

## Conference Paper

# Codification of Indonesian Culinary: Critical Analysis of Traditional Food

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### Abstract

Soto is one of the traditional dishes consumed by almost all Indonesian people. A variant of Soto in this country causes Indonesia to be called the land of 1001 Soto. The results revealed that Soto consisted of Clear Soto and Thick Soto. The structures are: (1) white paste seasoning of Soto; (2) typical seasoning of Soto which is a must in Indonesian Soto; (3) typical seasoning in each Soto that adds to each Soto and makes them typically; (4) liquid; (5) content material; (6) condiment; (7) crackers or chips; (8) condiment; (9) other complement. According to results, the majority of Soto used complete white paste seasoning (66.6% in Clear Soto and 92.8% in Thick Soto); typical seasoning of Soto used complete seasoning (23.3% in Clear Soto and 7.1% in Thick Soto). The majority of seasoning used galangal, lemongrass, coriander, and bay leaves; liquid used chicken stock and beef stock in case of Thick Soto adding coconut milk. The content material is groups of noodles, animal and vegetable protein, vegetables, and processed food. Fried onions were used as a condiment. Crackers or chips were dominated by *Emping*. Various condiment and other complementary ingredients such as various oranges and raw pickles were served separately. In conclusion, 77.2% of data from recipe books with real conditions are very suitable.

**Keywords:** codification, the structure of Indonesian Soto, the seasoning used

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## 1. Introduction

Indonesia has 1340 various tribes [8]. Each tribe has its own culture, so each region has its food characteristics. According to Hadisantosa in FG Winarno et al [18], regional foods or traditional foods consumed by ethnic group society and a specific region, processed by recipes known to society. The ingredients came from local sources and had a taste which is relatively by the tastes of local society. Based on lexical meaning, traditional foods have a relationship between food and the specific tradition of society. William Wongso [14] said that there is no Indonesian food, but there is a collection of various regional dishes within the territory of Indonesia. Each ethnicity has its peculiarities even in the same dish. Food used as a unifying nation or a harmonious relationship between

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ethnic groups in Indonesia, even as a nation branding in the dining table diplomacy. It has an impact on the country's economy and popularity as has been done by Thailand, Japan, Korea and others. Many things that must be prepared to be used as a nation branding need to be made an effort to (1) increase the way of serving traditional food by utilizing new technology equipment and presented in an exciting manner; (2) increase the quality of traditional food both organoleptically, nutritional quality, sanitation and hygiene and the environment; (3) increase the economic value of traditional food; (4) increase efforts to expand traditional food to other regions; and (5) increase business owner's capital of traditional food.

Soto is one of the traditional dishes consumed by almost all Indonesian people. A variant of Soto in this country causes Indonesia to be called the land of 1001 Soto. Considering the variety of traditional food recipes, especially Soto, it is difficult to use as a reference in formulating formulas and processing them. As a first step, it is necessary to compile the codification of Indonesian culinary, especially Soto, by analyzing the structure of ingredients, seasonings, making techniques and presentation. Codification means the classification of Indonesian Soto.

## 2. Methods and Equipment

### 2.1. Methods

This study was a literature study that obtained from various sources such as journals, books, archives, magazines, articles, documentation, internet, libraries, and documents that are relevant to the problems studied. The collection of literature related to Indonesian Soto followed by the selection of literature that fitted the criteria, namely: listed author, publisher, details of recipes, liquids, ingredients, condiment, crackers or chips, condiment and other supplementary ingredients. One literature fulfilled the requirements of Soto recipe and followed by tabulation and triangulation through in-depth observation and interviews with Soto sellers and informants who came from the Soto region and competent to process them in Jakarta - Bogor - Depok - Tangerang - Bekasi (Jabodetabek). The selection of Soto stalls or restaurants sold typical Soto from their region. Both the seller and owner came from the Soto region. Customers came from the Soto region. The triangulation result continued to the codification of the Indonesian culinary, especially Soto.

