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Gastronomic Literacy in Local Food Security Efforts in Indonesia

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ABSTRACT

Indonesia is a Country rich in natural resources and local cultural heritage. This potential contributes to the vast diversity of local food types in Indonesia. This qualitative research aims to inventory local food types based on geographical, social, and cultural conditions in Indonesia. Additionally, it analyzes food security strategies based on local wisdom. The analysis methods used is literature review and SWOT analysis. Based on the results of the analysis, it can be concluded that the food crops with the highest production in each province in Indonesia are cassava 55%, maize 36%, and sweet potato 9%. The results of the local food inventory are at least 34 types of local food, where this type of local food can support the diversification of staple foods based on local physical, social and cultural conditions, so that it can be more sustainable.

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1. INTRODUCTION

Indonesia is a country rich in culinary culture. According to [Rahmawaty and Maharani \(2013\)](#), the variety of traditional culinary in Indonesia holds an important position in the national culture, even traditional culinary in Indonesia is a depiction of the culture and traditions of the archipelago. Culinary is basically defined as something related to food and cooking. Cooking aims to change food from natural raw ingredients into culture ([Utami, 2018](#)). Culinary can be a symbol of social life and cultural identity for world community groups. Culinary is also a form of Indicators in the context of developing culture and can change along with the advancement of technology. This is in accordance with the opinion of [Counihan & Van Esterik \(1997\)](#) which states that culinary is the result of cultural construction where culinary also plays a role as a tool to unite various organisms physiologically, or mystically.

Cultural identity is described through the condition of mutual respect for differences and local wisdom that exist in community values. The stronger the cultural identity, the more the community will be able to accept cultural diversity, and interact with other cultures without eliminating their own cultural elements ([Fernando et al., 2020](#); [Pawestri, 2020](#); [Suliyati & Yuliati, 2019](#)). Currently, the culinary industry in Indonesia is one of the creative economy sectors that contributes the largest to gross domestic product (GDP). It is recorded that the culinary sector has a percentage of 43.60% of all other types of creative economy businesses. ([Kemenparekraf, 2020](#)). This shows that the culinary sector in Indonesia not only plays a role as a cultural product, but also as an economic driver for communities. This contribution is usually the main resource in the development of tourism, particularly gastronomic tourism ([Hegarty & Barry O'Mahony, 2001](#); [Kadir & Karim, 2012](#)). The development of culinary tourism is not only about enjoying certain foods, but also involves the art or science of good eating which is studied in the field of gastronomy ([Kivela & Crotts, 2006](#); [Ningsih & Turgarini, 2020](#)). There are several components in gastronomic tourism, including a) philosophy, history, tradition and social; b) raw materials. Another opinion states that in addition to cultural elements, gastronomy also studies geographical landscape elements consisting of physical and social conditions of society ([Krisnadi, 2018](#); [Van Westering, 1999](#)).

Based on the description, it can be concluded that local gastronomy in an area is not just about tasting typical food in an area, but is also closely related to the culture and availability of raw materials in the area. Thus, the typical cuisine of an area will usually adjust to the cultural and geographical conditions of the area as an implication of access to raw materials in the area. Access to these foodstuffs is closely related to food security efforts based on local wisdom.

Food security basically has three dimensions, namely production, consumption, and distribution ([Hestina, 2011](#); [Peng & Berry, 2018](#); [Pratama et al., 2021](#)). The Covid-19 pandemic has had a significant impact on food security ([Gramsci, 2020](#); [Hara & Toussaint, 2021](#)). The general impact felt is access to food that cannot be reached by the community. One of the causes is the restriction of mobility, so that the production and distribution aspects experience significant obstacles. The impact proves that food security is closely related to government policy ([Peng & Berry, 2018](#); [Prosekov & Ivanova, 2018](#); [Andrista et al., 2025](#)). However, basically the culture and local wisdom of the people in Indonesia have provided alternative solutions to local food security conditions.

The types of food produced by the community as a manifestation of culture in the field of gastronomy show that the community's ability to adapt to their living environment is quite high, where the types of food that exist usually use raw materials that are produced in large quantities in the area.

Through understanding the traditional gastronomic literacy of various regions in Indonesia, it is hoped that it will become an alternative solution to food security. Because one of the efforts for local food security is food diversification (Kassegn & Endris, 2021; Marsigit, 2010; Waha et al., 2018).

