

## Traditional Fish *Gangan*: An Icon of Gastronomic Tourism from Belitung Island

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### ABSTRACT

This study aims to develop a gastronomic tourism object in Belitung Island which has been known by its marine tourism. Traditional food namely fish *Gangan* is the object that will be examined and promoted as an icon of gastronomic tourism from Belitung Island. The method applied in this study is descriptive qualitative approach with observation, interview, and documentation as the research instruments. By conducting this research, it is expected that the fish *gagan* may become a culinary tourism icon of Belitung island which can attracts tourists' interest to visit the place. So that this product will give additional value for Belitung island as an attractive and sustainable tourism place.

Keywords: Traditional Food; *Gangan* Fish; Tourism; Gastronomic Tourism; Belitung Island.

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### 1. Introduction

Tourist attraction is an interesting thing that attracts tourists to visit an area. The attraction is usually objects that rarely occur and are found in their daily life (Moch.Nur Syamsu 2018: 75). Indonesia is a country that has a large tourism potential where many beautiful natural places with various and unique cultural diversities are exist. In addition, Indonesian people are mostly recognized as humble, friendly, and polite persons by international tourists.

Indonesia is one of the largest archipelago countries in the world, the Coordinating Ministry for Maritime Affairs and Investment noted that until December 2019 the numbers of islands which have been validated and verified by the government reached 17,491 islands. Thus, it is not surprisingly that Indonesia is famous for its marine tourism potential.

Belitung Island is one of the islands in Indonesia which belongs to Bangka Belitung Islands province. It is divided into two regencies, namely Belitung Regency

and East Belitung Regency. Belitung Island is famous for its marine tourism. One of them is Tanjung Tinggi beach located in Tanjung Pandan city.

Tanjung Tinggi beach becomes more popular and well known by tourists when used as a shooting location for movies entitled "Laskar Pelangi" in 2008 and "Sang Pemimpi" in 2009. The movies portray how local people life on Belitung Island. The film achieved a great success in Indonesia which at the same time it promotes Belitung Island to be well known in a wider community. The number of visitors has increased from year to year either from domestic and foreign tourist. Until the end of August 2019, the number of archipelago tourists visiting Belitung is 191,392 people while foreign tourists reach 9,342 people. Belitung Island has one of unique landmark icons namely "Parang Tenggiri" which represents the way of people life in Belitung. Mostly, livelihoods of the local people are Fisherman & Gardening. Fishermen are represented in the word "TENGGIRI" & Gardening is described as "PARANG".

Fish *gangan* is one of the most beloved traditional foods by local people on Belitung Island. The raw materials of this food are related to livelihood culture of the local people namely "Parang Tenggiri". Thus, the traditional food of fish *gangan* is very potential to be determined as an icon of gastronomic tourism from Belitung Island. According to Taqwani (2012: 55) Gastronomy is a study of relationship between culture and food at which cultural aspects within a food are studied further. Therefore, the author is intended to conduct a research entitled "Traditional Fish *Gangan*: An icon of Gastronomic Tourism from Belitung Island"

Generally, this study aims to answer some following research questions:

- a. What is the history, traditions and philosophy of fish *gangan* as a traditional food from Belitung Island?
- b. How to make fish *Gangan* ?

- c. what is strategy to make Traditional fish *Gangan* famous as an icon of Gastronomic tourism?

The limitations of in this study are as follows:

- a. This research was conducted in Belitung Island
- b. This research is focused on history, tradition, philosophy, making process, and strategies to promote Fish *Gangan* as a gastronomic tourism icon from Belitung Island

The purpose of this study was to obtain the following results:

- a. Describe the history, traditions and philosophy of Traditional Fish *Gangan* from Belitung Island
- b. Describe the process of making traditional fish *Gangan*.
- c. Describe the strategy to promote this traditional food as a gastronomic tourism icon.