### 3. Results

#### 3.1. Clear Soto

#### 3.2. Thick Soto

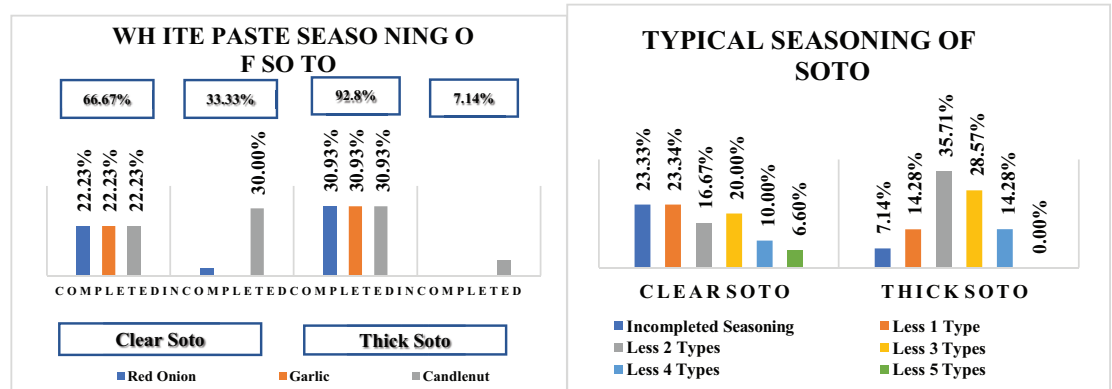


Figure 1: Histogram of white paste seasoning of Soto (a) and typical seasoning of Soto (b).

A white paste seasoning of Soto included red onion (*Allium Cepa*), garlic (*Allium Sativum*) and candlenut (*Aleurites Moluccana*). Typical seasoning of Soto used lemon-grass, coriander, galangal, ginger, lemon leaf, *Salam* leaf, and pepper. Liquid stock used chicken stock, and coconut milk for thick Soto. The content material used animal protein, mostly meat and chicken, vegetables such as cabbage, sprouts, bean sprouts, yellow noodles, and a group of vermicelli. The condiment is predominantly using fried onions. Crackers or chips used *Emping*. A chili sauce used is boiled chili sauce and fried chili sauce. Other complimentary ingredients used fresh pickles and many oranges. A staple food for Soto is white rice, *Ketupat*, and rice cake, while *Burasa* only used in some types of Soto.

Completed white paste seasoning used by 20 of 30 clear Soto (66.6%) and 13 of 14 clear Soto (92.8%). The white paste seasoning did not use candlenut by 9 of 30 clear Soto (30%) and 1 of 14 Thick Soto (7.1%). Completed typical seasoning of Soto used 7 of 30 clear Soto (23.3%) and 1 of 14 thick Soto murky (7.1%). The typical seasoning of Soto did not use lemon leaf, pepper and ginger. It depends on the type of Soto processed in the form of seasoning and herbs used. If Soto gets influence from Middle Eastern and Indian cultures, the seasoning is more varied. Whereas, if Soto gets influence from China, the use of garlic is predominantly in white paste seasoning. A triangulation result showed that 77.2% of data from recipe books with real conditions are very suitable.

TABLE 1: (a): Clear Soto: white paste seasoning, typical seasoning, typical seasoning of each Soto, liquid stock, condiment.

No.	Name of Soto	White Paste Seasoning			Typical Seasoning of Soto				Typical Seasoning of Each Soto			Liquid Stock			Content Material	Condiment					
		Gar	Sha	Can	Leg	Cor	Gal	Gin	Lel	Sal	Pep	Chs	Bes	Ans		Frs	Frg	Lee	Chi	Cel	Tom
1	Soto Ayam Solo	√	√	√	√	√	√	√	√	√	√	-	-	-	√	√					
2	Coto Makasar	√	√	√	√	√	√	√	-	-	-	√	-	-	√	√	√				
3	Soto Buwono	√	√	√	√	√	√	√	-	-	-	√	√	-	√	√	√		√		
4	Soto Grombyang	√	√	√	√	√	-	-	√	√	-	√	√	-	√			√	√		
5	Soto Iga	√	√	√	-	-	√	√	-	-	-	√	√	-	√	√	√				
6	Soto Kudus	√	√	√	√	√	-	√	-	√	√	-	-	-	√	√		√			
7	Soto Kwali	√	√	√	√	√	√	√	√	√	-	√	√	-	√	√		√	√	√	
8	Soto Lamongan	√	√	√	√	√	√	√	√	√	√	-	-	-	√	√		√	√		
9	Soto Lento	√	√	√	√	-	-	√	√	√	√	√	√	-	√	√	√	√	√	√	
10	Soto Magetan	√	√	√	√	√	√	√	√	√	√	√	√	-	√	√					
11	Soto Mie Bogor	√	√	√	√	-	√	√	√	√	-	√	√	-	√	√	√	√	√	√	