2. LITERATURE REVIEW

2.1 Gastronomy

Gastronomy is a rapidly growing and dynamic field of study that goes beyond food and drink, reaching into aspects of culture, history, tradition, society, ethics, and nutritional value (Manek & Rato, 2024). Etymologically, the word 'gastronomy' comes from the Greek 'gastros' (stomach) and 'gnomos' (science or law), which is interpreted as "comprehensive knowledge of all things related to human welfare and food". KBBI defines gastronomy as the art of preparing delicious food. Gastronomy includes nine main components that are interrelated cooking or culinary, namely the process of turning raw materials into dishes, raw materials, namely the ingredients used to make dishes, tasting, namely the process of feeling dishes in terms of physical appearance, taste, and texture, how to serve food, research and writing about food, related to education and science about food, unique experiences or experiences of tourists in consuming food, nutritional knowledge, namely knowledge about the nutritional content of food, (Marsindi et al., 2023; Prasetyo et al., 2022) and Philosophical, Historical, Traditional, and Social related to the meaning, stories, history, and traditions contained in food and its social aspects (Pratama, 2025; Akbar et al., 2025; Prasetyo et al., 2022). Gastronomy developed into gastronomic tourism can contribute to the safety and resilience of traditional food (Yikmis et al., 2024).

2.2 Local Food Security

Food security is a crucial issue in Indonesia, especially in the context of limited agricultural land use, limited water supply that relies on rainfall, and the risk of soil erosion. Indonesia faces challenges in meeting food needs, despite having significant potential for food crop production (Nasikh et al., 2021). Nutritional problems such as malnutrition and overnutrition are also still a concern, especially in urban and rural areas (Colozza & Avendano, 2019). Various efforts need to be made to improve food security, including optimal land allocation by identifying and planning the optimal allocation of land resources (Rahman et al., 2023), one of which is for food crops. Examples of commodities suggested for certain provinces include corn, peanuts, and rice (Nasikh et al., 2021). Food diversification efforts involve reducing dependence on one type of staple food, such as rice, through a behavioral intervention approach (Ansari et al., 2023), managing and reducing food waste, especially in the Hotel, Restaurant and Catering (HoReCa) sector, which supports sustainable development goals (SDG 12.3), climate change adaptation because climate change has a significant impact on agricultural production conditions (Ansari et al., 2023; Su et al., 2024), and food diplomacy (Cabral et al., 2024).

Local food is defined as food processed from locally produced ingredients using methods controlled by the local community, producing products with tastes, shapes, and eating styles that are known, appreciated, and even describe certain community groups (Claudya & Tirtawati, 2022). The diversity of local Indonesian products cannot be separated from the diversity of ethnicities and cultures in Indonesia (Manek & Rato, 2024). Local food has unique characteristics and is very important in the context of cultural identity where local food is an inseparable part of culture and reflects the identity of a region or country (Pratama, 2024; Kusumah, 2025; Marsindi et al., 2023; Claudya & Tirtawati, 2022; Manek & Rato, 2024),

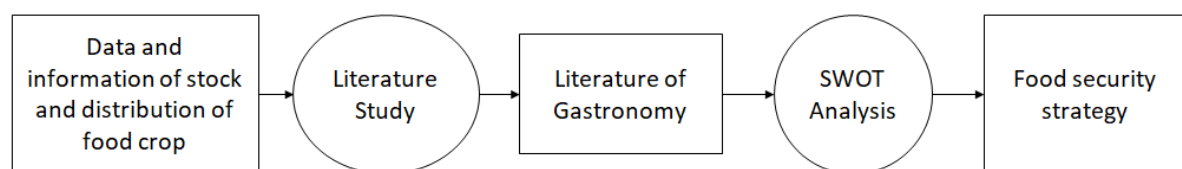
developing the local economy (Resmi et al., 2023; Basuki & Sari., 2024), and preserving culture (Manek & Rato, 2024).

