



BLAYAG CULINER LOCAL BALI PROCESSING PROCESS, CULTURE, AND NUTRITION

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Abstract

Local culinary Bali began to rise as a promising business, but its existence began to be shifted by the proliferation of global/modern food. Therefore, it is necessary to increase the promotion of traditional Balinese food through the study of traditional Balinese food. This study raised one of Balinese traditional food that is *Blayag* which is typical food of Buleleng Regency. *Blayag* is a ketupat or lontong wrapped in lean. *Blayag* gravy served with eggs, chickens, sprouts or spinach, chilli sauce, and doused with chicken sauce and sprinkled with peanuts or fried soybean. The ingredients use local ingredients and the processing process is inherited from generation to generation. Besides can be consumed, *Blayag* also has cultural value. *Tipat Blayag* is used of prayer facilities at *Tumpek Uye* (holy ceremony for animals) in Hinduism. *Blayag* is also a traditional food that is usually served at weddings in Buleleng Regency. In addition to Buleleng District, *blayag* is also used in ceremonies in other areas of Bali. In Badung regency for example, *blayag* is used as one of the means at *Ngatapin* ceremony (ceremony after 2 month old rice plant) and as a means of dance performance of *Tari Baris Sumbu*. The dancers carry the axis made of a bamboo bar at the end of a round elliptical inside which is filled with various means of ceremony. One of the means of the ceremony is *blayag*. In regard to the implementation of religious rituals, the performing arts indicate a close relationship between God (*Hyang Widhi Wasa*) and his adoring worshipers. In addition to the elements of culture, seen from the ingredients of making *blayag* has a health value with high nutritional content such as carbohydrates (*tipat*), protein and fat (eggs, chicken, soy beans), vitamins and minerals (vegetables).

Keywords: *Blayag*, culinary local, culture, nutrition



Introduction

Tourism development can not be separated from the culinary as one tourist attraction. Culinary began to rise as a promising business because food is a major human need and tourists who visiting an area would want to try traditional/typical food areas visited. Traditional food is food that has been passed down from generation to generation produced or consumed, using locally produced ingredients, processed in a typical area (Suter, 2014).

Local culinary began to be shifted by the presence and proliferation of global / modern food. This is evidenced from the proliferation of food restaurants such as KFC, McD, and others. People feel more prestigious and classy when eating these modern foods, even though in their home countries these foods are classified as "junk food", while in our country Indonesia these foods are high-class foods. Whereas the original Indonesian traditional food is processed in Indonesia which is made from a variety of distinctive spices and spices that provide unique characteristics that cannot be replicated by other countries so that it can be used as a nation's identity, a nation's assets that can be introduced and become a good business.

One of Indonesia's traditional foods rich in spices, namely traditional Balinese food. Traditional food or local culinary in Bali is very diverse spread across districts / cities, using locally available raw materials and has a distinctive flavor. Traditional Balinese food not only has a distinctive flavor but there is also a cultural element in it. Like *Lawar* one of Bali's local culinary shows cultural identity for the Hindu community in Bali because from the past until now the community keeps making and using *lawar* for religious and custom ceremonies in Bali and consumption.

This traditional Balinese food that can be used as a culinary attraction attracts a shift, as shown by Hendrayana's research (2011), traditional Balinese food is not so many served in hotels or restaurants in Bali, especially in the Sanur region. Hotels and restaurants serve more foreign food than typical Balinese food. Balinese foods are only provided in slight variations and cannot host in their own area. This fact is unfortunate to occur and efforts need to be made to preserve traditional Balinese food.



Therefore, it is necessary to increase the promotion of traditional Balinese food through studies/studies on traditional Balinese food. This study raised one of the traditional Balinese foods, namely *Blayag* which is a typical food of Buleleng Regency. In an effort to improve the promotion of *Blayag*, researchers studied *blayag* starting from the socio-cultural aspects, the processing process, and their nutritional content.

Blayag is one of the traditional foods typical of Buleleng Regency (Sukerti, W., et al., 2016). *Blayag* is a ketupat or lontong wrapped in lean. *Blayag* gravy is served with eggs, chicken suir, vegetable bean sprouts / spinach (vegetable urap), sambal, and poured with real chicken sauce and sprinkled with peanuts or fried soybeans.