No.	Name of Soto	White Paste Seasoning			Typical Seasoning of Soto				Typical Seasoning of Each Soto			Liquid Stock			Content Material	Condiment					
		Gar	Sha	Can	Leg	Cor	Gal	Gin	Lel	Sal	Pep	Chs	Bes	Ans		Frs	Frg	Lee	Chi	Cel	Tom
12	Soto Mie Udang	√	√	√	-	√	-	√	-	-	-	-	-	√		√					
13	Soto Nangka	√	√	√	√	√	-	√	√	√	-	√	-	-	√						
14	Soto Ngasem	√	√	√	-	-	√	√	√	-	√	-	-	-	√	√	√			√	
15	Soto Pamekasan	√	√	√	√	√	√	√	√	√	√	-	-	-	√	√	√	√	√	√	
16	Soto Seger	√	√	√	√	√	√	√	√	√	√	√	√	-	√	√				√	
17	Soto Slawi	√	√	√	√	-	-	√	-	√	√	-	-	-	√	√	√				
18	Soto Sokaraja	√	√	√	√	-	√	√	√	√	-	√	√	-	√	√	√	√	√	√	
19	Soto Sumenep	√	√	√	√	-	√	√	-	-	-	√	√	-	√	√	√	√	√	√	
20	Soto Tegal	√	√	√	√	-	-	√	√	√	-	√	√	-	√	√			√	√	
21	Soto Banjar	√	√	-	-	√	√	√	-	√	√	√	-	-	√	√	√	√	√	√	
22	Soto Bandung	√	√	-	√	√	√	√	-	√	-	-	√	-	√	√	√	√	√	√	

No.	Name of Soto	White Paste Seasoning				Typical Seasoning of Soto				Typical Seasoning of Each Soto			Liquid Stock			Content Material	Condiment					
		Gar	Sha	Can		Leg	Cor	Gal	Gin	Lel	Sal	Pep	Chs	Bes	Ans		Frs	Frg	Lee	Chi	Cel	Tom
23	Soto Bebek Surabaya	√	√	-		√	-	-	√	√	√	-	-	√	√	√			√			
24	Tauto	√	√	-		√	√		√		√	-	√	-	-		√					
25	Soto Kedu	√	√	-		-	√	√	√	√	√	-	√	-	-		√				√	
26	Soto Kikil	√	√	-		√	√	√	√	√	√	-	√	-	-		√			√		
27	Soto Mahakam	√	√	-		-	√	√	√	-	-	√	-	-	-		√			√		
28	Soto Padang	√	√	-		√	√	√	√	√	√	-	√	-	-		√			√		
29	Soto Semarang	√	√	-		√	-	√	√	√	√	√	-	-	-		√					
30	Soto Tenggiri	√	-	√		√	-	-	-	-	√	-	-	√	√						√	

Note:

White Paste Seasoning	Typical Seasoning of Soto	Typical Seasoning of Each Soto	Liquid Stock	Condiment
Gar = Garlic	Leg = Lemon Grass	Lel = Lemon Leaf	Chs = Chicken Stock	Frs = Fried Shallot
Sha = Shallot	Cor = Coriander	Sal = Salam Leaf	Bes = Beef Stock	Frg = Fried Garlic
Can = Candlenuts	Gal = Galangal	Pep = Pepper	Ans = Another Stock	Lee = Leek
	Gin = Ginger			Chi = Chives
				Cel = Celery
				Tom = Tomatoes

TABLE 1: (b): Clear Soto: crackers and chip, chili sauce, other complementary ingredients, food staple.

No.	Name of Soto	Crackers and Chips					Chili Sauce					Other Complementary Ingredients					Food Staple in Soto				
		Emp	Km	Kbw	Kud	Kke	Cri	Sgo	Ska	Sre	Sta	Ske	Acr	Kms	Jel	Jen	Jek	Bur	Ket	Lon	Nas
1	Soto Ayam Solo	-	-	-	-	-	-	√	√	-	-	-	-	-	-	-	-	-	-	-	√
2	Coto Makasar	-	-	-	-	-	-	-	-	√	-	-	-	-	√	-	-	√	-	-	√
3	Soto Buwono	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
4	Soto Grombyang	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
5	Soto Iga	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
6	Soto Kudus	-	-	-	-	-	√	-	-	-	-	-	√	-	√	-	-	-	-	-	√
7	Soto Kwali	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
8	Soto Lamongan	-	-	-	√	-	-	-	√	-	-	-	√	-	√	-	-	-	-	-	√
9	Soto Lento	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
10	Soto Magetan	-	-	-	-	√	-	-	√	-	-	-	√	-	-	-	-	-	-	-	√
11	Soto Mie Bogor	√	-	-	-	-	-	-	√	-	-	-	√	√	-	-	-	-	-	-	√
12	Soto Mie Udang	-	-	-	-	-	-	-	√	-	-	-	√	-	-	-	-	-	-	-	√
13	Soto Nangka	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
14	Soto Ngasem	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
15	Soto Pamekasan	-	-	-	-	√	-	-	√	-	-	-	-	-	√	-	-	-	√	-	-
16	Soto Seger	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
17	Soto Slawi	-	-	-	-	-	-	-	√	-	-	-	-	-	√	-	-	√	-	-	-
18	Soto Sokaraja	√	√	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	-	√