2.3 Gastronomic Literacy in Supporting Food Security

Gastronomic literacy plays a vital role in supporting local food security in Indonesia by linking knowledge about food with conservation practices, economic development, and cultural promotion. Through gastronomic literacy, people, especially the younger generation, can understand the history, philosophy, and techniques of making traditional foods (Marsindi et al., 2023; Manek & Rato, 2024; Basuki & Sari., 2024). This helps in preserving original recipes and culinary practices that have been passed down from generation to generation, thus maintaining the authenticity of local food. Knowledge of traditions and rituals related to food, such as *ingkung* used in traditional ceremonies, ensures that these cultural values are maintained despite commercialization (Saputra & Priyambodo, 2024). Gastronomic literacy encourages innovation that respects tradition. For example, the development of *cookies* from tofu dregs flour not only reduces waste but also offers a variety of flavors that are attractive to consumers. In-depth knowledge of local raw materials allows for the development of unique products that are typical of the region (Pratama, 2025). Gastronomic literacy can be an empowerment tool for local communities. With culinary training and entrepreneurship projects, vulnerable groups can be empowered professionally and socially, creating a more equitable and sustainable food system (Costa et al., 2025). This also includes an understanding of the importance of local resources and sustainable practices, as emphasized in the *Gastronomy and Beyond* initiative (Balderas-Cejudo et al., 2025). To this point, gastronomic literacy is not only about culinary knowledge, but is an important foundation that empowers communities, preserves food heritage, encourages sustainable consumption practices, and ultimately, strengthens local food security in Indonesia.

3. METHODS

This research uses qualitative methods. The analysis techniques used include literature study and SWOT analysis. The aim of the study is to identify and inventory traditional culinary in Indonesia based on the high availability of raw materials in the area, as well as to formulate a food security strategy based on the conditions of each province. The analysis was carried out through secondary data related to the amount of food crop production in Indonesia other than rice, consisting of soybeans, corn, cassava, green beans, peanuts, and sweet potatoes. Then based on the food crop data, an analysis was carried out by identifying the types of typical culinary in Indonesia as a wealth of gastronomic literacy in local food diversification as an effort for national food security.



Figures 1. Research Model

Source: Author, 2024

4. RESULTS AND DISCUSSION

4.1 Data Description

4.1.1 Local Cuisine as Cultural Heritage

Indonesia is a country with high cultural diversity. This diversity is reflected not only in its ethnic, national, and linguistic diversity, but also the types of cuisine in each province. Each province usually has its own geographical and cultural conditions that influence its type of cuisine. Initially, local food only functioned to meet basic needs, but gradually became a habit and tradition that was passed down from generation to generation. It also began to play a role in traditional ceremonies or rituals in a region. Thus, it can be concluded that local or traditional food is part of a culture that develops based on the physical and social characteristics of the region. This is in accordance with the opinion of (Syarifuddin et al., 2017) which states that traditional food is a tradition that is always present in traditional events or rituals. Local cuisine is part of culture, and culture plays an important role in determining the type of local or traditional cuisine (Dewi, 2011).

Based on this, local culinary practices serve at least two main functions, namely as a fulfillment of basic needs and to maintain culture. An example is *jenang*. *Jenang* is a traditional snack made from rice flour and other types of flours. This food is a legacy of tradition in the past and is one of the foods served in various traditional ceremonies. Dewi (2011) states that *jenang* appears in ancient Javanese manuscripts, namely in Serat Centhini II: 157:7. In addition, local culinary is also a local identity and intangible cultural heritage. Another type of food that is an example of intangible heritage is *binte biluhuta*, a typical food of Gorontalo Province made from corn. This determination was made by the Indonesian Ministry of Education and Culture. In addition, one of the characteristics of traditional food is that the raw materials used are obtained from local resources. This shows that local resources have an important role in local food security efforts.

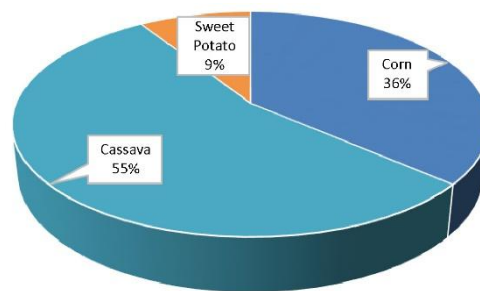
4.1.2 Food Crop Production in Indonesia

Food crops are one of the agricultural sub-sectors that are very important in regional development. In addition to fulfilling basic needs or staple foods, food crops are also a potential source of GRDP, especially in Indonesia which is an agricultural country. Staple foods themselves according to Presidential Regulation of the Republic of Indonesia Number 71 of 2015 are goods that concern the lives of many people with a high scale of fulfillment of needs while important goods are strategic goods that play an important role in determining the smoothness of national development.

