

Gastronomic potential of food at the maulid sasak tribe event in North Lombok Regency

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Abstract: Gastronomy is a habit of eating to elements of religious, cultural, social, historical and economic values for a certain community, especially the sasak tribal community in Lombok. This study aims to identify and analyze: (1) Food gastronomic particle and (2) Food gastronomic processing and presentation techniques at the sasak tribal customary maulid event in North Lombok district. This research is a qualitative research and includes field research. This research was carried out in a certain community environment, namely the sasak tribe, especially in the northern Lombok district. The sampling technique is in the form of purposive sampling with special purposes open gawe, ran, tribal council, and professional chefs in the field of culinary gastronomy. The data collection techniques used are observation, interview and documentation. The data analysis technique used is triangulation by drawing conclusions from the three data collections. The results showed that: (1) The gastronomic efficiency of food served at the sasak tribal traditional maulid event in North Lombok regency is divided into 3 classifications of types of dishes, namely vegetables (side dish), side dishes (main course), and traditional snacks (dessert) and (2) Processing techniques used in processing maulid nabi dishes, namely the deep fry, grill, steam, sautee, boil and simmer. As for serving dishes using a container in the form of a tray (nare) with begibung eating procedures.

Keywords: Gastronomi Food, Potential Food of Lombok, Maulid Adat Sasak tribe

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Introduction

Indonesia has a variety of classifications of food types ranging from traditional food, typical food and local culinary. Food is part of the rich culture and tourism of the Indonesian nation because food not only provides satiety but has meaning every type of dish served (Achroni, 2017). Chinese and Dutch have a very strong influence in the development of Indonesian culinary (Bro-mokusumo, 2013). In addition, Korean food and restaurant products are not only in big cities in Indonesia, but are starting to enter small cities (Lupitasari E, 2022). Currently, Indonesia has a variety of types of dishes that are influenced by other countries so that many Indonesian foods have undergone changes and the adoption of food from other countries (Harsana, 2020).

Indonesia is very famous for food that has the taste of spice-spiced dishes. To produce food that has a delicious taste, has distinctive food characteristics and an attractive color display, food requires a variety of spices and spices. Spices serve to strengthen and enrich the taste of processed food (Rahman, 2019). The taste of dishes coupled with spices and spices can strengthen the characteristics of the dish to be served (Fatimah, 2017). The diversity of spices and spices as food additives also greatly affects the visual appearance of food (Mataram, 2021).

Cooking is a way to transform foodstuffs into something different in terms of color, taste, aroma and texture through the processing process. The processing process starts from the preparation of raw materials, processing, then serving. In the processing process it can also be mixed with other ingredients, for example sugar, salt, dyes, or other spices to make the food more delicious and interesting. The finished processed food is then served in such a way that it can cause app tite (Farida, 2020). Various cooking techniques used make Indonesian food special. The diversity of traditional foods is influenced by the variety of local raw materials available in

each region. Traditional food has a great opportunity to be offered as the number of tourists who care about local culture and heritage increases, traditional food can be one of the best ways to find out about local culture and heritage (Sims, 2009). Culinary as a cultural product of the community includes all knowledge related to how food is produced and consumed (Sukenti et al., 2016).

Gastronomy is one of the reasons people travel to do tourist activities because it contains cultural and historical values (UNWTO, 2017). Gastronomic studies emphasize 4 elements, namely the origin of raw materials and how and where they are cultivated. Culture discusses faktor which influences local people in consuminfood. Letak geografis about faktor natural environment or culture that affects thepeople cooking food. The cooking method is about the process of processingfood. These four elements are called tangible (real, clear and materialized) as the benchmark of western societies regarding gastronomy (Gastronomy & Gastronomy, n.d.) Gastronomy is a guide to the various ways that farmers, farmers, fishermen, animal hunters, and cooks are involved in every matter about food (Krisnadi, 2018).