Research on *blayag* has never been done in terms of social culture, processing, and nutritional content. The assessment is very useful and becomes very important as information for people and tourists to determine their choices in consuming food. In addition, the results of future research can be used as a promotional ingredient of local culinary Bali especially *Blayag*.

Theoretical Review

Traditional Balinese Food

Traditional food is food (including snacks) and beverages, as well as ingredients that have been traditionally used and developed in specific areas or communities (Indrati and Gardjito, 2014: 263). Indrati and Gardjito (2014: 263) in Food and Nutrition Management, describes that traditional food is generally divided into four groups, namely: (a) main food (rice, cassava, taro, gadung, sago, and suweg); (b) side dishes (lawar, ares, tum, pepes, brengkes, sambal, and jukut-jukutan / vegetables); (c) snacks (for consumption and for offerings); and (d) drinks (coffee, tea and herbs).

Data on the number and type of traditional food in Bali at this time is not known with certainty. Based on the results of a survey conducted in 1999 by the Center for Traditional Food Studies (PKMT) Udayana University reported by Suter, et al. (1999) in the Bali area there were 281 types of food, 174 snacks and 73 types of drinks. Previous research on traditional Balinese food studies was conducted in Gianyar Regency, Bali in 2013. There are 108 types of traditional



Balinese food in Gianyar Regency consisting of 44 side dishes, 47 snacks, and 17 types of drinks (Yusa and Suter, 2013).

Social Culture of Traditional Balinese Food

Traditional Balinese food also contains socio-cultural value. The cultural values contained in traditional foods are religious values, artistic values, collective values, economic values, health values, and enjoyment values (Sirtha, 1998). Like previous researches by Trisdayanti (2017) the cultural values in loloh cemcem that have the potential to be developed are economic value and health value. The *loloh cemcem* cultural value of the economic value is expected to increase the income of the producers loloh cemcem. The use of this traditional leaf in the Penglipuran Tourism Village aims to familiarize people to consume healthy, cheap, and rooted beverages from their own local culture. In addition, it can provide business opportunities for people to be involved in creative economy business. *Loloh cemcem* can also be used as a welcome drink (welcome drink) for tourists. Following *Cemcem* as a welcome drink should be done by paying attention to several things such as attractive packaging because it is usually sold in the form of mineral water plastic bottles 600 ml of flavor, use of ingredients, tools and processing processes in accordance with hygiene sanitation principles to be safe for consumption.

Lawar is one of the traditional Balinese foods, one type of side dish made from chopped meat, vegetables, a number of spices, coconut, and sometimes several types of lawar added blood from the meat itself. *Lawar* has a socio-cultural function. As in the research conducted by Zein Ramadan (2016) *Lawar Bungkil Biu* in Pedungan Village, South Denpasar District and the Typical *Lawar Karangasem* research (Supandi, 2015), besides being eaten by religious functions, communication tools, and showing cultural identity. *Lawar* has a religious element that is used for offering as a thank-you and gratitude to God. As a communication tool, *lawar* is given to someone else known as *Jotan*. *Jotan* given is a sign for others that the person who gave the *Jotan* will carry out traditional ceremonies and at the same time as an invitation in the hope that the person given by *Jotan* can attend the event. Activity invite / give *Jotan* is known as *ngejot*. In addition, *lawar* served to establish proximity between families. If there are relatives who visit your home or home to perform prayers as well as friendship, then at that time you will be treated to foods like *lawar*. *Lawar* shows



the cultural identity for the Hindu community in Bali because from the beginning until now people keep making and using *lawar* for ceremony and consumption.

Nutritional Content of Traditional Balinese Food

Traditional food has a very strategic value that is to accelerate the diversification process of food consumption is diverse, nutritious and balanced and safe. This is due to the large number of traditional foods, the types are diverse and have sufficient nutritional value, and are safe to consume because the processing generally does not use harmful chemical additives. In addition, the materials used are local (not imported) so they are not dependent on other regions or countries. At present there are trends in the community including domestic tourists and foreign tourists who come to Bali to choose natural foods including traditional food for reasons of lower risk of getting health problems compared to consuming modern foods that are generally high in fat and sugar which are at high risk of heart attack and disease diabetes (Yusa and Suter, 2013).

