

Sundanese diet and kitchen in rural West Java

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1. Introduction In Indonesia, there are hundreds of ethnic groups with various food cultures. Sundanese people are known as vegetable-eaters. On the other hand, western fast food chains such as McDonald have opened their outlets and people can have easy access to western foods in urban areas. Moreover, home electrical appliances and gas cooking stoves are gradually spreading among people from urban areas. West Java where most of Sundanese people live is a province next to Jakarta, the capital. Therefore, it is inferred that rural West Java is influenced by the lifestyle changes around urban area. The purpose of this report is to clarify the reality of Sundanese diet in rural West Java based on statistical data and field surveys conducted in three villages in rural West Java.

2. Study area and Methods Study areas for field surveys are Sukajadi village, Bogor Regency, Gasol village and Selajambe village, Cianjur Regency. Sukajadi village is situated approximately 60 km south of Jakarta and 10 km southeast of the city of Bogor. Gasol village and Selajambe village are located 6 km northwest and 10 km east of the city of Cianjur respectively. Most of residents of these villages are Sundanese people. Some field surveys about attributes, housing and property of households were conducted in these villages from 2001 to 2007. Respondents of the questionnaire surveys were 85 households in Sukajadi village, 48 households in Gasol village and 33 households in Selajambe village. Statistical data for the analysis is the data of National Socio-economic Survey 2007 (Susenas 2007) by province.

3. Diet and Kitchen in rural West Java The data of Susenas 2007 showed that cereals accounted for 54.3 % of daily average consumption of calorie per capita in rural West Java. This was higher than percentages in other provinces in Java Island and the average of Indonesia. In contrast, percentages of consumption of calorie taken from vegetables in rural West Java were lower than in other provinces in Java Island. Thus, it is confirmed that Sundanese people may like raw vegetables more than other ethnic groups, but do not eat more vegetables than the others.

General meals in three villages consisted of steamed rice, sambar (a kind of hot chili souse), dried-salted fish, a cooked dish (ex. raw vegetables, vegetable and/or tahu dishes and instant noodle) and kerupuk (a kind of cracker). People had the meals two times a day. Additionally, they often ate between-meal snacks like fried-foods and steamed sweet potatoes several times a day. They rarely ate new foreign foods except instant noodles in their ordinary diet.

In all of the three villages, prevailing fuel for cooking was kerosene. 48.2 %, 77.1 % and 90.9 % of households in Sukajadi village, Gasol village and Selajambe village used kerosene as a main fuel for cooking respectively. But the utilization rate of each fuel (firewood, kerosene and gas) varied from village to village due to the difference of accessibility to firewood and gas. In Sukajadi village next to a forest of a national park, firewood accounted for 51.8 % of main fuels for cooking by households. On the other hand, gas accounted for 14.6 % of the main fuel in Gasol had easy access to urban area. Households in each village owned cooking stoves depending on their type of

main fuel. However, some households had some types of cooking stove, and changed the main fuel and the cooking stove in response to changing prices for fuels. In addition to cooking stoves, other kitchen equipments varied with types of fuel. For example, when someone cooked rice on wood cooking stove, he or she used traditional equipments. In the case of cooking on kerosene cooking stove, he or she used a cooking pot. A few households used electric rice-cooker. Moreover, some households owned refrigerators for cooling some bottle of drinking water. But penetration rates of home electrical appliances were still low in these villages.

Keywords: food culture, diet, cooking fuel, kitchen equipment, Sundanese, West Java