Gastronomy is a food science that deals with culture, history, and environmental atmosphere regarding "where, when, why and how (Santich, 2004). Gastronomy is formed from agricultural cultivation products so as to produce the color, aroma, and taste of a food that can be traced its origins (Tourism & Jakarta, 2023). Gastronomy is the science of food and food culture (Nugroho & Hardani, 2020). The technique of making food in each culture has a symbolic meaning. In an explanation related to the meaning of symbols implied in culture including food plays a significant part in all aspects of human life, including from fulfilling basic physiological needs to building social interactions and psychological expression (Krisnadi, 2018). Food has become recognised as an expression of identity and culture and has emerged as one of the popular aspects of cultural (Wijaya, 2019). The breadth of gastronomic studies will also be related to philosophy, history, tradition, social, ethics and etiquette related to food to raw materials and nutritional knowledge (Pratiwi, 2021).

Lombok is an island that has a variety of types of potential that can be developed in supporting the tourism industry. The potential is in the form of natural tourism, artificial tourism, historical tourism, shopping tours and gastronomic tourism. Gastronomic tourism is one of the great potentials that is familiar to tourists who come to the island of Lombok. This is because in addition to tourists who come to enjoy natural tourism, tourists also really need gastronomi tourism (Rizkiyah & Faridi, 2022). Data from the Disbutpar of North Lombok Regency (KLU) in January to November 2020 recorded a number of visits of more than 133,476 tourists, both foreign tourists and domestic tourists. The main attraction of tourist visits to KLU is 3 gilis namely gili air, gili trawangan and gili meno. In addition, cultural tourism destinations in Bayan, agro-tourism destinations in Ganges, and gastronomic tours in villages that perform traditional ceremonies (Chandrawati et al., 2022).

The Sasak tribe is an indigenous tribe from Lombok. The sasak tribe has a variety of cultural, social and economic elements that have a very strong influence on food. Food becomes a routine carried out by the sasak tribe both in daily life and in certain events. Cultural routines that occur in sasak tribal communities such as begawe and roah (Rahim & Halimatuzzahro, 2021). Begawe is a traditional ceremony carried out by the people of Lombok at a large cost. Begawe is usually synonymous with a celebratory party. Begawe in sasak tribal society is defined as an activity or event that squanders money or hedonis. However, begawe aims to share happiness with the community. In the implementation of begawe events, anyone can make a begawe event regardless of economic and social status. Meanwhile, roah is a traditional ceremony related to religion. Roah in the sasak tribal community has a meaning as an event of congratulations or praying for the dead. Roah has a more religious meaning because in this event many have religious values in the form of thinking, praying together for the safety of the family and especially for the deceased. In roah, usually the costs incurred are smaller. Begawe and roah are a custom of the sasak tribe in food parties and life styles (Datau, 2020).

The Maulid Tradition of the Sasak tribe is a tradition that is continuously implemented and preserved every year (Achmad Ali Fikri, Syamsul Arifin, 2022). Maulid Nabi is an event in Islam to commemorate the birth of Prophet Muhammad SAW (Maulid Nabi) (Sukenti et al., 2016) This ritual is a celebration that is carried out traditionally by the people in North Lombok Regency. This

traditional ceremony is celebrated on the Maulid Day of the Prophet Muhammad SAW (Fitriya et al., 2009). Based on the background that has been described, the author formulates a problem, namely mapping the types of dishes served at the time of Maulid Nabi in North Lombok Regency and processing and serving techniques on the celebration of the Prophet's Maulid.

This research aims to: (1) analysis and classification the gastronomy of food served at the traditional of the Sasak tribe in North Lombok Regency; (2) Processing techniques used in processing dishes and presentation techniques in serving dishes at the traditional Sasak tribe's event in North Lombok Regency.

Methodology

This research is qualitative research and includes *field research* (Sugiyono, 2020). This research was conducted in a certain community environment, namely the Sasak tribe, especially in the northern Lombok district. The sample technique used in this study was *purposive sampling*. *Purposive sampling* is a sampling technique with a specific purpose or with a specific informant according to the purpose of the study. The sampling technique is in the form of purposive sampling with special objectives, namely traditional stakeholders, village cooks, event owners, and professional cooks in the field of culinary gastronomy. The data collection techniques used are observation, interview and documentation. The data analysis technique used is triangulation by drawing conclusions from the three data collections and then drawing conclusions. Qualitative research uses data collection techniques in the form of observation, interviews and documentation. The data analysis technique used is triangulation by drawing conclusions from the three data collections and then drawing conclusions.

