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Diversity of Indonesian *Lebaran* dishes: from history to recent business perspectives

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Abstract

Eid al-Fitr is one of the Islamic holidays celebrated by Muslims all over the world, including in Indonesia (*Eid al-Fitr* is popularly known as *lebaran* in Indonesia). Indonesia has long been recognized as a multicultural country with many cultural traditions, such as culinary traditions associated with particular religious holidays. This article aims to explore around 165 Indonesian *Lebaran* Dishes (ILDs) discussed from different points of view such as history, cultural traditions, geographical distribution, health and economic benefits of the preparation ILDs. Briefly, the research is a literature study in which data were collected from online and offline sources, triangulated with mini-interview (with open ended questions) before synthesized into a manuscript. The result of research was family dining banquets and nationwide tradition of *Halal bi-halal* often includes several ubiquitous ILDs such as *ketupat*, *opor ayam*, and *lontong*. Meanwhile, ILDs such as *sie reuboh*, *nasi tutug oncom*, and *nasi jaha* are usually served in *makmeugang* (Aceh), *ngabotram* (West Java), and *binarundak* (Gorontalo and North Sulawesi) traditions during *lebaran*, respectively. In the term of diversity, the 165 ILDs are discovered and widely distributed in 26 provinces, exhibiting a confluence of the Islamic faith with local and foreign culinary traditions. The ILDs are dominated by rice cakes (31 dishes), curries (26 dishes), stews (18 dishes), and cookies (18 dishes)—for example, *ketupat kandangan* (South Kalimantan), *lontong sayur* (West Sumatra), *semur daging* (Jakarta), and *kue sempit* (Nationwide), respectively. Additionally, ILDs offer a diverse array of nutritional components, including carbohydrates, fibers, proteins, and fats, while also exhibiting specific functional properties. For example, fermented foods like *tape ketan* (Nationwide) have been shown to enhance digestion by introducing probiotic microbes into digestive system. Notably, the ILDs industry holds significant economic prospect as contributing up to US\$ 348 billion to the national revenue by 2023, with an annual growth rate of 20–30%. This high profitable business can further socio-culturally facilitate the promotion of particular specialties to other people in different regions, enabling a cross-cultural exchange between regions.

Keywords *Lebaran*, *Eid al-Fitr*, Traditions, History, Traditional foods, Health aspect, Catering industry

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Introduction

Indonesia is the largest archipelagic country in the world with a population of more than 250 million people from more than 1300 different ethnic groups distributed in 38 official provinces, which makes this country culturally diverse [1]. The country is also the world's most populous Muslim-majority country with nearly 236 million people identified as Muslim (about 12.7% of the total global Muslim population of around 2 billion) [2]. The presence of Islam in Indonesia does not hinder any interaction and acculturation with local cultures as those have been commenced since the initial contact of both parties (Muslim and native people). The acculturations created a newly synthesized culture—Indonesian-Muslim culture—which has long been inherited over centuries, across regions and generations. One of which is the Indonesian-Muslim cuisine which combines the local culinary tradition, foreign cuisine influences, and also the principles of Islamic dietary law (*halal*) [3].

Many holidays are celebrated in Islam; *Eid al-Fitr* is one such holiday, which is popularly known as *Lebaran* in Indonesia [4]. During this celebration, Muslims usually spend their leisure time with family and friends, at home, and are also involved in all kinds of celebrations in the neighborhood [5]. The *Eid al-Fitr* celebrations may culturally differ by country and region, creating many diverse unique traditions across Muslim countries [6]. In Indonesia, the *Eid* traditions culturally differ from those in other countries, especially from their Middle Eastern counterparts (as the birthplace of Islam) [5, 6]. Indonesian *Eid* traditions are also one of Indonesian-Muslim cultures, integrating Islamic religious values and local cultures which have long culturally been preserved and interpreted in various locally-organized celebrations. Even, the traditions have long influenced the Indonesian society, especially in the term of nation unity [7, 8].

Meanwhile, the *Eid al-Fitr* celebrations are also always identical with the preparation and serving of Indonesian-Muslim foods in this most sacred holiday in the Islamic tradition [4]. Every Muslim, including in Indonesia, is encouraged to cook and serve the finest and most scrumptious dishes during the *Eid* which are nutritiously required by the body after fasting month [4, 9]. Some dishes such as *ketupat*, *lontong*, and *opor ayam* were specifically developed for the *Eid* celebration, which are ubiquitously served in Indonesia during the holiday, making them the national *Eid al-Fitr* dishes [4]. Furthermore, the selected traditional dishes are usually served on the dining table during *lebaran*, to show Islam's appreciation and tolerance to local culinary traditions [3, 4]. Moreover, in the modern era, the *Eid* can also impact on the nation's economic condition, especially related to recent preparation foods during *lebaran* [10]. In addition, *lebaran* has

long demographically shifted a number of Indonesian populations during the holiday (*mudik* tradition) which is correlated to the monetary flow from industrialized areas to rural areas [10–12].

This article is a literature review exploring the diversity of around 165 Indonesian *Lebaran* Dishes (ILDs) from all regions across the country. All aspects related to ILDs were discussed from the historical point of view, associated *Eid al-Fitr* traditions, and the geographical distribution of dishes. Furthermore, the economic aspects and the health effects of ILDs consumption were elucidated to highlight the position of ILDs.

Methods

This literature review was methodologically written following to Prastowo [3], with several modifications. Initially, the entire data from both sources (online and offline sources) were collected from books, online documents, and academic journals; using keywords related to ILDs in Boolean expression logics. Keywords were grouped and selected according to sub-themes of the article such as the history of *lebaran* (for example: “history of Islam in Indonesia”, “history of *lebaran* in Indonesia”, “history of *ketupat*”, etc.), traditional *Eid* feasts associated with the ILDs preparation (for example: “*lebaran* traditions in Indonesia”, “*lebaran* traditions in East Java”, “Foods usually involved in *Ater-Ater* tradition”, “Foods usually served in *Makmeugang* tradition”, etc.), geographic distribution (for example: “Indonesian food served during *lebaran*”, “ILDs usually served in South Sumatra”, “ILDs usually served in Central Java”, “Dutch cuisine influences in ILDs”, “ILDs heavily influenced by Chinese cuisine”, etc.), health effects of ILDs consumption (for example: “human physiology after fasting month”, “the nutritional value of *ketupat*”, “the nutritional value of ILDs”, “effect of fermented foods consumption after *lebaran*”, etc.) and business aspects (for example: “ILDs offered by catering industries during *lebaran*”, “the sales of ILDs during *lebaran*”, etc.).

In this study, books include cookbooks, recipe books, as well as, other books (history, food science, nutrition, physiology, culture and gastronomy books). Reports, statistical data, religious laws, menus offered by catering industries, and data related to ILDs (recipes, history, cultural significance, food nutrition, business aspects and also recent development of ILDs) were also collected from online websites and social media. In this study, articles from reputable international (Scimago indexing: Q1 – Q3) and national journals (indexed in SINTA and Crossref database) as well as international conference proceedings (indexed in Scimago database) were selected and used as the literature source.

The data were subsequently tabulated in tables, maps (distributions of ILDs and *lebaran* traditions involving ILDs serving) and the figures section (photographs of ILDs and *lebaran* traditions). After the data tabulated, a series of discussions were organized which involved the entire members of research team. With the support of literature sources, the tabulated data were analyzed to synthesize several analyses and hypotheses in each sub-themes (history of *lebaran*, traditional *Eid* feasts associated with the ILDs preparation, geographic distribution of ILDs, health effects of ILDs consumption and business aspects of ILDs) and subsequently constructed into a temporary draft of manuscript. To confirm and triangulate the data and draft, the research team discussed and consulted them with experts related to ILDs that are usually served during the *Eid al-Fitr*. The questions were only specifically addressed to confirm dubitative data and analyses in the draft. A series of revisions were conducted afterward, until the final form of manuscript was reached and eligible to publish.

Results and discussion

History of *Lebaran*—the Indonesian version of *Eid al-Fitr*

Islam has been introduced in, and gradually spread throughout, the Indonesian archipelago since the thirteenth century AD, through various economic and cultural activities. This new religion has subsequently been acculturated with local cultures, creating a new distinctive identity inherited over centuries, which differ from the previous religious dominance (Hindu-Buddhist) and also its Middle Eastern counterpart [4]. Acculturation can be widely seen in many Indonesian traditions, including unique traditions during Islamic holidays. *Eid al-Fitr* is one such Islamic holiday. On this day, Muslims from around the world collectively go and gather in an open space or mosque to perform the *Eid* prayers (*Salat al-Eid*), in the morning [13]. After the prayers, they celebrate the feast by eating together, decorating the house, and having leisure time with family and friends, at home [4, 5]. A sort of selected and fine meal is usually served during the holiday. For instance, in Middle Eastern countries, the dishes like *makboosh*, *shawarma*, *baklava*, *kebab*, *hummus*, *saltah*, etc. are served in family gatherings during the *Eid al-Fitr* [5].