Currently, most people in Indonesia choose rice as their staple food. However, in local food security efforts, food diversification is needed to maintain a balance between food availability and consumption. This is in accordance with the opinions of several other researchers who state that one of the efforts for food security is through food diversification (Dhani, 2020; Mulwa & Visser, 2020; Pratama et al., 2021; Sihombing, 2021).

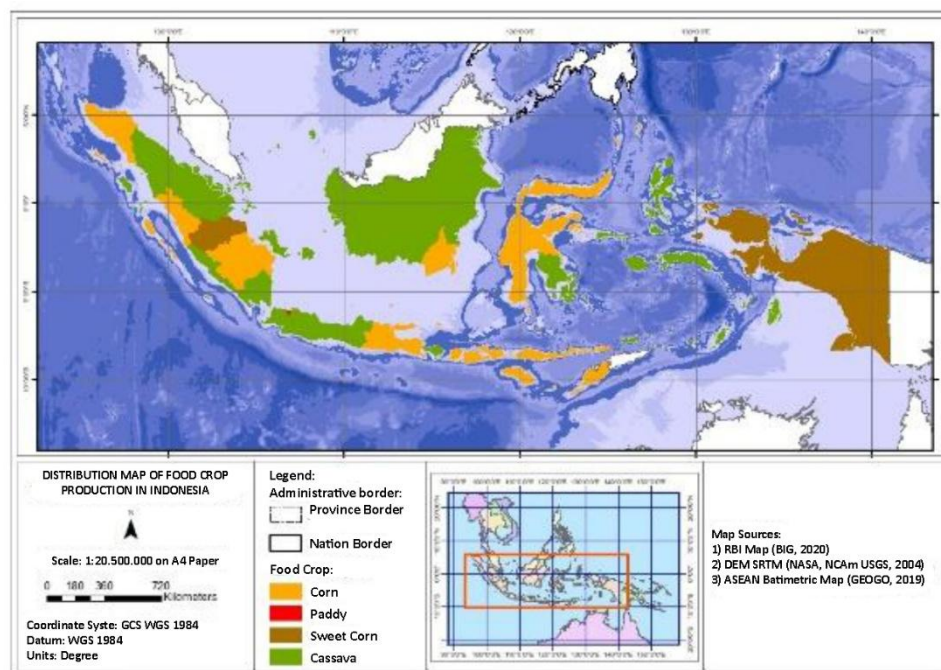
The Directorate of Food Crops, Ministry of Agriculture of the Republic of Indonesia, mentions several food crops in Indonesia, including rice, soybeans, peanuts, green beans, cassava, sweet potatoes, and porang (Directorate General of Food Crops, 2020). This study tries to explore the potential for food diversification in Indonesia, so that it does not only rely on one food ingredient, namely rice. Based on the results of the analysis, it was obtained that the most widely produced food crop in Indonesia is cassava. The percentage of provinces that have cassava productivity as the dominant food crop is 55%, the second is corn at 36%, and sweet potatoes at 9%. While peanuts, green beans, and soybeans are 0%. This means that there is not a single province that has dominant food crop production in the form of peanuts,

green beans, and soybeans. For more details, see Figure 2. Furthermore, to find out the distribution of non-rice food production in Indonesia, see Figure 3.



Figures 2. The Highest Percentage of Food Crop Production in Indonesia

Source: Author, 2024



Figures 3. The Highest Percentage of Food Crop Production in Indonesia

Source: Author, 2024

Based on the analysis results in Figure 3, it can be concluded that cassava plants are dominantly distributed in almost all provinces on the island of Kalimantan, some in the eastern part of the island of Sumatra, the western part of the island of Java, and Maluku and its surroundings. While corn is distributed in almost all provinces on the island of Sulawesi, the western part of the island of Sumatra, the eastern part of the island of Java, and the Nusa Tenggara Islands. Furthermore, the areas that produce the highest production of food crops in the form of sweet potatoes are in Jambi Province, and the entire island of Papua.