Table 1. Research Informant

| No | Data Sources | Sum |
|----|-------------------|-----|
| 1. | Epen Gawe | 4 |
| 2. | Ran | 4 |
| 3. | Tribal Council | 4 |
| 4. | Professional Chef | 2 |

Source: Researcher Document, 2023

In this study, the researcher acted as the main instrument of research, namely by actively interacting with respondents in the field. The data collection techniques used in this study were: (1) *observation*, (2) interviews, (3) documentation and (4) questionnaires. A wide variety of data collection techniques in the study are summarized and clarified in table 2.

Table 2. Data Collection Techniques

| No. | Aspects | Data Collection | | | Data Sources |
|-----|--|-----------------|---|---|--|
| | | O | W | D | |
| 1. | Mapping the Gastronomic Classification of Begawe Maulid Nabi Sasak Tribe | √ | √ | √ | Event Owner, Traditional Person, Cook, Professional Chef |
| 2. | Processing and Serving Techniques | | √ | √ | Chef |

Ket: O = observation, W = interview, D = documentation

From table 2, the data will then be analyzed using data analysis techniques according to Miles & Huberman which consists of three activity streams which occur simultaneously, namely: data reduction, data presentation, withdrawal conclusion/verification.

Results and Discussion

Result

Gastronomic Classification of Begawe Maulid Nabi Sasak Tribe of North Lombok

Gastronomy is a reflection of the culture, norms, beliefs, values, and rules associated with the act of eating in the sasak tribal society. Gastronomic conceptuals are often referred to and are limited to the act of preparing, making and serving a food (Cuffia et al., 2022). Gastronomic potential is a product produced and cultivated by local communities in a certain area as a way of life by utilizing the potential and natural resources possessed, especially for the Sasak tribal community. In addition, gastronomy uses certain recipes and processing methods in processing a food even into the art of serving food.

Gastronomy in this study is special food and snacks at the celebration of the Prophet's Maulid, North Lombok regency. The result of the gastronomic classification of the sasak community on the island of Lombok is that the types of dishes served during the ceremony and congratulations are divided into two types, namely begawe and roah. The menu made and served in the Maulid tradition is a menu that has been practiced since the time of the people's ancestors. The menu is made from raw materials.

Table 3. Classification of Traditional Maulid Dishes of the Sasak Tribe

| Dish classification | Types of Dishes |
|----------------------------|---|
| Side Dish | Rerawonan, Manok kelak santan |
| Vegetable | Ares, serbuk, sesaur, gedang kelak santan |
| Traditional Snack | Kuping gajah, peyek, keciput, jaje matahari, renggi |

Source: Researcher Document, 2023

Side dish

Rerawonan

Rerawonan is a type of dish made from beef or chicken that is cooked using black spices. The main spice in rerawonan comes from keluwek so that it produces a black and dense color. Rerawonan has characteristics that are not too viscous and not liquid either. So it has a light taste. This food belongs to the maincourse type of dish and is the main menu served at the celebration of the Prophet's Maulid.



(Source: Researcher Document, 2023)

Figure 1. Rerawonan

Manok Kelak Santan

Manok kelak santan is one of the main dishes served at the celebration of Maulid Nabi. Manok it has the meaning of chicken. The chicken used are local chicken. Later, Kelak Santan has the meaning of a vegetable that is cooked with complete spices (beleq) and added with thick coconut milk in it. Manok later coconut milk has spicy and savory characteristics because it uses thick coconut milk and free-range chicken which has a savory broth.



(Source: Researcher Document, 2023)

Figure 2. Manok Later Coconut Milk

Vegetable Jangan Ares

Jangan ares is a dish that is included in the soup or side dish classification. Do not have the meaning of vegetable and ares derived from the stem of a young banana. The banana stem used is a type of banana kepok or stone because it has a soft and delicious taste. The banana stem used is a young banana stem because it has a sweet taste. This banana stem is cut or sliced and then put in a bowl or sack where it has been sprinkled with salt in it. The purpose of adding salt is to remove the sap and fiber that is still on the banana stem. In addition, the addition of salt reduces the process of discoloration of the banana stem, resulting in attractive ares when served. Usually do not ares cooked with the addition of pieces of meat, so that it has the savory taste of beef broth.