In Indonesia, *Eid al-Fitr* is popularly known as *Lebaran*. The word *Lebaran* comes from the Javanese word *Lebar*, which means "finished", as *Eid al-Fitr/Lebaran* remarks the end of the one-month-long fasting tradition of *Ramadhan* and the commencement of the *Shawwal* month. The Indonesian version of *Eid al-Fitr* is quite different from the traditions in other countries, as *lebaran* also emphasizes the attainment of personal purity [4]. This tradition was first introduced by *Sunan Bonang*, one

of the members of *Wali Sanga* (nine Javanese Islamic saints), in the north coastal area of Java, during the Islamic Demak Sultanate era (fifteenth century A.D.); people are requested to seek an apology and give forgiveness to others to perfect the quality of fasting observance during *Ramadhan*. In Java, the tradition is popularly considered as *sungkeman* (from the Javanese word *sungkem*, which means "handshake") or *pangapuran* (from the Javanese word *ngapura* or Arabic word *ghafura*, both meaning "forgiveness") [4, 14, 15].

Furthermore, this religious tradition influences the culinary tradition, as some dishes, like *ketupat* and *opor ayam*, were specifically created for the Indonesian version of *Eid al-Fitr*. In circa fifteenth–sixteenth century A.D., another Javanese Islamic saint, *Sunan Kalijaga*, introduced the creation of a rice cake dish, which is famously known as *ketupat* [4]. However, the rice cake dishes are believed to have been present before the arrival of Islam in the South East Asian archipelago, which has a long historical relationship to the cultivation of rice in the region. Rice and glutinous rice have been cultivated in the *Mekong* river basin (the original homeland of Austronesian people) 5000–6000 years ago, and some rice cooking techniques have also been developed in the region [16]. The crops were subsequently spread southward, by Proto and Deutro-Malay people (Austronesian-speaking people), to maritime South East Asia [16, 17]. People in Sumatra, Kalimantan, the Malaysian peninsula, and Sulawesi have long-cooked rice and glutinous rice inside a bamboo tube, popularly known as *lemang/lomang*, which is also a specialty during the *Eid al-Fitr* feast (Table 1) [17]. Another instance is *puso* and *tipat*, which originated from the Philippines and Bali, respectively, which were historically recorded, in many sources, to have been served since the tenth century AD [4, 18]. Although both are quite similar to *ketupat* in general, they share a shape and waving pattern, which is different from *ketupat*. It is hypothesized that rice cake-like dishes have been present long before the arrival of Islam in South East Asia (including in Indonesia); however, it was probably *Sunan Kalijaga* who initially associated some Islamic philosophical meanings to the dish (*ketupat*) [4]. The immersion of Islamic teachings into Javanese philosophy as conducted by *Sunan Kalijaga*, in the case of *ketupat*, was an effective method in introducing Islam to native Javanese since the Javanese people usually utilize particular symbols in understanding the life, even until nowadays. Islamic teachings in the form of symbols are easier to understand by Javanese rather than a more straightly and strictly Islamic teachings as taught in the Middle Eastern counterparts [4, 6, 8, 14]. In Javanese, *ketupat* is usually known as *kupat*—a portmanteau of the two words *ngaKU* (to acknowledge) and *lePAT*