No.	Name of Soto	Crackers and Chips				Chili Sauce				Other Complementary Ingredients					Food Staple in Soto						
		Emp	Km	Kbw	Kud	Kke	Cri	Sgo	Ska	Sre	Sta	Ske	Acr	Kms	Jel	Jen	Jek	Bur	Ket	Lon	Nas
19	Soto Sumenep	-	-	-	-	-	-	√	-	-	-	-	-	-	-	√	-	-	√	-	-
20	Soto Tegal	-	-	-	-	-	-	-	-	√	-	-	-	-	-	√	-	-	-	-	√
21	Soto Banjar	-	√	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	√	-	-
22	Soto Bandung	-	-	√	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	√
23	Soto Bebek Surabaya	-	-	-	-	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	√
24	Tauto	-	-	-	-	-	-	-	-	√	-	-	-	-	-	√	-	-	-	-	√
25	Soto Kedu	√	-	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	√
26	Soto Kikil	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	√
27	Soto Mahakam	-	-	-	-	-	-	-	-	-	-	-	-	√	-	-	-	-	-	-	√
28	Soto Padang	-	√	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	√
29	Soto Semarang	√	-	-	-	-	-	-	-	-	-	-	-	-	√	-	-	-	-	-	√
30	Soto Tenggara	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	√

Note:

Crackers and Chips	Chili Sauce	Other Complementary Ingredients	Food Staple in Soto
Emp = Emping	Cri = Slice of Cayenne Paper	Acr = Mixed Pickles	Bur = Burasa
Km = Red Cracker	Sgo = Fried chili sauce	Kms = Soy Sauce	Ket = Ketupat
Kbw = Onion Cracker	Ska = Peanut chili sauce	Jel = Lime	Lon = Rice Cake
Kud = Shrimp Cracker	Sre = Boiled chili sauce	Jen = Lemon	Nas = Rice
Kke = Potato Cracker	Sta = Taucu (fermented soybean chili sauce)	Jek = Jeruk Kunci	
	Ske = Chili soy sauce		



TABLE 2: (a): Clear Soto: white paste seasoning, typical seasoning, typical seasoning of each Soto, liquid stock, condiment.

No.	Name of Soto	White Paste Seasoning			Typical Seasoning of Soto				Typical Seasoning of Each Soto			Liquid Stock				Content Material	Condiment				
		Gar	Sha	Can	Leg	Cor	Gal	Gin	Lel	Sal	Pep	Chs	Bes	Ans	San		Frs	Frg	Lee	Chi	Cel
1	Laksa Betawi	√	√	√	√	√	-	-	√	√	-	-	-	√	√	√	-	-	-	-	-
2	Laksa Bogor	√	√	√	√	√	-	-	-	√	-	-	-	√	√	√	-	-	-	-	-
3	Soto Aceh	√	√	√	√	√	√	√	-	√	-	√	-	-	√	√	√	-	-	√	√
4	Soto Belitung	√	√	√	√	√	√	√	√	-	-	-	-	-	√	√	√	-	-	-	-
5	Soto Betawi	√	√	√	√	√	√	√	-	√	-	√	-	-	√	√	√	-	-	-	√
6	Soto Kediri	√	√	√	√	√	√	√	√	-	-	-	-	-	√	√	√	-	-	√	-
7	Soto Kuning Bogor	√	√	√	√	-	√	√	-	√	-	√	√	-	√	√	√	-	-	-	√
8	Empal Gentong	√	√	√	√	√	√	√	-	√	-	√	√	-	√	√	√	-	-	√	-
9	Soto Sulong	√	√	√	√	-	√	√	-	√	-	√	√	-	√	√	√	-	-	√	-
10	Soto Medan	√	√	√	√	√	√	√	√	√	√	√	√	-	√	√	√	-	-	√	-
11	Soto Tangkar	√	√	√	√	√	√	-	√	√	-	√	√	-	√	√	√	√	-	-	√
12	Soto Tasik	√	√	√	√	-	√	√	-	√	√	√	√	-	√	√	√	√	-	-	-
13	Soto Kambing Ngelo	√	√	√	-	√	√	√	-	√	√	√	√	√	√	√	√	√	-	√	-
14	Soto Banten	√	√	-	√	-	√	-	-	√	√	√	√	-	√	√	√	-	-	-	-