(Source: Researcher Document, 2023)

Figure 3. Jangan Ares

Sereboq

Sereboq is a type of dish that is often found on the island of Lombok. Almost every day the sasak tribe of Lombok processes sereboq as food that they consume daily. However, Sereboq is also a characteristic that is always present on certain occasions such as maulid, merariq, isra miraj. Sereboq uses ingredients in the form of fresh vegetables such as fern leaves or young spikes, bean sprouts, long beans, light green wren eggplants, and vegetables that are often grown in a residential environment. All types of vegetables are boiled then given additional seasoning in the form of grated coconut and added with cerebuk seasoning. Sereboq is usually served with a sprinkle of fried onions and a dish sauce as a complement.



(Source: Researcher Document, 2023)

Figure 4. Sereboq

Sesaur

Sesaur is a type of coconut-based side dish. In other areas it is called serundeng, but in Lombok the mention of the name is sesaur. Sesaur uses fresh coconut which is grated and then roasted with yellow spices because there is an addition of turmeric until dry and cooked. Usually sesaur is served with the addition of fried soy beans. This dish is a must-have because it is a side dish and dessert for the sasak tribe.



(Source: Researcher Document, 2023)

Figure 5. Sesaur

Gedang Kelak Santan

Gedang in Lombok is papaya. The papaya used is young papaya. This papaya is cut with a large size so that it is not easily destroyed during the processing process. Almost all typical spices in Lombok use the same spices, namely onion, garlic, turmeric, kencur, pecan, laos, ginger, lemongrass, bay leaf, shrimp paste and additional coconut milk. This seasoning is said to be a complete seasoning (beleq).



(Source: Researcher Document, 2023)

Figure 6. Gedang Kelak Santan

Snack

Jaje Kuping Gajah

Jaje kuping gajah are typical Lombok snacks that must be served on the second part of the tray (nare) specifically for serving snacks. Actually, jaje kuping gajah can be found in other regions because they are traditional Indonesian snacks. However, what distinguishes in Lombok is the type of Jaje Kuping Gajah that are served in the shape of a sprawl instead of a cone. Jaje Kuping Gajah have a combination of colors, namely white and brown, resulting in an attractive product.



(Source: Researcher Document, 2023)

Figure 7. Jaje Kuping Gajah

Peyek

Peyek can be said to be a type of side dish, cracker or snack because of its light shape. Peyek comes from rice flour which is added with spices such as bawang white, kencur, turmeric as an additional color and orange leaves as aroma. The characteristic of peyek is that it is wide and crispy because it uses deep frying processing techniques. Peyek can be given additional such as peanuts, anchovies, or soybeans.



(Source: Researcher Document, 2023)

Figure 8. Peyek

Keciput

Keciput is a type of traditional snack typical of Lombok. Keciput has a shape that is almost similar to onde-onde cake because it has a sprinkling of sesame seeds. But in terms of texture, wrinkles have a crispy texture, while onde-onde has a soft and slightly chewy texture. A typical lombok wrinkle has a long shape like an index finger. The main ingredient of keciput is glutinous rice flour which is given additional coconut milk and sprinkled with sesame seeds in all parts. Keciput has a slightly sweet, savory and crunchy taste because there is added granulated sugar, salt, coconut milk in it. The technique of processing wrinkles is to use deep frying or use a lot of

cooking oil and heat. The thing that needs to be considered in frying wrinkles is the condition of the fire, because the wrinkle has added sugar so it is easy to burn.



(Source: Researcher Document, 2023)

Figure 9. Kecipun

Jaje Matahari

Jaje matahari is a snack served during the celebration of the prophet Muhammad's death. Jaje matahari is known as kembang goyangng, because of the printing process dipped in a liquid dough and dipped in hot cooking oil and slightly shaken so that it can be easily separated from the mold. In Lombok, it is referred to as jaje matahari because it looks like a sunflower. This sun jaje has color variations such as red, yellow, white and green. However, what is often found is mostly golden brown because it does not use additional food coloring.