Table 1 Indonesian *Lebaran* Dishes (ILDs)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
1	Ketupat	Rice Cake Wrapped in Diamond-Shaped Container of Woven Coconut Leaf	Nationwide	Rice Cake	Indigenous Cuisine	Puso (The Philippines), Lontong (Indonesia)	Family Dining Banquet, Halal bi-Halal, Kenduri Jeurat, Makan Bajamba, Baraan Tradition, Punutan Tradition, Ngidang-Ngobeng Tradition, Bedulang Tradition, Ngejlang Balak Tradition,Lebaran Ketupat Tradition, Perang Topat, Ater-Ater Tradition, Ketog Sem-prong Tradition, Ngejot Tradition, Ngabotram Tradition, Saprahan Tradition, Ngadongkap-keun Tradition	[4]
2	Opor Ayam	Javanese-Styled Chicken Curry	Nationwide	Curry	Indian and Malay Cuisine	Indian Butter Chicken (India), Kari Ayam Mel-ayu (Riau)	Family Dining Banquet, Halal bi-Halal, Kenduri Jeurat, Makan Bajamba, Baraan Tradition, Punutan Tradition, Ngidang-Ngobeng Tradition, Bedulang Tradition, Ngejlang Balak Tradition,Lebaran Ketupat Tradition, Perang Topat, Ater-Ater Tradition, Ketog Sem-prong Tradition, Ngejot Tradition, Ngabotram Tradition, Saprahan Tradition, Ngadongkap-keun Tradition	[19]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
3	Lontong	Rice Cake Wrapped in Cylindrical-Shaped Container of Banana Leaf	Nationwide	Rice Cake	Indigenous Cuisine	Ketupat (Indonesia), Lemang (Sumatra, Kalimantan)	Family Dining Banquet, Halal bi-Halal, Kenduri Jeurat, Makan Bajamba, Baraan Tradition, Punutan Tradition, Ngidang-Ngobeng Tradition, Bedulang Tradition, Ngejalang Balak Tradition, Lebaran Ketupat Tradition, Perang Topat, Ater-Ater Tradition, Ketog Sem-prong Tradition, Ngejot Tradition, Ngabotram Tradition, Saprahan Tradition, Ngadongkap-keun Tradition	[61]
4	Sambal Kentang	Fried potato in chili sauce	Nationwide	Spicy stew	Indigenous Cuisine	Sambal Goreng Ati (Central Java), Sambal Goreng Krecek (Yogyakarta), Kentang Mustofa (West Java)	Family Dining Banquet, Halal bi-Halal	[1, 55]
5	Kaastengel	Cheese stick cookie	Nationwide	Cookie	Dutch Cuisine	Kaastengel (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[22]
6	Nastar	Bite-sized cookie with pineapple jam filling	Nationwide	Cookie	Portuguese Cuisine	Pineapple Tart (Portuguese-Speaking Malay Regions)	Family Dining Banquet, Halal bi-Halal	[22]
7	Kue Putri Salju	Crescent-shaped cookie in icing sugar	Nationwide	Cookie	German Cuisine	Vanillekipferl (Germany)	Family Dining Banquet, Halal bi-Halal	[22]
8	Kue Semprit	Spurting cookie	Nationwide	Cookie	German Cuisine	Spritzgebäck (Germany)	Family Dining Banquet, Halal bi-Halal	[22]
9	Kue Kacang	Peanut cookie	Nationwide	Cookie	Chinese Cuisine	Chinese Walnut Cookie (China)	Family Dining Banquet, Halal bi-Halal	[25]
10	Kacang Bawang	Deep-fried peanut with garlic	Nationwide	Nut	Chinese Cuisine	Kacang Asin (Indonesian Chinatown), Kedelai Goreng (Indonesian Chinatown)	Family Dining Banquet, Halal bi-Halal	[71]
11	Kacang Mete	Deep-fried cashew nut	Nationwide	Nut	Chinese Cuisine	Kacang Asin (Indonesian Chinatown), Kedelai Goreng (Indonesian Chinatown)	Family Dining Banquet, Halal bi-Halal	[1, 71]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
12	Kue Sagu	Sago cookie	Nationwide	Cookie	Malay and Chinese Cuisine	Kuih Bangkit (Riau-Indonesia, Malaysia)	Family Dining Banquet, Halal bi-Halal	[55]
13	Kue Bolen	Phyllo pastry with sweetened banana	Nationwide	Bread	Dutch Cuisine	Boterletter (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[1, 25]
14	Kue Lidah Kucing	Cat tongue-shaped cookie	Nationwide	Cookie	Dutch Cuisine	Kattentongen (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[55]
15	Kue Kuping Gajah	Indonesian-styled rolled cookie	Nationwide	Cookie	Western Cuisine	Rolled Cookie (International)	Family Dining Banquet, Halal bi-Halal	[55]
16	Soes Kering	Small deep-fried choux pastry	Nationwide	Pastry	Dutch Cuisine	Soeskoek (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[1, 25]
17	Sumpia Ebi	Dried spring rolls with dried prawn	Nationwide	Cookie	Chinese Cuisine	Chinese Spring Roll (China)	Family Dining Banquet, Halal bi-Halal	[1, 25]
18	Brownies	Brownies	Nationwide	Chocolate cake	American Cuisine	American Brownies (The US)	Family Dining Banquet, Halal bi-Halal	[1, 25]
19	Bolu Pandan	Pandan cake	Nationwide	Sponge cake	Dutch Cuisine	Spekkoek (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[55]
20	Lapis Legit	Multi-layered cake	Nationwide	Layer cake	Dutch Cuisine	Spekkoek (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[22]
21	Tape Ketan	Fermented glutinous rice	Nationwide	Fermented dessert	Indigenous Cuisine	–	Family Dining Banquet, Halal bi-Halal	[17]
22	Perkedel	Deep-fried potato and minced meat fritter	Nationwide	Fritter	Dutch Cuisine	Frikandeller (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[22]
23	Kroket	Deep-fried potato rolls	Nationwide	Fritter	Dutch Cuisine	Kroketen (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[55]
24	Bakso	Indonesian-styled meat ball	Nationwide	Meatball	Chinese Cuisine	Wanzi (China)	Family Dining Banquet, Halal bi-Halal	[22]
25	Mie Goreng/Rebus	Fried noodle/noodle soup	Nationwide	Noodle	Chinese Cuisine	Lamian (China)	Family Dining Banquet, Halal bi-Halal	[22]
26	Es Buah	Fruits ice	Nationwide	Cocktail dessert	Dutch and Indigenous Cuisine	Siroppen Ijs (Dutch East Indies), Es Kuwut (Bali), Fruit Cocktail (World-wide)	Family Dining Banquet, Halal bi-Halal	[55]
27	Es Sirup	Syrup ice	Nationwide	Cocktail dessert	Dutch Cuisine	Limoen Ijs (Dutch East Indies), Siroppen Ijs (Dutch East Indies)	Family Dining Banquet, Halal bi-Halal	[22]
28	Es Timun	Sweetened cucumber ice	Nationwide	Cocktail dessert	Dutch and Indigenous Cuisine	Es Kuwut (Bali), Siroppen Ijs (Dutch East Indies)	Family Dining Banquet, Halal bi-Halal	[22]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
29	Es Blewah	Cantaloupe (<i>Curcubita melo</i> var. <i>cantalupensis</i>) ice	Nationwide	Cocktail dessert	Dutch and Indigenous Cuisine	Es Buah (Indonesia)	Family Dining Banquet, Halal bi-Halal	[55]
30	Es Cendol	Rice jelly ice with coconut milk and sugar	Nationwide	Cocktail dessert	Indigenous Cuisine	Es Dawet (Indonesia)	Family Dining Banquet, Halal bi-Halal	[55]
31	Es Kopyor	Macapuno coconut ice	Nationwide	Cocktail dessert	Dutch and Indigenous Cuisine	Es Buah (Indonesia), Siropen Ijs (Dutch East Indies)	Family Dining Banquet, Halal bi-Halal	[55]
32	Es Kolang-Kaling	<i>Arenga pinnata</i> fruit cocktail ice	Nationwide	Cocktail dessert	Dutch and Indigenous Cuisine	Es Buah (Indonesia), Siropen Ijs (Dutch East Indies)	Family Dining Banquet, Halal bi-Halal	[22]
33	Bebek Gulai Kurma	Duck curry with chopped dates fruit	Aceh	Curry	Indian Cuisine	Aash Bash (India)	Family Dining Banquet, Makmeugang Tradition, Kenduri Jeurat, Halal bi-Halal	[19]
34	Kuah Labu	Chayote curry	Aceh	Curry	Indian Cuisine	Indian Vegetable Curries (India)	Family Dining Banquet, Kenduri Jeurat, Halal bi-Halal	[69]
35	Timphan Pisang	Mashed glutinous rice and banana cake wrapped in banana leaf	Aceh	Steamed cake	Indigenous Cuisine	Nagasari (Central Java)	Family Dining Banquet, Kenduri Jeurat, Halal bi-Halal	[1, 68]
36	Sie Reuboh	Acehnese-styled beef curry	Aceh	Curry	Indian Cuisine	Kosha Mangso (India)	Family Dining Banquet, Makmeugang Tradition, Kenduri Jeurat, Halal bi-Halal	[1, 41]
37	Kari Ayam Aceh	Acehnese-styled chicken curry	Aceh	Curry	Indian Cuisine	Indian Butter Chicken (India), Kari Ayam Mel-ayu (Riau)	Family Dining Banquet, Makmeugang Tradition, Kenduri Jeurat, Halal bi-Halal	[22]
38	Gulai Nangka	Young jackfruit curry	North Sumatra	Curry	Indian Cuisine	Indian Vegetable Curries (India)	Family Dining Banquet, Halal bi-Halal	[22]
39	Mie Gomak	Bataknese-styled noodle curry	North Sumatra	Noodle, curry	Indian, Chinese and Indigenous Cuisine	Laksa (Indonesia, Malaysia)	Family Dining Banquet, Halal bi-Halal	[67]
40	Lontong Medan	Medanese-styled vegetables curry served with lontong	North Sumatra	Rice cake and curry	Indian Cuisine	Indian Vegetable Curries (India)	Family Dining Banquet, Halal bi-Halal	[26]
41	Satai Memeng	Memeng Chicken Satay	North Sumatra	Satay	Indigenous Cuisine	Satay (Indonesia)	Family Dining Banquet, Halal bi-Halal	[67]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
42	Lemang/Lomang	Glutinous rice cake cooked inside bamboo tube	North Sumatra	Rice cake	Indigenous Cuisine	Lontong (Indonesia)	Family Dining Banquet, Mangalombang Tradition, Halal bi-Halal	[17]
43	Lontong Sayur	Minangkabau-styled vegetables curry served with lontong	West Sumatra	Rice cake and curry	Indian Cuisine	Indian Vegetable Curries (India)	Family Dining Banquet, Makan Bajamba, Halal bi-Halal	[61]
44	Dendeng Balado	Beef jerky stewed in chili sauce	West Sumatra	Stew	Indigenous Cuisine	Sambal Goreng Ati (Central Java)	Family Dining Banquet, Makan Bajamba, Halal bi-Halal	[22]
45	Rendang	Dried spicy beef curry	West Sumatra	Curry	Indian Cuisine	Indian Butter Chicken (India)	Family Dining Banquet, Makan Bajamba, Halal bi-Halal	[22]
46	Lemang Tapai	Glutinous rice cake cooked inside bamboo tube served with fermented glutinous rice	West Sumatra	Rice cake and fermented desert	Indigenous Cuisine	Tape Uli (Jakarta), Poteng Jeje'Tujak (West Nusa Tenggara), Timbu-Dahi (West Nusa Tenggara), Tapai Benoaan (West Kalimantan)	Family Dining Banquet, Makan Bajamba, Halal bi-Halal	[17]
47	Gulai Cubadak	Minangkabau-styled young jackfruit curry	West Sumatra	Curry	Indian Cuisine	Indian Vegetable Curries (India)	Family Dining Banquet, Makan Bajamba, Halal bi-Halal	[35]
48	Asam Padeh	Meat and fish stewed in spicy and sour broth	West Sumatra	Stew	Indigenous Cuisine	Pindang Bandeng (Jakarta)	Family Dining Banquet, Makan Bajamba, Halal bi-Halal	[26]
49	Ketupat Ketan	Glutinous rice ketupat	West Sumatra	Rice Cake	Indigenous Cuisine	Ketupat (Indonesia)	Family Dining Banquet, Makan Bajamba, Halal bi-Halal	[4]
50	Kue Sapik	Minangkabau-styled dried crepe	West Sumatra	Crepe	Dutch Cuisine	Stroopwafel (The Netherlands)	Family Dining Banquet, Makan Bajamba, Halal bi-Halal	[75]