This study is expected to give some benefits from following aspects:

- a. This research is expected to reach insight in the field of tourism and gastronomy.
- b. For academics, it can be used as source to explore further information and studies about tourism and gastronomy especially in Belitung Island.

## 2. Literature Review

### 2.1 Tourism

Tourism is one of strategy industries in the world since many countries in the world receive great income from tourism sector. Tourism is also a strategic sector that supports economic and socio-cultural development since it encourages job vacancy, attract foreign investments, improve local people's income, and quality of a community, and also instill a sense of patriotism towards the nation's cultural values. (Suyitno, 2013: 68), <http://ejournal.stipram.net/> Volume 7 Number 2 May 2013.

## 2.2 Attractions and Travel Attractions

According to Sunaryo (2013: 25), in simply, attractions and tourist attractions are often classified based on their types and themes usually divided into three types namely: natural attractions, cultural attractions, and tourist attractions. Types of tourist attractions have a very significant impact on tourism products around the location. The tourism products is also made as an effort to attract tourists to visit the destination.

## 2.3 Cultural Tourism

Cultural tourism trips according to Pendit (2006: 38) is done to broaden a person's view of life through visiting different places either local or abroad by studying the local people's condition, habits, customs, way of life, culture, and art. In some cases, during their trips, people take opportunities to join cultural activities of the local people such as art exhibitions (dance, drama, music and sound) and learn historical backgrounds of the place. This kind of cultural tourism is the most popular tourism type in our country. It is commonly known that many foreign tourists come to Indonesia since they are interesting to see and know our rich culture, arts, customs and traditions.

## 2.4 Gastronomy

Gastronomy is a relationship between culture and food that cultural component becomes a main lens to learn about the food (culinary arts). However, scope of gastronomy is not limited at understanding food in terms of cultural aspects and region assets (Nurwitasi, 2015). Antón Clave and Knafou (2012: 4) added characteristics of gastronomic tourism as follows: 1) Gastronomy as an element and indicator of globalization; in particular, the affirmation of regional competition throughout the world 2) Tourists play a role in evolution of gastronomic tourism 3) Tourism is a main part of local gastronomic potential and it

contributes to development of national and sub national identities 4) Gastronomic tourism is a tool to introduce culinary products as one of cultural products 5) The evolution of gastronomic tourism may become a pathway for tourism development 6) Gastronomy as a constructive element to establish tourist destination image 7) Gastronomy as a travel destination 8) Gastronomy is an element of heritage under tourist dimension.

## 3. Materials and Methods

The method used in this research is descriptive qualitative. It is an approach to an in-depth description about human groups, an object, a condition or a thought. It is aimed to describe a condition in a systematic, actual, and accurate manner regarding a phenomenon (Nazir, 2005). Besides that, this study applied a qualitative research as the method.

The object of this study is a Traditional Food of Belitung Island namely Fish *Gangan* which is going to be promoted as a gastronomic tourism icon from Belitung Island. While the participants of this study are local people in Belitung Island.

Data collection technique in research is a way to obtain data needed to answer the research problems. There are several Data collection techniques applied in this study namely interviews, observation, documentation, and literature studies.

In this case, the authors use the study of literature as material from the research method by taking several sources of books and scientific journals as references to help collecting data in this research.

## 4. Results and Discussion

### 4.1 Belitung Island

Belitung is one of the islands in Indonesia that is a part of Bangka Belitung Islands province. This province has two districts namely Belitung Regency and East Belitung Regency. Belitung Island is famous for its beautiful marine tourism.

One of the most famous attractions is Tanjung Tinggi beach.



source : adventuretravel

Belitung Island is not only famous for its marine tourism which has beautiful beaches but culinary of Belitung Island also diverse and rich of taste. There are a lot of seafood and plantation products from the local community which become main culinary of Belitung. Malay and Chinese ethnic traditions are mixed in Belitung culinary so that the culinary is very diverse and rich.

