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**Research Article**

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**Javanese Culture Maintenance by  
Keeping Traditional Javanese Food and Beverage Name in Tegal  
Regency Traditional Culinary Tourism**

R.Aj. Atrinawati

*\*English Literature Undergraduate Study Program, Literature Department,  
Faculty of Humanities, Diponegoro University, Semarang, Indonesia*

**Abstract**

Culture is human being creation as a gift from God. One of ways of maintaining culture is keeping the tradition such as the traditional culinary. As part of the traditional culinary, keeping the traditional name of food and beverage becomes an important part of culture and language maintenance since many food and beverage today were named using international name to sound more hype. Furthermore, those traditional food and beverage name is also beneficial in supporting culinary tourism promotion, especially the traditional culinary tourism. This research shows how Tegal Regency local people supported by Tegal Regency local government through Tegal Regency Tourism Office preserves the old-traditional [1] and introduces the new-traditional [2] food and beverage names in Tegal Regency traditional culinary tourism promotion such as *Kupat Glabed, Segi Lengko, Sate Blengong, Rujak Teplak, Pilus, Kacang Bogares, Teh Poci, and Es Lontrong*. The result shows that using Tegal Regency old-traditional and new-traditional food and beverage name is beneficial for maintaining Javanese culture and language, particularly Tegal culture and Javanese language with Tegal Dialect as well as gaining more profit for local people and local government from culinary tourism business.

**Keywords:** culture, traditional culinary, food and beverage names, tourism, promotion

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**1. Introduction**

Culture is the characteristics and knowledge of a particular group of people, encompassing language, religion, cuisine, social habits, music and arts. [1] There are many ways to keep a culture to avoid it being left behind, neglected or forgotten by the people possessing the culture because they think that it is not suitable anymore with the latest trend. The new generation commonly replace the old culture with the new one to look more hype. One of the example of the rapid development of culture change is culinary world. There are many new food and beverage development covering the name, the ingredient, the way of cooking, the way of serving, and the packaging.

To keep a certain traditional culinary, some people maintain the old-traditional food and beverage by keeping its name, ingredient, way of cooking, way of serving, and packaging. Others create a new but still traditional food and beverage by modifying its name, ingredient, way of cooking, way of serving, and packaging.

As part of their traditional culinary tourism promotion and their effort to maintain Javanese culture along with Javanese language, especially Tegal Dialect, Tegal Regency local people supported by Tegal Regency local government through Tegal Regency Tourism Office preserves the old-traditional and introduce the new-traditional food and beverage name along with its ingredient, way of cooking, way of serving, and packaging such as *Kupat Glabed, Segi Ponggol, Sate Blengong, Rujak Teplak, Pilus, Kacang Bogares, Teh Poci, and Es Lontrong*.

This research is done by visiting Tegal Regency Tourism Office to get information related to Tegal Regency old-traditional and the new-traditional food and beverage. The research continues

by visiting various places in Tegal Regency that serves those food and beverage to dig more information about the name along with its ingredient, way of cooking, way of serving, and packaging.

## **2. Methods**

This descriptive-qualitative research describes Tegal Regency local people effort supported by Tegal Regency local government through Tegal Regency Tourism Office to preserves the old-traditional and introduce the new-traditional food and beverage as to maintain Javanese culture and Javanese language with Tegal Dialect through the food and beverage names. The data were 8 (eight) traditional food and beverage name taken from 8 (eight) sellers as data source by applying Purposive Sampling Technique [1] to choose the most famous old-traditional and new-traditional food and beverage suggested by Tegal Regency Tourism Office. The information is taken by applying Documentation Method, with Participatory Observation, Note Taking and Recording Techniques [2] to know the food and beverage name along with its ingredient, way of cooking, way of serving, and packaging.

## **3. Results and Discussion**

### **3.1. *Kupat Glabed***

*Kupat Glabed* is one of Tegal tradional culinary. *Glabed* means thick seasoning. *Kupat Glabed* consists of pieces of *kupat*, a kind of rice balls, made by wrapping it in a palm leaf , small slices of *tempe*, yellow vegetables, red *sambal*, and yellow crackers noodle. This food is almost the same as *opor* but *Kupat Glabed* soup is thicker than *opor* since it is made from coconut milk and cornstarch spicy turmeric. Therefore the color of the soup becomes yellow.

Randugunting Regency, Tegal , is famous for its *Kupat Glabed*. Kiosk Ibu Wartini, *jalan Ayam no 1*, is one of the famous *Kupat Glabed* in this area.