Based on Yusa and Suter's research (2013), it is known that the nutritional content of traditional food in Gianyar regency is very diverse, depending on the type of food, snacks or drinks. For this type of food the water content ranges from 1.15% - 84.51%; ash content ranged from 0.13% - 4.25%; protein content ranged from 3.34% - 24.40%; Fat content ranges from 0.50% - 40.76% and carbohydrate levels range between 0.95% -52.10%. The type of snack water content ranges from 4.61% - 69.4%; ash content ranged from 0.47 to 2.18%; protein levels ranged from 2.71% - 7.58%; Fat content ranged from 1.24% - 15.61% and carbohydrate levels ranged from 23.24% - 80.50%. The results of research on the nutritional content of traditional Balinese food can be used as a promotional medium for tourists.

Methodology

The object of this research is the social, cultural, processing, and nutrition aspects of *blayag*. The location of this research is in Sangsit Village, Sawan District, Buleleng Regency. The type of data in this study is qualitative data in the form of interviews, observations, and literature on socio-culture and *blayag* processing and quantitative data in the form of the amount of *blayag* nutrition. Sources of data in this study are primary data in the form of data from interviews and



observations directly to *Blayag* traders regarding socio-culture and blayag processing. In addition, the primary data is sourced from laboratory test results data on nutritional content. Nutritional testing is carried out at the Udayana University Food Analysis Laboratory. Secondary data researchers obtain in literature sources, journals, research results. Data analysis techniques in this study are qualitative descriptive. The results of interviews and observations about socio-culture, processing and laboratory test results of *blayag* nutrition content are arranged systematically, presented in narrative form, and conclusions drawn from the results of the study.

Discussion

Blayag Local Culinary of Buleleng Regency

Blayag is one of the traditional foods typical of Buleleng Regency (Sukerti, W., et al., 2016). *Blayag* is a ketupat or lontong wrapped in lean. Wearing coconut milk as a wrapper because indeed the geographic conditions of North Bali are rather dry and beached, causing coconut trees to dominate. *Blayag* gravy is served with eggs, chicken suir, vegetable bean sprouts / spinach (vegetable urap), sambal, and poured with real chicken sauce and sprinkled with peanuts or fried soybeans. Culinary glance is indeed similar to *lontong pecel* or *gado-gado*. But *Blayag* Buleleng has a different taste because this culinary does not use peanut sauce but yellow sauce is often called a real chicken sauce. Nyat-nyat chicken broth itself is made from finely ground rice flour and seasoned with Balinese spices or *Base Genep* which is rich in spices that are identical to yellow. This one recipe was created by predecessors in Pengelatan Village, Buleleng District. To reach this village, can be reached by road trip about eight kilometers from the direction of Singaraja city. *Blayag* research has never been done in terms of social culture, processing, and nutritional content. The assessment is very useful and becomes very important as information for people and tourists to determine their choices in consuming food. In addition, the results of future research can be used as a promotional ingredient of local culinary Bali especially *Blayag*.

Blayag Processing Process

In one *Blayag* plate, there are various fillings such as cut *blayag*, urap vegetables, curry chicken sauce and thick sauce (nyat-nyat chicken soup), suir chicken, eggs, soybeans or fried peanuts. So the

previous *blayag* trader must have prepared the filling material, so that it can be arranged when there is a buyer or consumer who will eat the food.