51	Kue Makmur	Sago-based cookie	Riau	Cookie	Arabian Cuisine	Ma'amoul (Arab World)	Family Dining Banquet, Baraan Tradition, Halal bi-Halal	[25]
52	Kari Ayam Melayu	Malay-styled chicken curry	Riau	Curry	Indian Cuisine	Indian Butter Chicken (India)	Family Dining Banquet, Baraan Tradition, Halal bi-Halal	[22]
53	Gulai Patin	Malay-styled shark catfish (<i>Pangasius indicus</i>) Curry	Riau	Curry	Indian Cuisine	Indian Matthi Curry (India)	Family Dining Banquet, Baraan Tradition, Halal bi-Halal	[26]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
54	Kue Bangkit	Rising sago cookie	Riau	Cookie	Malay and Chinese Cuisine	Sago Cookie (Indonesia)	Family Dining Banquet, Baraan Tradition, Halal bi-Halal	[62]
55	Kacang Pukul	Malay-styled peanut cookie	Riau	Cookie	Chinese Cuisine	Chinese Walnut Cookie (China)	Family Dining Banquet, Baraan Tradition, Halal bi-Halal	[62]
56	Lempuk	Durian-based toffee	Jambi	Confection	Indigenous Cuisine	Dodol (Indonesia)	Family Dining Banquet, Punutan Tradition, Halal bi-Halal	[65]
58	Sup Tulang	Bone soup	Jambi	Soup	Dutch Cuisine	Sop Buntut (Indonesia)	Family Dining Banquet, Punutan Tradition, Halal bi-Halal	[79]
59	Ayam Bumbu Anam	Palembangese-styled chicken curry	South Sumatra	Curry	Indian Cuisine	Indian Butter Chicken (India)	Family Dining Banquet, Ngjdang-Ngobeng Tradition, Halal bi-Halal	[26]
60	Pempek	Deep-fried fish cake	South Sumatra	Fish cake	Chinese Cuisine	Ngo Hiang (Southern China)	Family Dining Banquet, Ngjdang-Ngobeng Tradition, Halal bi-Halal	[26]
61	Kue Maksuba	Steamed multi-layered cake	South Sumatra	Layer cake	Dutch Cuisine	Spekkoek (The Netherlands)	Family Dining Banquet, Ngjdang-Ngobeng Tradition, Halal bi-Halal	[53]
62	Kue Delapan Jam	Palembangese-styled steamed cake	South Sumatra	Layer cake	Dutch Cuisine	Spekkoek (The Netherlands)	Family Dining Banquet, Ngjdang-Ngobeng Tradition, Halal bi-Halal	[53]
63	Malbi	Dried sweetened beef curry	South Sumatra	Curry	Indian Cuisine	Rendang (West Sumatra)	Family Dining Banquet, Ngjdang-Ngobeng Tradition, Halal bi-Halal	[22]
64	Kue Tat	Bengcoolenese-styled pineapple pie	Bengkulu	Pie	Portuguese Cuisine	Pineapple Tart (Portuguese-Speaking Malay Regions)	Family Dining Banquet, Halal bi-Halal	[26]
65	Gulai Kembang	Kembang curry	Bengkulu	Curry	Indian Cuisine	Kosha Mangso (India)	Family Dining Banquet, Halal bi-Halal	[64]
66	Kue Lepek Binti	Bengcoolenese-styled glutinous rice cake with minced meat filling wrapped in banana leaf	Bengkulu	Rice cake	Indigenous Cuisine	Lemper (Central Java)	Family Dining Banquet, Halal bi-Halal	[72]
67	Bongkol	Glutinous rice cake with red bean filling wrapped in pandan leaf	Bangka Belitung	Rice cake	Indigenous Cuisine	Lemper (Central Java)	Family Dining Banquet, Halal bi-Halal	[73]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
68	Mi Ikan	Fish noodle	Bangka Belitung	Noodle	Chinese Cuisine	Lamian (China)	Family Dining Banquet, Halal bi-Halal	[26]
69	Getas	Fish cracker	Bangka Belitung	Cracker	Chinese Cuisine	Kemplang (South Sumatra), Ngo Hiang (Southern China)	Family Dining Banquet, Halal bi-Halal	[26]
70	Tumis Rebung	Stirred-fried bamboo shoot	Bangka Belitung	Salad	Chinese Cuisine	Chao Kongxincai (China)	Family Dining Banquet, Bedulang Tradition, Halal bi-Halal	[34]
71	Tumis Keladi	Stirred-fried taro leaf	Bangka Belitung	Salad	Chinese Cuisine	Chao Kongxincai (China)	Family Dining Banquet, Bedulang Tradition, Halal bi-Halal	[34]
72	Lempah Kuning	Fish stew	Bangka Belitung	Stew	Indigenous Cuisine	Sup Ikan (Indonesia)	Family Dining Banquet, Bedulang Tradition, Halal bi-Halal	[34]
73	Ikan Jebung Bakar	Grilled fish (<i>Abalises stellaris</i>)	Bangka Belitung	Grilled fish	Indigenous Cuisine	Ikan Bakar (Indonesia)	Family Dining Banquet, Bedulang Tradition, Halal bi-Halal	[34]
74	Lempah Kulat Pelawan	Mushroom (<i>Heimioporus</i> sp) Stew	Bangka Belitung	Stew	Indigenous Cuisine	Sup Jamur (Indonesia)	Family Dining Banquet, Bedulang Tradition, Halal bi-Halal	[34]
75	Sambal Belacan	Shrimp paste-based chili sauce	Bangka Belitung	Chili sauce	Indigenous and Chinese Cuisine	Sambal Terasi (Java)	Family Dining Banquet, Bedulang Tradition, Halal bi-Halal	[34]
76	Kue Engkak	Steamed multi-layered cake	Lampung	Layer cake	Dutch Cuisine	Spekkoek (The Netherlands)	Family Dining Banquet, Ngejalang Balak Tradition, Halal bi-Halal	[26]
77	Keripik Pisang	Banana chip	Lampung	Chip	American Cuisine	Potato Chip (The US)	Family Dining Banquet, Ngejalang Balak Tradition, Halal bi-Halal	[48]
78	Gulai Taboh	Vegetables curry	Lampung	Curry	Indian Cuisine	Indian Vegetable Curries (India)	Family Dining Banquet, Ngejalang Balak Tradition, Halal bi-Halal	[48]
79	Peros Masin Iwa	Meat and fish stewed in spicy and sour broth	Lampung	Stew	Indigenous Cuisine	Asam Padeh (West Sumatra), Pindang Bandeng (Jakarta)	Family Dining Banquet, Ngejalang Balak Tradition, Halal bi-Halal	[48]
80	Rabeg	Mutton and sheep offal curry	Banten	Curry	Arabian Cuisine	Maraq (Arab World)	Family Dining Banquet, Halal bi-Halal, Ngadong-kapkeun Tradition	[77]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
81	Pindang Bandeng	Milkfish (<i>Chanos chanos</i>) stewed in spicy and sour broth	Jakarta	Stew	Indigenous Cuisine	Asam Padeh (West Sumatra), Pindang Kudus (Central Java)	Family Dining Banquet, Halal bi-Halal	[57]
82	Semur Daging	Sweetened beef stew	Jakarta	Stew	Dutch Cuisine	Bief Smoren (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[19]
83	Ketupat Betawi	Betawi-styled vegetables and egg curry served with ketupat	Jakarta	Rice cake	Indian and Indigenous Cuisine	Ketupat (Indonesia)	Family Dining Banquet, Halal bi-Halal	[4]
84	Dodol Betawi	Betawi-styled toffee	Jakarta	Confection	Indigenous Cuisine	Dodol (Indonesia)	Family Dining Banquet, Halal bi-Halal	[65]
85	Tape Uli	Betawi-styled glutinous rice cake and fermented glutinous rice	Jakarta	Rice cake and fermented desert	Indigenous Cuisine	Lemang Tapai (West Sumatra)	Family Dining Banquet, Halal bi-Halal	[63]
86	Kue Satu	Mung bean cookie	Jakarta	Cookie	Chinese Cuisine	Chinese Walnut Cookie (China)	Family Dining Banquet, Halal bi-Halal	[63]
87	Serundeng Daging	Fried beef with spicy grated coconut flesh	Jakarta	Meat dish	Indigenous Cuisine	Rendang (West Sumatra), Daging Sapi Bumbu Age (East Java)	Family Dining Banquet, Halal bi-Halal	[19]
88	Kue Biji Ketapang	Deep-fried savory cookie	Jakarta	Cookie	Chinese Cuisine	Youtiao (China)	Family Dining Banquet, Halal bi-Halal	[63]
89	Kue Kembang Goyang	Deep-fried flower shaped rice cookie	Jakarta	Cookie	Chinese and Malay Cuisine	Kuih Loyang (Indonesian and Malaysian Chinatowns)	Family Dining Banquet, Halal bi-Halal	[63]
90	Kue Akar Kelapa	Deep-fried coconut root shaped rice cookie	Jakarta	Cookie	Chinese and Malay Cuisine	Kuih Loyang (Indonesian and Malaysian Chinatowns)	Family Dining Banquet, Halal bi-Halal	[63]
91	Kue Geplak	Sweetened glutinous rice cake with icing sugar	Jakarta	Confection	Chinese Cuisine	Tauchi (China)	Family Dining Banquet, Halal bi-Halal	[63]
92	Nasi Tutug Oncom	Mixed spicy rice with oncom (fermented pressed cake)	West Java	Rice dish	Indigenous Cuisine	Nasi Timbel (Indonesia)	Family Dining Banquet, Ngabotram Tradition, Halal bi-Halal	[36]
93	Rujak Cuka	Mixed vegetables with vinegar dressing	West Java	Salad	Indigenous Cuisine	Rujak (Indonesia)	Family Dining Banquet, Halal bi-Halal	[81]
94	Sayur Lengko	Mixed vegetables with peanut sauce dressing	West Java	Salad	Indigenous Cuisine	Pecel (Indonesia)	Family Dining Banquet, Ngabotram Tradition, Halal bi-Halal	[80]
95	Rengginang	Sundanese-styled puffed rice	West Java	Snack	Indigenous Cuisine	Intip (Java)	Family Dining Banquet, Ngabotram Tradition, Halal bi-Halal	[37]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
96	Kentang Mustofa	Deep-fried sliced potato stewed in chili sauce	West Java	Stew	Indigenous Cuisine	Sambal Goreng Kentang (Indonesia)	Family Dining Banquet, Halal bi-Halal	[82]
97	Kupat Tahu Bandlung	Deep-fried tofu with spicy coconut sugar-based dressing	West Java	Tofu dish	Chinese and Indigenous Cuisine	Tahu Guling (Central Java)	Family Dining Banquet, Halal bi-Halal	[36]
98	Kue Gapit	Cirebonese-styled dried waffle	West Java	Waffle	Dutch Cuisine	Stroopwafel (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[76]
99	Getuk Lindri	Sweetened cassava cake	Central Java	Cassava cake	Indigenous Cuisine	Getuk (Indonesia)	Family Dining Banquet, Grebeg Syawal Tradition, Halal bi-Halal	[42]
100	Kue Clorot	Sweetened glutinous rice cake wrapped in conical-shaped container of coconut leaf	Central Java	Rice cake	Indigenous Cuisine	Lepet (Central Java)	Family Dining Banquet, Halal bi-Halal	[25]
101	Lepet	Glutinous rice cake wrapped in cylindrical-shaped container of coconut leaf	Central Java	Rice cake	Indigenous Cuisine	Lontong (Indonesia)	Family Dining Banquet, Lebaran Ketupat Tradition, Halal bi-Halal	[58]
102	Lemper	Javanese-styled glutinous rice cake with minced meat filling wrapped in banana leaf	Central Java	Rice Cake	Indigenous Cuisine	Lontong (Indonesia)	Family Dining Banquet, Lebaran Ketupat Tradition, Halal bi-Halal	[25]
103	Arem-Arem	Javanese-styled rice cake with spicy minced meat filling wrapped in banana leaf	Central Java	Rice cake	Indigenous Cuisine	Lemper (Central Java)	Family Dining Banquet, Lebaran Ketupat Tradition, Halal bi-Halal	[25]
104	Sambal Goreng Ati	Stirred-fried chicken liver and gizzard stewed in chili sauce	Central Java	Stew	Indigenous Cuisine	Sambal Goreng Krecek (Yogyakarta)	Family Dining Banquet, Lebaran Ketupat Tradition, Halal bi-Halal	[22]
105	Lodeh Terong	Javanese-styled aubergine curry	Central Java	Curry	Indian Cuisine	Indian Vegetable Curries (India)	Family Dining Banquet, Lebaran Ketupat Tradition, Halal bi-Halal	[58]
106	Pindang Kudus	Beef stewed in spicy and sour broth	Central Java	Stew	Indigenous Cuisine	Asam Padeh (West Sumatra), Pindang Bandeng (Jakarta)	Family Dining Banquet, Lebaran Ketupat Tradition, Halal bi-Halal	[30]
107	Sayur Jipang	Javanese-styled chayote curry	Central Java	Curry	Indian Cuisine	Indian Vegetable Curries (India)	Family Dining Banquet, Lebaran Ketupat Tradition, Halal bi-Halal	[22]