The large amount of cassava production in Indonesia is not only caused by its easy cultivation but also by the cassava growing conditions that are in accordance with the climate and geographical conditions of Indonesia. Cassava will grow optimally in areas with an astronomical location of 30oLU - 30oLS. These growing conditions are also not much different from corn which will grow well in areas of 50oLU - 40oLS. Indonesia is located at an astronomical location of 6oLU - 11oLS, so it has a climate that is very suitable as a growing condition for cassava and corn plants (Sundari, 2010).

4.2 Discussion

Food security cannot be separated from the aspects of availability, access, and affordability. One of the problems of food security in Indonesia is the amount of food production that cannot keep up with the consumption needs of the community. Several factors that cause this to happen are due to the conversion of agricultural land, decreased soil quality due to environmental damage, and the lack of diversification of existing food. (Mulyaningsih & Astuti, 2022; Rachman et al., 2021).

Based on this, it can be concluded that food diversification is needed as an effort to achieve food security. According to the Directorate of Food Crops, some food crops in Indonesia include rice, sweet potatoes, cassava, corn, peanuts, green beans, and soybeans. Food crops other than rice have a high enough carbohydrate value to meet the body's needs. For example, corn has a carbohydrate nutritional value of 72% per 100 grams, this is only slightly different from rice which contains 80.4%. Other food ingredients such as green beans have a content of 64.2%, cassava 35.3%, soybeans 32%, sweet potatoes 31.8%, and peanuts 21.8%. For more details, see Table 1.

Table 1. Nutritional Value Per 100 Grams of Food Crops

No	Plant	Carbohydrates (%)
1	Paddy	80.4
2	Sweet potato	31.8
3	Cassava	35.3
4	Corn	72
5	Peanuts	21.8
6	Mung beans	64.2
7	Soya bean	32

Source. Gardjito et al., 2018

As previously explained, Indonesia has a very high cultural diversity. Including in terms of culinary or local food. This is an important capital in food diversification efforts, because local or traditional food usually uses raw materials that are widely available in the area. Therefore, by inventorying the types of local food, it tends to have the potential for sustainable food diversification, because raw materials can be easily obtained in the area of origin. However, this certainly requires the support of policies and other strategies. Such as suppressing the rate of population growth, maintaining the area of LP2B and food crop productivity, and increasing the quality and quantity of food distribution channels. To find out the results of the identification of types of local food in provinces in Indonesia based on the highest amount of food crop production in the province, see Table 2.

Table 2. Types of Local Food Based on Food Crop Production Other Than Rice in Indonesia

No	Province	Highest Percentage of Food Production	Local Food
1	Aceh	Corn	<i>Bubur Jagung</i>
2	North Sumatra	Cassava	<i>Bika Ubi</i>
3	West Sumatra	Corn	<i>Paragede Jaguang</i>
4	Riau	Cassava	<i>Bolu Kembojo</i>
5	Jambi	Sweet potato	<i>Pempek Ubi</i>
6	South Sumatra	Corn	<i>Jenang Jagung</i>
7	Bengkulu	Cassava	Gulai Bekayu Undak Begheku
8	Lampung	Cassava	<i>Talam Singkong</i>

No	Province	Highest Percentage of Food Production	Local Food
9	Islands, Bangka Belitung	Cassava	<i>Beras Aruk</i>
10	Riau Islands	Cassava	<i>Cok Cok Ubi</i>
11	Jakarta	Paddy	<i>Nasi Uduk</i>
12	West Java	Cassava	<i>Peyeum, Comro</i>
13	Central Java	Cassava	<i>Cimplung</i>
14	In Yogyakarta	Cassava	<i>Nasi Tiwul</i>
15	East Java	Corn	<i>Blendung, Nasi Jagung</i>
16	Banten	Cassava	<i>Balok Menes</i>
17	Bali	Cassava	<i>Nasi Moran Sela</i>
18	West Nusa Tenggara	Corn	<i>Jagung Bose</i>
19	East Nusa Tenggara	Corn	<i>Catemak, Jagung, Jagung Titi</i>
20	West Kalimantan	Cassava	<i>Ipu-Ipu Singkong</i>
21	Central Kalimantan	Cassava	<i>Ampal Jawau</i>
22	South Kalimantan	Corn	<i>Es Jagung</i>
23	East Kalimantan	Cassava	<i>Bubur Ganepo</i>
25	North Sulawesi	Corn	<i>Barobbo, Bubur Manado</i>
26	Central Sulawesi	Corn	<i>Nasi Jagung</i>
27	South Sulawesi	Corn	<i>Bassang</i>
28	Southeast Sulawesi	Cassava	<i>Kabuto</i>
29	Gorontalo	Corn	<i>Binte Biluhuta</i>
30	West Sulawesi	Corn	<i>Binte Biluhuta</i>
31	Maluku	Cassava	<i>Kasbi Komplet</i>
32	North Maluku	Cassava	<i>Hula Sado</i>
33	West Papua	Sweet potato	<i>Petatas</i>
34	Papua	Sweet potato	<i>Petatas</i>