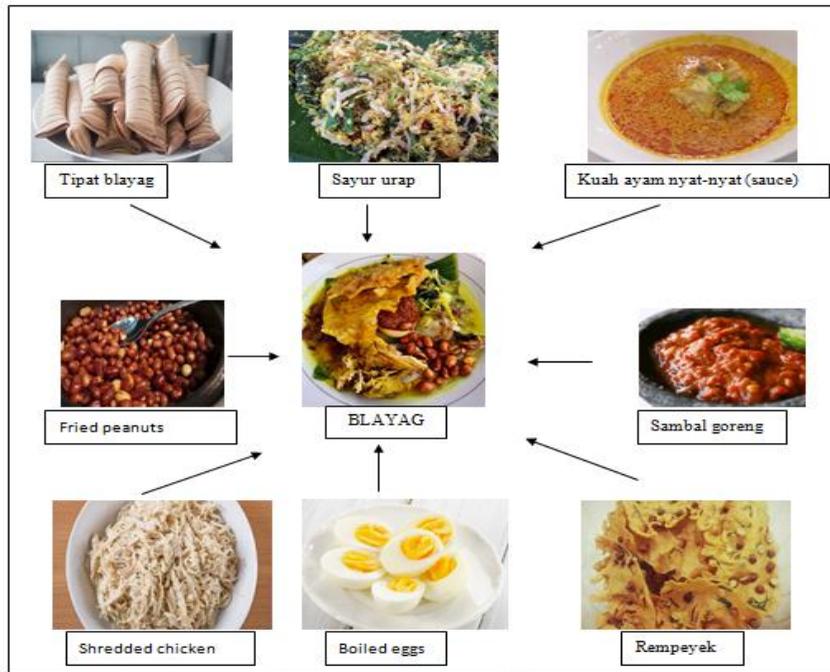


Figure 1. Materials Making Blayag
 Source: Research Results (2018)

The details of how to process blayag entries are as follows:

1. *Tipat blayag*

Table 1. Recipe of *Tipat Blayag*

No	Material	Amount	Size
1	Rice	300	Grams
2	Coconut leaves	5	sheet

Source: Research Results (2018)

The process of making *tipat blayag*

- Wash the rice
- Coconut leaves are cylindrical and then add a little rice to the tipat.



- Heat the water in the pan then boil the Blayag type approximately ½ hour. Lift and drain the tray.

2. Sayur urap

Table 2. Recipe of Sayur Urap

No	Material	Amount	Size
1	Chilli	10	Gram
2	Small Chilli	5	Gram
3	Grated Coconut	20	Gram
4	Terasi	1	Gram
5	Orange Limo	½	Sdt
6	Salt	½	Sdt
7	Kencur	2	Gram
8	Garlic	5	Gram
9	Bean Sprouts	50	Gram
10	Long Bean	50	Gram

Source: Research Results (2018)

The Process of Making Sayur Urap

- First wash and clean the coconut, bean sprouts, long beans, large chili, small chili, garlic and galingale.
- Cut the long beans.
- Grate the coconut that has been split.
- Bake large chillies, garlic, small chillies, graze and paste until brown, then puree all ingredients.
- Boil bean sprouts and long beans and then drain the monatray.
- Saute the spices until brown and season with salt and pepper.



- Mix vegetables with grated coconut and spices that have been sautéed, and fill a little lemon juice.

3. Kuah ayam nyat-nyat

Table 3. Recipe of Kuah ayam nyat-nyat

No	Bahan-Bahan	Jumlah	Ukuran
1	Chicken	100	Gram
2	Chilli	5	Gram
3	Small Chilli	10	Gram
4	Onion	3	Gram
5	Garlic	5	Gram
6	Kencur	1	Gram
7	Tumeric	1	Gram
8	Salt	½	Sdt
9	Pepper	½	Sdt
10	Salam Leaves	2	Lembar
11	Terasi	1	Gram
12	Coconut Milk	10	MI
13	Water	20	MI

Source: Research Results (2018)

The Process of Making Real Chicken Sauce

- First wash and clean the chicken, large chilli, small chilli, garlic, onion, turmeric and kencur.
- Cut the checkered chicken.
- Bake large chilli, garlic, small chilli, kencur, turmeric, onion and shrimp paste until brown, then puree all the ingredients.
- Stir fry until brown then add chicken and a little water.
- Finally pour coconut milk and season with salt. Cook until the chicken is tender
- Ready to set



4. Sambal goreng

Table 4. Recipe Sambal Goreng

No	Bahan-bahan	Jumlah	Unit
1	Onion	30	Gram
2	Garlic	15	Gram
3	Small Chilli	5	Gram
4	Chilli	20	Gram
5	Tomato	40	Gram
6	Sugar	3	Gram
7	Red Sugar	4	Gram
8	Salt	3	Gram
9	Juice Of Lime Juice	1	Pcs

Source: Research Results (2018)

Fried Sambal Making Process

- Slice onion, white, curly pepper, cayenne pepper, and tomatoes then fry in hot oil with medium heat tend to be small. Lift the ingredients and drain.
- In the cobek enter the fried sauce, add salt, granulated sugar, brown sugar, then uleg until smooth.
- Finally add orange juice

5. Complementary stuffing (shredded chicken, boiled eggs, peanut brittle, and fried peanuts)

Chicken meat boiled and fried then shredded.