(Source: Researcher Document, 2023)

Figure 10. Jaje Matahari

Renggi

Jaje Renggi is a traditional Lombok snack that must be present during major celebrations such as the Maulid of the Prophet Muhammad SAW, wedding celebrations and . Jaje Renggi is made using ingredients such as, glutinous rice and brown sugar as sweeteners and dyes. There are two types of renggi served in Lombok, renggi which has a slightly sweet taste and some that have a savory taste. Renggi uses glutinous rice that has been previously soaked and then steamed, molded, then dried to dry like crackers. After drying renggi is fried using the deep frying processing method.



(Source: Researcher Document, 2023)

Figure 11. Renggi

Discussions

Techniques for Processing and Presenting Gastronomy Begawe Maulid Nabi

Food processing techniques at the Maulid Nabi celebration are by using deepfrying, grill, steaming, sautee, and boiling techniques. This is a tradition that has been maintained since the time of the ancestors. Most of the dishes served did not use the frying method due to the unavailability of equipment for frying in those days. However, for now the deep frying method is used in frying traditional cakes that have the characteristics of being dry and crispy in order to have a long shelf life. In addition, with the processing technique of boiling, steaming, and burning food, the sasak tribe can lead a healthier lifestyle and avoid diseases arising from the use of oil in the frying process. Until now, in the midst of the sasak tribal community there is a taboo to consume dishes with oil elements, so frying food with oil, including coconut oil, is strictly not allowed. Judging from the structure of the dish, the dishes served at the time of Maulid only consisted of main course. Referring to the food classification of the Sasak people, Maulid dishes fall into the category of daharan begawe, or main food/ heavy food made for ceremonial activities or ceremonies or traditional rituals (Sukenti et al., 2016).

Types of Food Processing Techniques

Deep Frying

Deep frying processing technique is a processing technique with food frying by using more oil than the food ingredients to be fried (submerged in hot oil). The tool used is called deep fryer. The foodstuffs to be fried are usually coated with flour before frying, except for potatoes. It aims to protect the lost food juice.

Sautee

The sautee processing technique is a processing technique by harvesting or frying food ingredients using a little oil to emit the aroma of the food ingredients. The purpose of the sautee is not to ripen foodstuffs. Before foodstuffs are disautee preferably the oil used should be hot.

Grilling

Grilling is a technique of cooking food with high radiant heat and directly. The heat source is usually directly under the food being cooked, or comes from under the food.

Steaming

Steaming is the process of cooking food by using hot water vapor. This cooking technique uses two tools, namely at the bottom filled with water and on top for ripening food ingredients. The steaming technique uses two types of methods, namely ordinary steamer using a steamer and high steam pressure using a high pressure steamer (presto).

Boiling

The process of cooking food in boiling water with more water than the processed food ingredients. In the boiling process, "Quick Bubbling" appears because this process uses large embers and a temperature of about 95-100 °C.

Simmer

The process of cooking food in water, where the amount of water is more than the processed food ingredients. In the simmer process, "Slow Bubbling" appears because this process uses small embers and requires a long time process. The simmering process aims to reduce the liquid so that the liquid obtained has clear characteristics. In addition, the main ingredient aims to ripen without damaging the texture of the food ingredient.

Blanching

The process of processing food by dipping food ingredients into boiling water or boiling oil for a while. This processing technique aims to prevent food ingredients from being cooked and then removed again so that the inside of the food ingredients is cooked on the inside.

Table 4. Classification of Gastronomic Processing Method Begawe Maulid Nabi Suku Sasak North Lombok