TABLE 2: (b): Clear Soto: crackers and chip, chili sauce, other complementary ingredients, food staple.

No.	Name of Soto	Crackers and Chips					Chili Sauce					Other Complimentary Ingredients					Food Staple in Soto				
		Emp	Km	Kbw	Kud	Kke	Cri	Sgo	Ska	Sre	Sta	Ske	Acr	Kms	Jel	Jen	Jek	Bur	Ket	Lon	Nas
1	Laksa Betawi	√	-	-	-	-	-	-	√	-	-	-	-	-	√	-	-	-	-	-	√
2	Laksa Bogor	√	-	-	-	-	-	-	√	-	-	-	-	-	√	-	-	-	-	-	√
3	Soto Aceh	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
4	Soto Belitung	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	√	-	-	-
5	Soto Betawi	√	-	-	-	-	-	-	√	-	-	-	-	√	-	√	-	-	-	-	√
6	Soto Kediri	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
7	Soto Kuning Bogor	√	-	-	-	-	-	-	√	-	-	-	-	√	-	-	-	-	-	-	√
8	Empal Gentong	-	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	√	-	-
9	Soto Sulong	√	-	-	-	-	-	-	√	-	-	-	-	√	-	-	-	-	-	-	√
10	Soto Medan	√	-	-	-	-	-	-	√	-	-	-	-	√	-	√	-	-	-	-	√
11	Soto Tangkar	√	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√
12	Soto Tasik	-	-	-	-	-	-	-	√	-	-	-	-	√	-	-	-	-	-	-	√
13	Soto Kambing Ngelo	-	-	-	-	-	-	-	√	-	-	-	-	√	-	-	-	-	-	-	√
14	Soto Banten	√	-	-	-	-	-	-	√	-	-	-	-	-	-	-	-	-	-	-	√

Note:

Crackers and Chips	Chili Sauce	Other Complimentary Ingredients	Food Staple in Soto
Emping	Cri = Slice of Cayenne Paper	Acr = Raw Pickle	Bur = Burasa
Red Cracker	Sgo = Fried chili sauce	Kms = Soy Sauce	Ket = Ketupat
Onion Cracker	Ska = Peanut chili sauce	Jel = Lime	Lon = Rice Cake
Shrimp Cracker	Sre = Boiled chili sauce	Jen = Lemon	Nas = Rice
Potato Cracker	Sta = Taucu (fermented soybean chili sauce)	Jek = Jeruk Kunci	
	Ske = Chili soy sauce		

## 4. Discussion

In clear Soto, candlenut, that did not use complete white paste seasoning, serves as a 30% savory flavor, because it used another seasoning that also functions as a savory flavor like *Tauco* in *Soto Tauco*, potato cakes in *Soto Padang*, duck meat with high fat in *Soto Bebek Surabaya* and peanuts in *Soto Mahakam*. Also, there were types of Soto that wanted the results to be clear, not strong- flavored, and not too savory like *Soto Bandung*, *Soto Kikil*, *Soto Semarang*, and others. In thick Soto, the majority used complete white paste seasoning (92.8%) because they wanted a thick and delicious result. For typical seasoning of Soto majority did not use 2-3 types (22.2% each seasoning) which dominated by coriander, ginger and pepper. It was due to the use of condiment in typical seasoning. Each typical seasoning of Soto differed one Soto course and other Soto course. In thick Soto, adding coconut milk made Soto more savory than clear Soto. The content material of each Soto generally adjusted to the results of food in their respective regions.

## 5. Conclusion

With the increasing quality of Indonesian Soto, this course is not only consumed by the local society as well as the Indonesian people, but also it can also be served as an international course on soup course group about the choice of Soto course, amount of seasoning, cut shaping and serving. In conclusion, Soto can use in various dining table diplomacy events that can use as a promotion as a nation branding.

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## Conflict of Interest

The authors have no conflict of interest to declare.

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