108	Kue Ganjel Rel	Javanese-styled chocolate cake	Central Java	Chocolate cake	Dutch Cuisine	Ontbijtkoek (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[25]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
109	Bistik Solo	Javanese-styled beef steak	Central Java	Meat dish	Dutch Cuisine	Hollandaise Biefstuk (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[30]
110	Selat Solo	Javanese-styled boiled vegetables and beef served with mayonnaise	Central Java	Salad	Dutch Cuisine	Stamppot (The Netherlands)	Family Dining Banquet, Halal bi-Halal	[30]
111	Sambal Goreng Krecek	Cattle skin stewed in chili sauce	Yogyakarta	Stew	Indigenous Cuisine	Sambal Goreng ati (Central Java)	Family Dining Banquet, Halal bi-Halal	[22]
112	Lapis Surabaya	Surabayan-styled layered cake	East Java	Layer cake	Dutch Cuisine	Spekkoek (The Netherlands)	Family Dining Banquet, Lebaran Ketupat Tradition, Halal bi-Halal	[22]
113	Daging Sapi Bumbu Age	Sweetened spicy beef curry	East Java	Meat dish	Indigenous Cuisine	Rendang (West Sumatra)	Family Dining Banquet, Halal bi-Halal	[74]
114	Telur Petis	Boiled egg stewed in shrimp sauce	East Java	Stew	Chinese Cuisine	Guozhi (China)	Family Dining Banquet, Ater-Ater Tradition, Halal bi-Halal	[22]
115	Rawon	Beef and cattle offal stew spiced with <i>Pangium edule</i>	East Java	Stew	Indigenous Cuisine	–	Family Dining Banquet, Lebaran Ketupat Tradition, Ater-Ater Tradition, Halal bi-Halal	[19]
116	Kella Pate	Madurese-styled seafood curry	East Java	Seafood, curry	Indian Cuisine	Indian Matthi Curry (India)	Family Dining Banquet, Lebaran Ketupat Tradition, Ater-Ater Tradition, Halal bi-Halal	[69]
117	Topak Lodeh	Madurese-styled vegetable curry served with ketupat	East Java	Rice cake and curry	Indian Cuisine	Indian Vegetable Curries (India)	Family Dining Banquet, Lebaran Ketupat Tradition, Ater-Ater Tradition, Halal bi-Halal	[22]
118	Bandeng Kawak Goreng	Fried milkfish	East Java	Seafood	Indigenous Cuisine	Bandeng Presto (Central Java)	Family Dining Banquet, Lebaran Ketupat Tradition, Ater-Ater Tradition, Halal bi-Halal	[78]
119	Madu Mongso	Fermented glutinous rice-based toffee	East Java	Confection	Indigenous Cuisine	Dodol (Indonesia)	Family Dining Banquet, Lebaran Ketupat Tradition, Ater-Ater Tradition, Halal bi-Halal	[69]
120	Lemang Lau	Glutinous rice cake cooked inside bamboo tube	West Kalimantan	Rice cake	Indigenous Cuisine	Lemang (North Sumatra)	Family Dining Banquet, Saprahan Tradition, Halal bi-Halal	[17]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
121	Pacri Nanas	Spicy pineapple stew	West Kalimantan	Stew	Malay Cuisine	–	Family Dining Banquet, Saprahan Tradition, Halal bi-Halal	[38]
122	Kerupuk Basah	Mixed fish and starch cake served with spicy sauce	West Kalimantan	Fish cake	Chinese Cuisine	Ngo Hiang (Southern China), Pempek (Indonesia)	Family Dining Banquet, Saprahan Tradition, Halal bi-Halal	[70]
123	Ketupat Colet	Ketapangese-styled ketupat	West Kalimantan	Rice cake	Indigenous Cuisine	Ketupat (Indonesia)	Family Dining Banquet, Saprahan Tradition, Halal bi-Halal	[4]
124	Tapai Benoa	Pontianaknese-styled glutinous rice cake and fermented glutinous rice	West Kalimantan	Rice cake and fermented desert	Indigenous Cuisine	Lemang Tapai (West Sumatra)	Family Dining Banquet, Saprahan Tradition, Halal bi-Halal	[19]
125	Botong Buloh	Pontianaknese-styled rice cake wrapped in banana leaf	West Kalimantan	Rice cake	Indigenous Cuisine	Ketupat (Indonesia)	Family Dining Banquet, Saprahan Tradition, Halal bi-Halal	[39]
126	Sotong Pangkong	Grilled dried cuttlefish	West Kalimantan	Seafood	Chinese Cuisine	You Yu Si (China)	Family Dining Banquet, Saprahan Tradition, Halal bi-Halal	[70]
127	Kue Lapis Sambas	Sambasnese-styled multi layered cake	West Kalimantan	Layer cake	Dutch Cuisine	Spekkoek (The Netherlands)	Family Dining Banquet, Saprahan Tradition, Halal bi-Halal	[19]
128	Nasi Sungkui	Sangaunese-styled mixed spicy rice wrapped in sungkui leaf (<i>Peronema cenescence</i>)	West Kalimantan	Rice dish	Indigenous Cuisine	Nasi Jaha (Gorontalo)	Family Dining Banquet, Saprahan Tradition, Halal bi-Halal	[39]
129	Soto Banjar	Banjarese-styled soup	South Kalimantan	Soup	Chinese Cuisine	Soto (Indonesia)	Family Dining Banquet, Halal bi-Halal	[19]
130	Ketupat Kandangan	Ketupat served with curry	South Kalimantan	Rice cake and curry	Indian and Indigenous Cuisine	Indian Vegetable Curries (India)	Family Dining Banquet, Halal bi-Halal	[4]
131	Panggang Haruan	Grilled snakehead fish	South Kalimantan	Fish dish	Indigenous Cuisine	Ikan Bakar (Indonesia)	Family Dining Banquet, Halal bi-Halal	[4]
132	Daging Masak Habang	Spicy beef stew	South Kalimantan	Meat dish	Indigenous Cuisine	Dendeng Balado (West Sumatra)	Family Dining Banquet, Halal bi-Halal	[83]
133	Rabuk Haruan	Snakehead fish floss	South Kalimantan	Meat floss	Chinese Cuisine	Rousong (China)	Family Dining Banquet, Halal bi-Halal	[84]
134	Kue Apam	Rice pancake	South Kalimantan	Pancake	Indian Cuisine	Appam (Southern India)	Family Dining Banquet, Batumbang Apam Tradition, Halal bi-Halal	[50]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
135	Ayam Cincane	Spicy chicken stew	East Kalimantan	Spicy stew	Indigenous Cuisine	Dendeng Balado (West Sumatra)	Family Dining Banquet, Halal bi-Halal	[85]
136	Burasa	Rice cake wrapped in banana leaf	South Sulawesi	Rice cake	Indigenous Cuisine	Ketupat (Indonesia)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[19]
137	Tumbu	Black glutinous rice cake wrapped in banana leaf	South Sulawesi	Rice cake	Indigenous Cuisine	Ketupat (Indonesia)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[27]
138	Nusu' Likku	Makassarese-styled spicy chicken curry	South Sulawesi	Spicy curry	Indian Cuisine	Indian Butter Chicken (India)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[27]
139	Nusu' Palekko	Makassarese-styled sweet and spicy chicken curry	South Sulawesi	Spicy stew	Indian Cuisine	Indian Butter Chicken (India), Tongseng Ayam (Central Java)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[27]
140	Bajabu	Fish floss	South Sulawesi	Meat floss	Chinese Cuisine	Rousong (China)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[19]
141	Ayam Gegape	Makassarese-styled chicken curry	South Sulawesi	Curry	Indian Cuisine	Indian Butter Chicken (India)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[19]
142	Leppe'-Leppe'	Glutinous rice cake wrapped in cylindrical-shaped container of coconut leaf	South Sulawesi	Rice cake	Indigenous Cuisine	Lontong (Indonesia)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[27]
143	Gogoso	Makassarese-styled glutinous rice cake with minced meat filling wrapped in banana leaf	South Sulawesi	Rice cake	Indigenous Cuisine	Lemper (Central Java)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[27]
144	Coto Makassar	Makassarese-styled Soup	South Sulawesi	Soup	Indian, Chinese and Indigenous Cuisine	Kosha Mangso (India), Soto (Indonesia)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[27]
145	Kacipo	Sesame cookie	South Sulawesi	Cookie	Chinese Cuisine	Kue Keciput (Indonesian Chinatown)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[27]
146	Barongko	Banana custard wrapped in banana leaf	South Sulawesi	Custard	Indigenous Cuisine	Timphan (Aceh), Nagasar (Central Java)	Family Dining Banquet, Massiara Tradition, Halal bi-Halal	[27]
147	Uve Mpoi	Beef soup	Central Sulawesi	Soup	Dutch and Indigenous Cuisine	Sop Buntut (Indonesia)	Family Dining Banquet, Halal bi-Halal	[19]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
148	Mandura	Glutinous rice cake with grated coconut flesh	Central Sulawesi	Rice cake	Indigenous Cuisine	Ketan Kelapa Parut (Java)	Family Dining Banquet, Mandura Tradition	[51]
149	Nasi Jaha	Gorontaloese-styled rice cake cooked in bamboo tube	Gorontalo	Rice cake	Indigenous Cuisine	Lemang/Lomang (North Sumatra)	Family Dining Banquet, Binarundak Tradition	[34]
150	Ayam Woku	Minahasanese-styled spicy chicken stew	North Sulawesi	Spicy stew	Indian Cuisine	Indian Butter Chicken (India)	Family Dining Banquet, Binarundak Tradition, Halal bi-Halal	[19]
151	Asida	Toffee served with syrup	Maluku Islands	Confection	Arabian Cuisine	Asida (Arab World)	Family Dining Banquet, Makan Patita, Halal bi-Halal	[25]
152	Ikan Kuah Kuning	Fish soup spiced with turmeric	Maluku Islands	Soup	Indigenous Cuisine	Lempah Kuning (Bangka Belitung)	Family Dining Banquet, Makan Patita, Halal bi-Halal	[33]
153	Papeda	Sago starch porridge	Maluku Islands	Porridge	Polynesian Cuisine	Poi (Polynesian Islands), Ambuyat (Brunei, South Philippines)	Family Dining Banquet, Makan Patita, Halal bi-Halal	[33]
154	Ikan Kuah Pala Banda	Fish soup spiced with nutmeg	Maluku Islands	Soup	Indigenous Cuisine	Sop Ikan (Indonesia), Lempah Kuning (Bangka Belitung)	Family Dining Banquet, Makan Patita, Halal bi-Halal	[38]
155	Rwbia	Dried shellfish curry	Maluku Islands	Seafood, curry	Indian Cuisine	Indian Matthi Curry (India)	Family Dining Banquet, Makan Patita, Halal bi-Halal	[38]
156	Opor Manis Pedas Bali	Balinese-styled sweet and spicy chicken curry	Bali	Curry	Indian Cuisine	Indian Butter Chicken (India)	Family Dining Banquet, Ngejot Tradition, Ketog Semprong Tradition, Halal bi-Halal	[40]
157	Poteng Jeje Tujak	Lomboknese-styled glutinous rice cake and fermented glutinous rice	West Nusa Tenggara	Rice cake and fermented desert	Indigenous Cuisine	Lemang Tapai (West Sumatra), Tape Uli (Jakarta)	Family Dining Banquet, Halal bi-Halal	[66]
158	Cerorot	Sweetened glutinous rice cake wrapped in conical-shaped container of coconut leaf	West Nusa Tenggara	Rice cake	Indigenous Cuisine	Kue Clorot (Central Java)	Family Dining Banquet, Halal bi-Halal	[66]
159	Temerodok	Deep-fried cookie	West Nusa Tenggara	Cookie	Indigenous Cuisine	Kue Biji Ketapang (Jakarta)	Family Dining Banquet, Halal bi-Halal	[66]
160	Kerake	Glutinous rice toffee wrapped in corn leaf	West Nusa Tenggara	Confection	Indigenous Cuisine	Dodol (Indonesia)	Family Dining Banquet, Halal bi-Halal	[66]