| Dish classification | Types of Dishes | Herb and Spices | Method Of Cooking |
|---------------------|--------------------|---|---|
| Side dish | Rerawonan | <ul style="list-style-type: none"> • Beef or local chicken • Shallot • Garlic • Keluwak • Galangal • Ginger • Turmeric • Kaempferia Galanga • Red Chilli • Hot Chilli • White Pepper • Coriander • Indonesian Bay leaf • Kefir leaf • Lemongrass | <ul style="list-style-type: none"> a. Boiling for Beef or Chicken b. Grinder Spice c. Sautee for Spices d. Simmer for all ingredient |
| | Manok Kelak Santan | <ul style="list-style-type: none"> • Local chicken • Shallot • Garlic • Keluwak • Galangal • Ginger • Turmeric • Kaempferia Galanga • Red Chilli • Hot Chilli • White Pepper • Coriander • Indonesian Bay leaf • Kefir leaf • Lemongrass | <ul style="list-style-type: none"> a. Grill for chicken until smoky b. Grinder Spices c. Sautee for Spices d. Simmer for all ingredient |
| Vegetable | Jangan Ares | <ul style="list-style-type: none"> • Ares (Banana Steam) • Beef • Shallot • Garlic • Keluwak • Galangal • Ginger • Turmeric • Kaempferia Galanga • Red Chilli • Hot Chilli • White Pepper • Coriander • Indonesian Bay leaf • Kefir leaf • Lemongrass | <ul style="list-style-type: none"> a. Cut to a thickness of 3 cm for banana steam b. Cut beef into medium size dice and boil c. Grinder spices d. Sautee for spices e. Boiling and simmer for all ingredient |
| | Sereboq | <ul style="list-style-type: none"> • Long Bean • Bean sprout • Winged Bead | <ul style="list-style-type: none"> a. Cut for vegetable (long bean, fern, and winged bean) |

| | | | |
|--------------------|---------------------|--|--|
| | | <ul style="list-style-type: none"> • Fern • Hot chilli • Red chilli • Garlic • Shallot • Fried shallots • Brown sugar | <ul style="list-style-type: none"> b. Blanch for vegetable c. Grinder Spices d. Sautee for spices e. Mix all ingredient |
| | Sesaur | <ul style="list-style-type: none"> • Coconut is half old • Shallot • Garlic • Turmeric • Coriander • Lemongrass • Kefir Lime | <ul style="list-style-type: none"> a. Greated for coconut b. Grinder Spices c. Sautee for Spices |
| | Gedang Kelak Santan | <ul style="list-style-type: none"> • Papaya (young) • Shallot • Garlic • Keluwak • Galangal • Ginger • Turmeric • Kaempferia Galanga • Red Chilli • Hot Chilli • White Pepper • Coriander • Indonesian Bay leaf • Kefir leaf • Lemongrass | <ul style="list-style-type: none"> a. Cut to a thickness of 3 cm for papaya. b. Cut beef into medium size dice and boil c. Grinder Spices d. Sautee for spices e. Boiling and simmer for all ingredient |
| Traditional Snacks | Jaje Kuping Gajah | <ul style="list-style-type: none"> • Flour • Egg • Vanilla • Chocolate powder • Milk powder • Icing sugar | <ul style="list-style-type: none"> a. Mix all ingredient b. Shapes and slices with a thickness of 0.5 cm c. Deep frying until golden brown |
| | Peyek | <ul style="list-style-type: none"> • Rice flour • Peanuts • Garlic • Turmeric • Kaempferia Galanga • Coriander • Coconut milk • Egg • Kefir Leaf | <ul style="list-style-type: none"> a. Mix all ingredient b. Chopped peanuts c. Grinder spices d. Deep frying until golden brown |
| | Keciput | <ul style="list-style-type: none"> • Glutinous rice flour • Tapioca flour • Sesame • Coconut milk • Egg | <ul style="list-style-type: none"> a. Mix all ingredient b. Form and sprinkle with sesame seeds c. Deep frying until golden brown |
| | Jaje Matahari | <ul style="list-style-type: none"> • Rice flour • Flour • Tapioca flour • Coconut milk • Egg • Sugar | <ul style="list-style-type: none"> a. Mix all ingredient b. Molding c. Deep frying until golden brown |
| | Renggi | <ul style="list-style-type: none"> • White glutinous rice | <ul style="list-style-type: none"> a. Soak white glutinous rice and steam |

- Garlic
- Coriander
- White Pepper
- Shrimp paste
- b. Grinder spices
- c. Mix all ingredient
- d. Molding and dry
- e. Deep frying until golden brown

Source: Researcher Document, 2023

Conclusions

The gastronomic classification of food served at the sasak tribal traditional maulid event in North Lombok regency is divided into 3 classifications of types of dishes, namely vegetables (side dish), side dishes (main course), and traditional snacks (dessert). Processing techniques used in processing maulid nabi dishes, namely the deep fry, grill, steam, sautee, boil and simmer. As for serving dishes using a container in the form of a tray (nare) with begibung eating procedures.

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