Picture 1 : *Kupat Glabed*

### **3.2. *Sega Ponggol***

*Sega Ponggol* is known as breakfast since it is served and consumed every morning. *Ponggol* means white rice and the main dish is spicy *sambal goreng tempe* or *orek tempe*. It is wrapped in banana leaf. Since the warm fresh rice is being wrapped with banana leaf, the aroma of *Sega Ponggol* becomes more delicious. *Sambal goreng tempe* as the main dish of *Sega Ponggol* is small pieces of tempe, being cooked with coconut milk. Besides *sambal goreng tempe*, egg, *acar*, and *mie* are also another dishes that completing *Nasi Ponggol*.



Picture 2 : *Segi Ponggol*

### 3.3. *Sate Blengong*

*Sate Blengong* is one of the popular culinary in Tegal. As its name *Blengong*, the main side dish is *blengong* meat. The meat is stuck on bamboo skewer, and grilled on top of burning charcoal. *Sate Blengong* is served with rice and peanut sauce added with soya sauce, onion, tomato, and chopped chilly. *Blengong* is a cross-breed of male duck and female British Muscovy/Barbary duck resulted in a less cholesterol but juicy and tasty duck meat)[2]. Pak Glowor *Sate Blengong* kiosk, one of the well know *Sate Blengong* kiosk, is located at *jalan Randusari*, Pagerbarang District, Tegal Regency.



Picture 3: *Pak Glowor Sate Blengong*

#### 3.4. *Rujak Teplak*

*Rujak Teplak* consists of boiled vegetables, namely, long bean, bean sprout, taro leaves, cassava leaves, cassava creep/tuber leaves, kale, cowpeas, cucumber, and bitter melon, and serves with thick peanut sauce as it is mixed with sweet cassava creep/tuber sauce. *Rujak Teplak* is wrapped by banana leaves. *Teplak* means the way the seller put the vegetables on the banana leaves by giving a slight force creating a kind of slapping sound of the palm tapping on the banana leaf [2] *Rujak Teplak* Ibu Niti from Trayeman in Banjarsari Traditional Market, Slawi.



Picture 4: *Rujak Teplak* Ibu Niti

#### 3.5. *Pilus*

*Pilus* is a crispy and savory snack, and it is wrapped in a plastic pack. *Pilus* is made of flour (starch/sago), garlic, eggs, *kunca* leaves, and salt. The ingredients are shaken and then being fried with oil. Now days, there are several flavors of *Pilus*, such as hot, salty, and cheese.



Picture 5: *Pilus*

#### 3.6. *Kacang Bogares*

*Kacang Bogares* is one of the famous snack from Tegal. The name of *Bogares* after *kacang* comes from *Bogares Kidul*, the name of a village, at Pangkah, Tegal Regency. The process is unique. First, the peanut is seasoned with special secret recipe; after that let the seosened peanut over night. Next morning, *kacang Bogares* is dried under the sun for half day. What makes it special is the way this peanut is fried. Before *Kacang Bogares* is fried, heat the sand in a frying pan made of clay using firewood. The sand is a media for leveling the heat of the peanut. The result, *kacang Bogares* is well cooked, and finally, for removing the sand, kacang Bogares is sifted using *tampah*.

*Kacang bogares* is healthier since its processed without cooking oil.



Picture 6: *Kacang Bogares*

### 3.7. *Teh Poci*

*Teh Poci* is tea which is brewed in a teapot made of pottery. The pot is completing with cup made of pottery as well. The pot not only for brewing the tea but also for serving the tea. *Teh Poci* is very famous in Slawi, Tegal. For having more delicious tea, the teapot should not be washed but simply throw away the rest of the tea. The crust will add to the flavor and aroma. Jasmin green tea is chosen because of its aroma and taste, *sepet-sepet*. Therefore, *The Poci* is famous with its name '*Teh Poci wasgitel*' that is *wangi* (aroma), *panas* (hot), *sepet*, *legi* (sweet), *lan* (and), *kentel* (condensed). *Gula batu* is sweetener that is used for giving *Teh Poci* more tasty



Picture 7: *The Poci*

### 3.8. *Es Lontrong*

*Es Lontrong* is a cold drink. The name of *Lontrong* comes from where the ice stall takes place. *Lontrong* means *gang*, narrow street. *Gang Lontrong*, is located at Budimulya village, Slawi, and this is the only place selling *Es Lontrong*. *Es Lontrong* consist of agar-agar, green bean, bread, *kolang kaling*, black *cincau*. All of the ingredients are mix in a tall glass added with coconut milk, red syrup, and shaved ice.



Picture 8: *Es Lontrong*

#### 4. Conclusions

The use of Tegal Regency old-traditional and new-traditional food and beverage names along with its ingredient, way of cooking, way of serving, and packaging can be considered as one of many ways to maintain Javanese culture and language. In this research, the culture is preserved by the way it is made, served, and packed. Meanwhile, the language is maintained by the way it is named reflecting the ingredient, way of cooking, way of serving, way of packing and even the place where it is sold.

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