Table 1 (continued)

No.	Name of dishes	Equivalent name in English	Regions of origin	Types of dishes	Culinary influences	Similar dishes	Occasions of serving	References
161	Manjareal	Sweetened peanut toffee wrapped in palm leaf	West Nusa Tenggara	Confection	Indigenous Cuisine	Dodol (Indonesia)	Family Dining Banquet, Halal bi-Halal	[66]
162	Timbu-Dahi	Dompunese-styled glutinous rice cake and fermented glutinous rice	West Nusa Tenggara	Rice cake and fermented desert	Indigenous Cuisine	Lemang Tapai (West Sumatra), Tape Uli (Jakarta)	Family Dining Banquet, Halal bi-Halal	[66]
163	Bebalung	Cattle bone soup	West Nusa Tenggara	Soup	Indian Cuisine	Kosha Mangso (India)	Family Dining Banquet, Halal bi-Halal	[38]
164	Keleso	Rice cake wrapped in coconut leaf	East Nusa Tenggara	Rice cake	Indigenous Cuisine	Ketupat (Indonesia)	Family Dining Banquet, Halal bi-Halal	[59]
165	Manuk Beikut	Chicken cooked with spicy grated coconut flesh	East Nusa Tenggara	Meat dish	Indigenous Cuisine	Serundeng Daging (Jakarta)	Family Dining Banquet, Halal bi-Halal	[59]

