr, they cooked *lemang* and served it to the guest at halal bi halal.

4.2.3. Lemang in welcome guest

Lemang was a traditional food in Lahat. At the big ceremony, *lemang* usually was given to the guest as symbolized of the culture and souvenirs.

4.3. The Lanscape Geography of Lemang

Lemang was easy to founded in Lahat, *lemang* many produced and sold by that residents area at Tanjung sirih village, Pulau pinang. There were two kinds of *lemang* was much produced and sold like *lemang gemuk* dan *lemang pisang*. *Lemang gemuk* had a umami taste, and *lemang pisang* had sweet taste because it was mixed with banana. Beside that when fruit season arrived, the producer not only produce *lemang gemuk* and *lemang pisang*. They also produce *lemang durian*, *lemang ikan huas* and *ikan sepi*. The price of a them only Rp10,000,00.

Lemang was produced by mixed gelatinous rice and coconut milk, then it was insert into bamboo and grilled over coals. The bamboo which used to produce *lemang* was a special bamboo, the specific bamboo name was bamboo kapal or *Gigantochloa scortechinii* Gamble. This bamboo had a larger diameter, and the skin was thinner than other. This bamboo easily porous. The amount of *lemang* producer was affected by availability of *lemang* raw material. In Tanjung sirih, bamboo kapal was easy to got. This bamboo was available in forest, the

producer *lemang* in Tanjung sirih got *lemang* from Tanjung sirih and Gumay ulu.

4.4. The Cooking Method of Lemang

Lemang was made from gelatinous rice, coconut, salt and sugar. The composition of *lemang* such as 1 kg gelatinous rice, 1 L coconut milk, 1 tespoon salt, a sheet banana leave, bamboo kapal with size 30 cm. Here's how to make *lemang*, such as (1) gelatinous rice was washed and soaked during one hour; (2) after one hour soeaked, it was drained; (3) combine gelatinous rice and coconut milk, added salt and sugar.



Figure 3. Prepared cook *lemang*

- Bamboo that has been cleaned, the inside of bamboo was coated by banana leave
- The mixture of gelatinous rice and coconut milk insert into bamboo as $\frac{3}{4}$ part of bamboo



Figure 4. Banana leave in bamboo

- Put bamboo over the embers during 1 hour
- Once mature, *lemang* was ready to was ate



Figure 5. Lemang was grilled

5. CONCLUSION

The gastronomy of *lemang* include 4 elements, such as historical, cultural, landscape geography and cooking method. The historical of *lemang* was started from Batak to Minangkabau, Bengkulu, Pagaralam and Lahat, *lemang* was used in wedding ceremony, fasting month and eid al-fitr, welcome guset. *Lemang* was produced in a producer who live near a forest like Tanjung sirih village. The main material to produced *lemang* like bamboo available in Tanjung sirih and Gumay ulu. *Lemang* was produced by combine gelatinous rice and coconut milk in bamboo kapal, then grilled it over the embers during 1 hour.

AUTHORS' CONTRIBUTIONS

Sonjaya, A.M., Pratama, M., and Rahmania, T. contributed to the design, analysis, and writing the manuscript.

ACKNOWLEDGMENTS

The gratitude and sincere appreciation to all parties who have assisted in the data collection process, especially the tourism office of the Lahat district and *lemang* SMEs in Lahat, as well as reviewers who have contributed their expertise and time to review the manuscripts, to evaluate and to assess the articles submitted for consideration in the publication process.

REFERENCES

- [1] Ardy, N. Yuliasri. 2020. Strategi pengembangan atraksi pengolahan rendang (marandang) sebagai daya tarik wisata gastronomi di kampung rendang kota Payakumbuh, in :Journal Economy, pp : 134-154. DOI :<https://doi.org/10.47896/je.v23i2.216>
- [2] BA. Wahyudi, FA. Octavia, M Hadipraja, S Isnaeniah, V Viriani, Lemang (Rice bamboo) as a representative of typical Malay food in Indonesia, in : Journal of ethnic food, 2017, pp : 3–7. DOI : <https://doi.org/10.1016/j.jef.2017.02.006>
- [3] Badan Pusat Statistik, in : Pariwisata kabupaten lahat booklet, DOI : pdf (bps.go.id)
- [4] E. Solichah, R. Kumalasari, N. Afifah, N. Indrianti, FN. Firdaus, A. Rahayuningtyas, T. Budiati, Pengaruh proses pemasakan dan penambahan bahan pengawet terhadap karakteristik lemang selama masa penyimpanan, in : Journal PANGAN, 2020, pp : 149 -160. DOI: <https://doi.org/10.33964/jp.v29i2>
- [5] E. Walpole, Pengantar Statistika, in: Erlangga, Jakarta, 1995
- [6] I. Ketaren, Gastronomi upaboga Indonesia, in : IGA Press, Jakarta, 2017
- [7] Karo Karo, P. (2020). Analysis of Experiential Marketing Effect on Tourist Satisfaction Levels at The Tourist Restaurant in Belitung District. *Tourism Scientific Journal*, 5(2). <https://doi.org/10.32659/tsj.v5i2.79>
- [8] MI. Hasan, Pokok-pokok materi metodologi penelitian dan aplikasinya, in : Ghalia Indonesia, Bogor, 2002
- [9] Mukhtar, Metode praktis penelitian dekriptif kualitatif, in: Referensi, Jakarta, 2013
- [10] NFN Refisrul, Fungsi lemang dalam upacara perkawinan suku Basemah di kabupaten Kaur provinsi Bengkulu, in : Jurnal penelitian sejarah dan budaya, pp: 235-256. DOI : <https://doi.org/10.36424/jpsb.v5i2.141>
- [11] RW. Hastuti, AP. Yani, I. Ansori, Studi keanekaragaman jenis bambu di desa tanjung terdana Bengkulu tengah, in : Journal Pendidikan dan Pembelajaran Biologi, pp: 96-102, 2018. DOI : <https://doi.org/10.33369/diklabio.2.1.96-102>
- [12] SP.Nugroho, IP Hardani, Gastronomi makanan khas keraton yogyakarta sebagai upaya pengembangan wisata kuliner, in : Journal Pariwisata, 2020, pp : 52-62. DOI : <https://doi.org/10.31294/par.v7i1.8136>

- [13] Tropical Looking Plants. Gigantochloa maxima bamboo, in : The international palm society, 2012, <https://www.palmtalk.org/forum/index.php?topic/33837-gigantochloa-maxima-bamboo/>
- [14] Y. Nurzaman, N. Widiastuti, Meningkatkan kemampuan wirausaha melalui pelatihan life skill tata boga bagi warga belajar keaksaraan (studi kasus di PKBM Srikandi kota Cimahi), in : Community education journal, 2019, pp: 202-209. DOI : <http://dx.doi.org/10.22460/comm-edu.v2i3.2885>