- Boiled chicken eggs
- Rempeyek and raw ground nuts fried



Blayag Social Culture

Based on the results of an interview with one of the people in Sangsit Village, *Tipat Blayag* is routinely used as a means of prayer for *Tumpek Uye* in Hinduism. *Tumpek Uye* ceremony is a salvation ceremony for animals or animals. In addition, *Blayag* is also a traditional food which is usually served during *pawiwahan* (wedding) events. In addition to the Sangsit Village, it is also used in ceremonies in other areas such as Adat Tangeb Village, Badung Regency. *Blayag* is used at the *Ngatapin Ceremony*. The ceremony is held after the rice plant is 2 months old. *Blayag* is numbered 6 seeds which are also equipped with other facilities such as *canang burat wangi*, *tadah sukla atanding*, *isuh-isuh*, *klungah kinasturi* and *canang* (Sujana W., 2017). *Blayag* is also used as a means of performing arts in religious rituals at Pura Desa Semanik, Pelaga Village, Petang District, Badung Regency. Performing arts in the form of *Tari Baris Sumbu*. This dance was danced by four young people (*seka taruna*) of Banjar Semanik, carrying ceremonial equipment in the form of axes. In connection with the *Tari Baris Sumbu* there are basic material that must be carried by the dancers, namely the axis. This axis is made of a bamboo which at the end is oval in which various ceremonial facilities are filled. In this axis there are several basic facilities in the form of *tipat*, *bantal*, *blayag*, *sapsap*. In connection with the implementation of religious rituals, the art of performing shows a close relationship between God (*Hyang Widhi Wasa*) and the worshipers (Suryawati, 2017).

Nutrition Blayag

Blayag seen from the ingredients contain high enough nutrients and complete. As for the nutritional content in *blayag* seen from *blayag* ingredients are as follows:

1. Carbohydrates

The main carbohydrate source of *blayag* is *tipat blayag*. Typical *blayag* is made from rice which is the main source of carbohydrates. In 100gr rice there are 40.6 grams carbohydrates (Depkes , 2005).

2. Protein

The main source of protein from *blayag* is chicken and chicken eggs. In 100 grams of chicken meat there are 18.2



grams of protein and in 100 grams of chicken eggs contain 12.8 grams of protein (Depkes , 2005).

3. Fat

The source of fat from *blayag* is coconut (34.7gr in 100gr), coconut milk (10gr in 100gr), chicken meat (25gr in 100gr), peanut (42.8gr in 100gr), coconut oil (98gr in 100gr) (Depkes , 2005).

4. Vitamins and Minerals

Blayag also contains vitamins and minerals derived from vegetable vapors. Vegetables high in vitamins and minerals.

In addition to the nutritional elements above, spices or *base* in making *blayag* are also high in nutrients. A thick yellow sauce for *blayag* uses a *base genep*, a complete Balinese flavor. *Base genep* is proven to be high in antioxidants, which can counteract free radicals (Indraguna P., et al., 2011). Based on the results of laboratory tests at Udayana University, the results of nutritional content on the bladder were obtained as follows:

Table 5. Blayag Nutrition Content

No	Sample	Carbohydrate (%bb)	Protein (%bb)	Fat (%bb)	Water content (%bb)
1	<i>Blayag</i>	9.62	6.84	2.27	88.87

Based on the above explanation, it is proven that Balinese traditional food blend is healthy, nutrient rich, and without chemicals.

Closing

Conclusion

The conclusions in this study are:

1. *Blayag* is a food of traditional Balinese culinary heritage from Buleleng Regency, processed from local ingredients. Content from *blayag* namely cut *blayag*, vegetable urap, curry chicken sauce and thick sauce (nyat-nyat chicken soup), suir chicken, eggs,soy bean, friedpeanuts.



2. Besides consumed, *blayag* has cultural value that is religious value and art value. *Blayag* has a religious value because it is used as an offering at the *Tumpek Uye* ceremony in Hinduism. *Tumpek Uye* ceremony is a ceremony for animals or animals. The value of art on *blayag* is used as a means of performing arts Tari Baris Sumbu.
3. *Blayag* has health value because it contains complete nutritional elements, namely carbohydrates, proteins, fats, vitamins and minerals. For Balinese specialties from *blayag*, it is also high in antioxidants.

Suggestion

Given the lack of traditional Balinese food served in hotels or restaurants in Bali, it is necessary to make efforts to improve *Blayag* promotion for guests by encouraging the hotel or restaurant to be able to present *Blayag* as the main menu.

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