(wrongdoings). *Ketupat* is made of rice or glutinous rice wrapped in a container of woven coconut leaf and designed in a thick diamond-like shape with four sides. The four sides are philosophically interpreted as four main activities (*laku papat*) that Muslims should observe after the fasting month of *Ramadhan*, namely, *lebaran* (meaning “to finish atrocious habits as used to be done in the past”), *luburan* (meaning “to enrich the heart and soul with the abundant righteousness”), *leburan* (meaning “to integrate the Islamic values into the daily life”) and *laburan* (meaning “to purify the heart and soul by doing the righteousness”); these activities comprehensively emphasize the completion of the fasting month with an abundance in forgiveness and omittance of all resentments, from the depth of hearth, to obtain an improved level of purity and righteousness. The primary objective of the dish creation was a religio-cultural education that people can affirmatively apply these philosophical teachings in daily life by consuming this dish [4, 7, 8]. Another version of *ketupat* is *lontong* (rice cake wrapped in a cylindrical-shaped container of the banana leaf), which is also commonly served during the *Eid al-Fitr* as a *ketupat* substitute [4].

Meanwhile, the consumption of *ketupat* is associated with the serving of *opor ayam* (Javanese-styled chicken curry), a Javanese adaptation of Indian butter chicken, or *kari ayam Melayu* (Malay-styled chicken curry). The utilization of coconut milk in Javanese dishes (including in *opor ayam*) has been introduced in the fifteenth century A.D. to develop a newly distinctive culinary identity (Javanese Muslim cuisine) that differs from the indigenous Javanese Hindu foods [3, 19]. The application of Islamic dietary law (*halal*) had also been made applicable for all Muslim citizens in some Islamic realms in Java, which strictly prohibits the consumption of pork, blood, carrion, and other meats forbidden (*haram*) under the Islamic dietary law (like snakes, monkeys, dogs, cats, bears, etc.) [3, 20]. *Katupat*, *lontong*, and *opor ayam* are usually served in family dining banquets after the *Eid al-Fitr* prayers and the apologizing-forgiving ritual during the *Eid al-Fitr* period in almost regions of Indonesia (Figs. 1A–C, 2, 3A). After more than 500 years since its initial introduction, the *lebaran* has surpassed the course of periods which enriches its tradition with myriad culinary influences [15].

Traditions associated with the Indonesian *Lebaran* dishes

Many students (*santri*) of *wali sanga*, who originally came from many regions in Indonesia and graduated from the school (*pesantren*), brought back these traditions to their homelands, which assisted in the gastronomical spread of *ketupat*, *lontong*, and *opor ayam* throughout Indonesia (Figs. 1A–C, 2; Table 1) [4, 15]. The apologizing-forgiving

ritual, during the *Eid al-Fitr*, (*sungkeman/pangapura*) has also inspired the creation of the modern national tradition of *Halal bi-Halal* during which Indonesian Muslims usually visit others (the elderly, family, friends, neighbors, etc.) to seek apology and blessing as well as give forgiveness (Table 2; Figs. 3B, 4) [15]. In a more official version (usually organized by institutions), people (the members of institution) collectively stand up and make a queue, furthermore doing apologizing-forgiving procession to another people who have stood earlier in a line, in the opposite of the former. Once a person has finished doing the procession, the person subsequently stands up and joins the member of the latter line, accepting the apologize from the members of the former (Fig. 3B) [14, 15, 21]. The tradition was initiated in the post-independence era (1948) when the first Indonesian president, Soekarno, invited all Indonesian political and military elites to the presidential palace to attend an event that emphasized the invitees to ask for an apology and give forgiveness to each other to create political harmony amid the chaotic situation. The introduction of this tradition was under the suggestion of KH Abdul Wahab Hasbullah, one of the Indonesian Islamic intellectuals who initially amalgamated the term *Halal bi-Halal*, which philosophically meant “a progression to make everything *halal* (in a good condition) by omitting all resentments among individuals”. Although coined in Arabic, this unique tradition is not found in Arabic-speaking countries. This tradition is also popularly known as the *Sawalan* tradition since it is usually organized in the month of *Shawwal* [15, 21]. In this annual tradition (*Halal bi-Halal* or *Sawalan*), many dishes such as *ketupat*, *lontong*, *opor ayam*, *kaastengel* (Nationwide; cheese stick cookie), *nastar* (Nationwide; bite-sized cookie with pineapple jam filling), *kue putri salju* (Nationwide; crescent-shaped cookie in icing sugar), and other traditional dishes are subsequently served (Table 1; Figs. 1A–E, 2) [4, 15, 21]. Interestingly, before this tradition was popularized, there was a similar tradition that have become a local wisdom in Riau and South Sulawesi, which are locally known as *Baraan* and *Massi-ara* traditions, respectively (Table 2; Figs. 3C, 4) [23, 24]. During this celebration, after the apologizing-forgiving procession, the hosts serve the guests with various traditional meals like *ketupat*, *opor ayam/kari ayam*, *Melayu*, *lontong*, *kue makmur* (Riau; sago-based cookie), *gulai patin* (Riau; Malay-styled shark catfish [*Pangasius indicus*] curry), *burasa* (South Sulawesi; rice cake wrapped in banana leaf), *ayam gegape* (South Sulawesi; Makassar-styled chicken curry), and *barongko* (South Sulawesi; banana custard wrapped in banana leaf) (Table 1; Figs. 1F and G, 2) [19, 22, 25–27]. In addition, the idea of *lebaran* value of asking a forgiveness to relatives at the homeland has long encouraged the development of *mudik* tradition,



Fig. 1 ketupat (nationwide) (A) [taken from: <https://www.freeimages.com/photo/ketupat-1325785>], lontong (nationwide) (B) [taken from: <https://www.wordpressmu-1122769-3933803.cloudwaysapps.com/7-langkah-membuat-lontong-enak-dan-empuk/>], opor ayam (nationwide) (C) [taken from: <https://alchetron.com/Opor-ayam>], kaastengel (nationwide) (D) [taken from: <https://www.pinterest.com/pin/362610207471747798/visualsearch/?x=16&y=16&w=532&h=271&cropSource=6&surfaceType=flashlight>], nastar (nationwide) (E) [taken from: <https://www.sweetrip.id/kuliner/resep-nastar-premium/>], kue makmur (Riau) (F) [taken from: <https://dapurkotasinga.blogspot.com/2015/11/kuih-makmur.html>], ayam gagape (South Sulawesi) (G) [taken from: <https://sajiansedap.grid.id/read/10761139/ayam-gagape-khas-makassar-olahan-ayam-berkuah-dengan-cita-rasa-nenda-ng>], pacri nanas (West Kalimantan) (H) [taken from: <https://gencil.news/kuliner/cara-membuat-pacri-nanas/>], sie reuboh (Aceh) (I) [taken from: <https://sweetrip.id/kuliner/resep-sie-reuboh/>], nasi jaha (Gorontalo) (J) [taken from: <https://www.tasteatlas.com/nasi-jaha>], gulai taboh (Lampung) (K) [taken from: <https://carabuatresap.blogspot.com/2016/04/cara-membuat-gulai-taboh-dalom-khas-lampung.html>], mie goreng (nationwide) (L) [taken from: <https://imgur.com/mie-goreng-homemade-OYYInCT>], lapis Surabaya (East Java) (M) [taken from: https://www.sidechef.com/recipes/8692/Lapis_Surabaya], pindang bandeng Betawi (Jakarta) (N) [taken from: <https://cookpad.com/id/resep/15872072-pindang-bandeng-betawi>], ketupat kandang (South Kalimantan) (O) [taken from: <https://cookpad.com/id/resep/14679053-ketupat-kandang-khas-kalimantan-selatan>], tape ketan (nationwide) (P) [taken from: <https://www.rumahmesin.com/cara-membuat-tape-ketan/>]

a temporarily demographical shifting of Indonesian people, from municipal regions to rural areas [11, 12, 28]. This annual tradition makes those people gathered with their family or, at least, can have opportunities to taste foods of their homelands as a nostalgic expression [10, 22]. The *mudik* tradition can also culturally help in introducing the modern foods (for example: *brownies* (Nationwide), *lapis legit* (Nationwide; multi-layered cake), *kue bolen* (Nationwide; phylo pastry with sweetened banana), etc.) as they usually discover in the metropolis life to the rural areas [11, 25, 28]. Consequently, these modern foods recently serve in a number of family dinning

banquets and *Halal bi-Halal* feasts during *lebaran* [22, 25].

In Islamic jurisprudence, it is also desirable (however, not obligatory) to extend the fasting for 6 days in the *Shawwal* month to improve the level of religiosity, and it is suggested to be done early in the month (after the first day of *Shawwal* month) [29]. In Java (especially in Central and Eastern Java), there is a cultural tradition usually celebrated by Javanese Muslims on 8 *Shawwal* every year—a feast to end the 6-day fasting extension—by eating *ketupat* and other meals including *opor ayam*, *sambal goreng ati* (stirred-fried chicken liver and gizzard stewed in chili