#### 4.2 Fish Gangan

Fish *Gangan* is one of the most well-known foods among the local people on Belitung. It is a kind of soup with a mixture of sour and spicy taste but Fish *Gangan* can also be cooked in stir-fry. The food is like a heritage introduced from one generation to a younger generation so that this traditional food has a great potential to be an icon of Belitung gastronomic tourism

##### 4.2.1 History and Philosophy of Traditional Fish Gangan

The history and philosophy of traditional soup of Fish *Gangan* can not be separated from the background of local people which rely on fishing and gardening as their main livelihoods with the landmark "Parang Tenggara". Fishermen are described as "TENGGIRI" & Gardening is described as "PARANG".



source: hvbbatiksimporemas

This traditional soup of fish *Gangan* is very famous and becomes favorite cuisine among local community on the island. The recipe and information about how to make this food are obtained from one generation to another one. The taste of this soup really represents a strong image of Malay flavor. There are several characteristics of fish *gangan* as follows. At a glance, its appearance is similar to curry but it does not use coconut milk. It is identical with the yellow color obtained from natural color of turmeric as one of the ingredients. It has a strong taste of sour and spicy with pieces of young pineapple as topping.

Fish *gangan* also can be cooked in a different way made as sautéed fish *gangan*. Of course, the main raw material of this food is fish and it can use any type of fish such as red snapper, ketarap fish, round fish, kerisi fish, mackerel fish and so on. This traditional cuisine has a good nutritional composition especially a high protein. Protein is very good for our bodies and growth of brain cells. While the food seasonings also consist of traditional herbs which can maintain human immunity such as turmeric, onion, garlic, etc.

#### 4.2.2 Process of Making Traditional Fish Gangan

##### 4.2.2.1 Traditional Fish Gangan



Source: [travelingyuk.com](http://travelingyuk.com)

#### Ingredient :

- 500 grams of fish (according to taste), clean, cut into pieces
- 750 ml of water Add fish and pineapple,
- 1 half-cooked pineapple, peeled, sliced

#### Softened Seasoning :

- 7 cm warm turmeric.
- 15 red cayenne peppers
- 1 tsp shrimp paste
- 1 lemongrass stalk, take the white part, sliced
- 5 red onions
- 4 cm galangal
- salt

#### How to Make:

- a. Boil the water with all softened seasoning. Add fish and pineapple, stir and cook again until the spices are well absorbed and cooked.
- b. Lift and serve while warm.

Note: for making variation of sautéed fish *gangan*, the overall ingredients and steps to do are quite similar but the softened seasonings are sautéed with vegetable oil. Besides, it also uses a less water.

#### 4.3 Traditional Fish Gangan Becomes a Gastronomic Tourism Icon from Belitung Island

Traditional fish *gangan* is very popular among the local community of Belitung Island. The recipe is inherited from one generation to another. Thus, this traditional fish food should be an icon of gastronomic tourism from Belitung Island. The tourists not only can enjoy the taste of this food but also learn historical background behind the food.

Traditional fish *gangan* can be conceptualized as a gastronomic tour package with eating in a *Bedulang* style. *Bedulang* is a distinctive style of eating food from Belitung. The process of eating is done by sitting in a group consisting of four people with sitting cross-legged and facing each other. The dish is served and enjoyed with certain procedures and ethics as can be seen in the following picture.



Source: [travel.belitongekspres.co.id](http://travel.belitongekspres.co.id)

### 5. Conclusions

Belitung is one of the islands in Indonesia which has a very beautiful marine tourism. However, Belitung Island also has a culinary potential that is interesting to be tourist attractions. Fish *Gangan* is one of Belitung traditional foods which is very beloved and famous among the local people. By conducting this research, the author expects that this traditional food can be promoted as a gastronomic tourism icon from Belitung Island. In addition, it is also expected that the food can be known by wider community so this traditional food keep sustainable and maintained.

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