Based on Table 2, it can be seen that all provinces in Indonesia have three types of food crops with high production, namely cassava, corn, and sweet potatoes. From these three types of food ingredients, at least 34 types of local foods can be processed with various flavors. In addition, almost all of these types of food are staple foods, only a few are included in the type of snack food. For example, *jenang jagung*, *bolu kembojo*, *bika ubi*, *es jagung*.

In general, the diversity of local foods should be able to provide new alternatives for food in Indonesia, but it turns out that the paradigm of "if you don't eat rice, it means you haven't eaten" is still very strong for people in Indonesia, so that dependence on rice as a staple food is almost evenly distributed in all provinces. Obstacles to the diversification of staple foods in local food security efforts include the existence of local food recipes that are decreasing compared to western, Japanese, Korean or other foreign foods. In addition, policies on food diversification are often not in sync between the center and regions, and the increasingly high conversion of agricultural land to non-agricultural land also shows a decrease in interest in farming in the current generation.

Table 3. SWOT Analysis of Local Food Security in Indonesia

Strength (S)	Weakness (W)
The potential for natural resource diversity is very high	Declining interest in farming among the current generation.

Strength (S)		Weakness (W)
• Cultural richness and diverse types of local food. • Indonesia's geographical and astronomical location provides good growing conditions for food crops.		• Lack of integration of policies between central and regional governments regarding food security strategies. • Agricultural technology is still underdeveloped. • Difficulty in accessing quality fertilizer and seeds.
Opportunity (O)	SO Strategy	WO Strategy
• The development of technology and social media. • Central food policy moves towards diversification • High potential workforce.	• Implementing and developing staple food diversification policies based on local geographical and astronomical conditions. • Encouraging local food-based MSMEs, as well as digitalizing the marketing of local food products	• Increased use of technology in agriculture. • Designing policies to stimulate the interest of the younger generation in farming
Threat (T)	ST Strategy	WT Strategy
• Food import policy. • The impact of global warming on the climate in Indonesia. • The erosion of local wisdom values and local culinary cultural heritage from generation to generation. • The increasing influence of food from foreign countries.	• Building sustainable local culinary tourism attractions.	• Improving and adapting the taste, packaging, and diversity of local food based on local wisdom.

Based on the results of the literature study, a SWOT analysis can be conducted on food diversification efforts in Indonesia. This SWOT analysis can be seen in table 3. Based on the description in table 3, it can be concluded that food diversification efforts still encounter various obstacles, so that appropriate strategies are needed. In addition, good coordination between stakeholders concerned is important as the vanguard in policy formulation. Several strategies that can be applied in resilience efforts based on physical, social, and cultural conditions in Indonesia are formulating policies on food diversification according to local conditions, increasing local food-based businesses in the community, increasing the use of technology in agriculture, developing local food potential as a tourist attraction based on local wisdom and sustainability, and increasing the diversity of local food recipes.

5. CONCLUSION

Based on the analysis conducted, it can be concluded that Indonesia has a wealth of natural resources, particularly in the form of high-yield food crops. There are three types of food crops that have high production in each province, namely cassava 55%, corn 36%, and sweet potatoes 9%. In addition, cultural diversity in Indonesia also causes many local food recipes from ancestors, where most of these local foods use raw materials available in the area. There are at least 34 types of local foods that can be an alternative staple food for the community.

By increasing literacy in local food gastronomy, it will be an opportunity in food diversification efforts based on physical, social, and cultural potential in Indonesia.

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