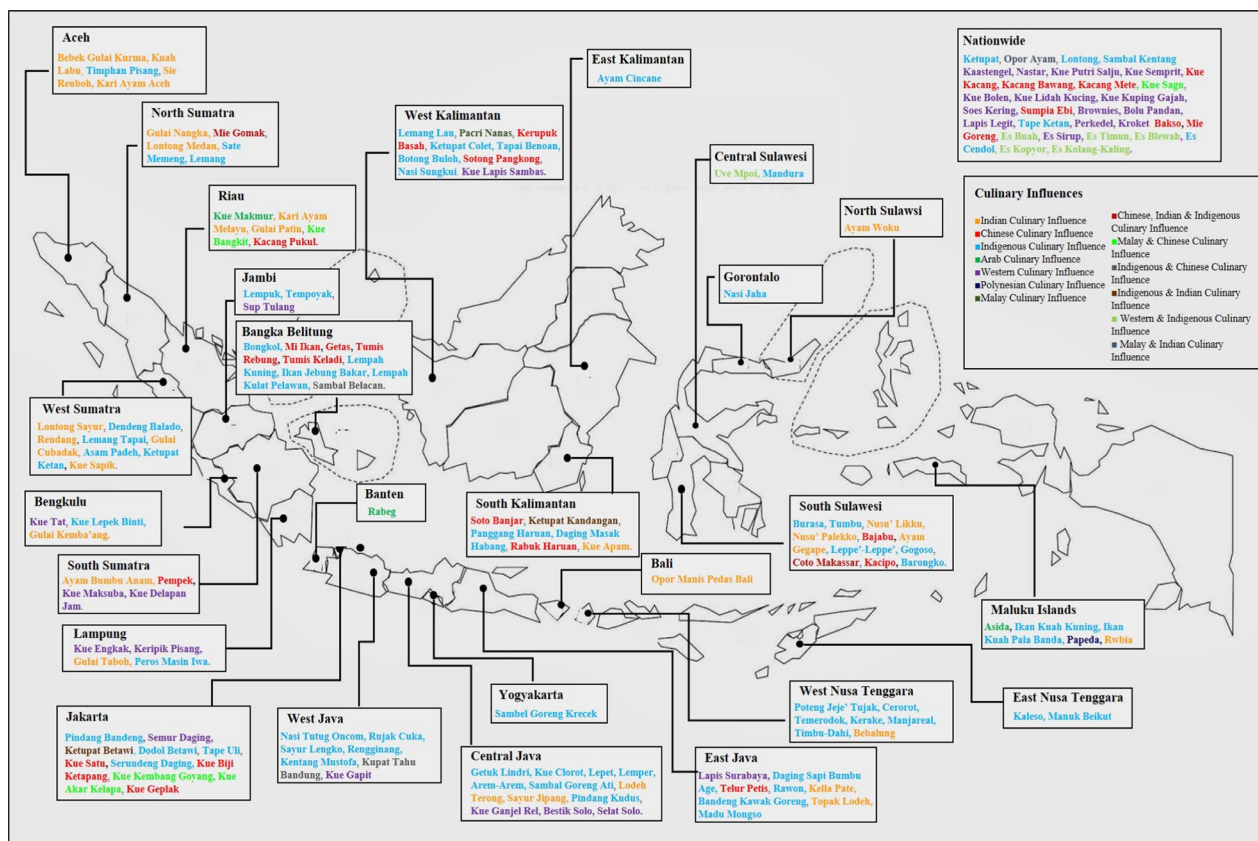


Fig. 2 Distribution of Indonesian *Lebaran* Dishes. The figure was fabricated by authors

sauce), *sayur jipang* (Javanese-styled chayote curry), *pindang Kudus* (beef stewed in spicy and sour broth), etc. (Table 1; Figs. 1A and C, 2) [4, 22, 30]. This tradition is popularly known as *Lebaran Ketupat* (Table 2; Figs. 3D, 4) [4]. In East Java, the tradition of *Lebaran Ketupat* is observed by sharing and delivering *ketupat* and other meals to others (neighbors); it is popularly known as the *Ater-Ater* tradition (Table 2; Figs. 3E, 4) [31]. A similar tradition (famously known as *Ngejot* tradition) is also observed by the minority Balinese Muslims who have conducted meal sharing with their Muslims and even Hindu neighbors, to create religious harmony, for centuries in Bali (Table 2, Fig. 4) [32].

The *lebaran* tradition is also culturally associated with a collectively public/communal meal custom. In some Indonesian regions, there are eating customs in which people gather in a particular area and have meals together to celebrate special occasions such as holidays, birthdays, commemoration of Independence Day, etc. For example, in Maluku islands, local communities frequently organize a public meal to celebrate holidays, including *Eid al-Fitr*, in which people from different cultural and religious backgrounds attend the feast. Various traditional meals

are served in the event, which is locally known as *Makan Patita* (Table 2; Figs. 3F, 4). *Papeda* (sago starch porridge) is a specialty of this public meal, which is consumed with *ikan kuah kuning* (fish soup spiced with turmeric). In Maluku islands, *ketupat* is rarely served as the staple food during the *Eid al-Fitr*; instead, *papeda* is incorporated into the meal (Table 1; Fig. 2) [33]. Some similar public eating concepts are also practiced in other Indonesian regions. People in West Sumatra, West Java, West Kalimantan, and Bali, for instance, also organize public meals during the *Eid al-Fitr* (*lebaran*), which are locally known as *Makan Bajamba*, *Ngabotram*, *Saprahan*, and *Ketog Semprong* traditions, respectively (Table 2; Fig. 4) [32, 34]. Some dishes commonly served in these traditions are *dendeng balado* (West Sumatra; beef jerky stewed in chili sauce), *gulai cubadak* (West Sumatra; Minangkabau-styled young jackfruit curry), *nasi tutug oncom* (West Java; mixed spicy rice with *oncom* [fermented pressed cake]), *rengginang* (West Java; Sundanese-styled puffed rice), *pacri nanas* (West Kalimantan; spicy pineapple stew), *botong buloh* (West Kalimantan; Pontianaknese-styled rice cake wrapped in banana leaf), and *opor manis pedas Bali* (Bali; Balinese-styled sweet and spicy chicken



Fig. 3 Family Dinning Banquet (nationwide) (A) [taken from: <https://jejakpiknik.com/lebaran-di-perantauan/>], halal bi-halal (nationwide) (B) [taken from: <https://www.rumah-muslimin.com/2018/05/hukum-tradisi-halal-bi-halal-di-hari.html>], baraan (Riau) (C) [taken from: <https://www.riau24.com/berita/baca/1651690816-tradisi-barak-an-hari-aya-idul-fetri-di-desa-simpang-ayam-berlangsung-selama-4-hari>], lebaran ketupat (Central and East Java) (D) [taken from: <https://www.viva.co.id/indepth/sorot/928110-jejak-tradisi-lebaran-ketupat-tanah-jawa>], ater-ater (East Java) (E) [taken from: <https://www.lontarmadura.com/ter-ater-sebagai-pengamalan-ajaran-agama/>], makan patita (Maluku Islands) (F) [taken from: <https://1001indonesia.net/makan-patita-menguatkan-semangat-persatuan-dengan-makan-bersama/>], makmeugang (Aceh) (G) [taken from: <https://www.regional.kompas.com/read/2022/04/02/145517478/mengenal-tradisi-meugang-sambut-ramadhan-di-aceh-warisan-di-zaman-sultan>], binarundak (Gorontalo) (H) [taken from: <https://pariwisataindonesia.id/kuliner/binarundak/>], grebeg syawal (Central Java) (I) [taken from: <https://www.liputan6.com/photo/read/2548397/keraton-surakarta-gelar-tradisi-grebeg-syawal?page=1>], perang topat (West Nusa Tenggara) (J) [taken from <https://www.liputan6.com/tv/read/2377100/tawuran-antar-warga-di-jakarta-hingga-tradisi-perang-topat>]

Table 2 Indonesian Lebaran Traditions

No	Name of traditions	Regions of origin	Activities	References
1	Family Dinning Banquet	Nationwide	Having meals together with family during the Eid days	[4]
2	Halal Bihalal	Nationwide	Visiting and apologize to others prior to eating together	[15]
3	Kenduri Jeurat	Aceh	Collective public meal in graveyard	[43]
4	Makmeugang Tradition	Aceh	Cooking and consuming meals together (especially meats)	[34]
5	Mangalomang Tradition	North Sumatra	Cooking and consuming lemang together	[17]
6	Makan Bajamba	West Sumatra	Collectively public meal	[34]
7	Baraan Tradition	Riau	Visiting and apologizing to neighbours prior to eating together	[23]
8	Punutan Tradition	Jambi	Collectively public meal	[44]
9	Ngidang-Ngobeng Tradition	South Sumatra	Collectively public meal	[45]
10	Bedulang Tradition	Bangka Belitung	Collectively public meal	[34]
11	Ngejalang Balak Tradition	Lampung	Collectively public meal	[48]
12	Ngadongkapkeun Tradition	Banten	Visiting and apologizing to neighbours prior to eating together	[49]
13	Ngabotram Tradition	West Java	Collectively public meal	[34]
14	Grebeg Syawal Tradition	Central Java	Travelling the foods around neighborhood prior to collectively public meal	[42]
15	Lebaran Ketupat Tradition	Central and East Java	Eating ketupat and other meals together in 8th day of Shawwal Month	[4]
16	Ater-Ater Tradition	East Java	Delivering meal for neighbours	[31]
17	Saprahan Tradition	West Kalimantan	Collectively public meal	[34]
18	Batumbang Apam Tradition	South Kalimantan	Sharing kue apam to children	[50]
19	Massiara' Tradition	South Sulawesi	Visiting and apologizing to neighbours prior to eating together	[24]
20	Mandura Tradition	Central Sulawesi	Travelling the foods around neighborhood prior to collectively public meal	[51]
21	Binarundak Tradition	North Sulawesi and Gorontalo	Cooking and collectively public meal	[34]
22	Makan Patita	Maluku Islands	Collectively public meal	[33]
23	Ketog Semprong Tradition	Bali	Collectively public meal	[32]
24	Ngejot Tradition	Bali	Delivering meals for neighbours	[32]
25	Perang Topat	West Nusa Tenggara	Throwing ketupat	[32]

curry) (Table 1; Figs. 1H, 2) [22, 35–40]. Furthermore, communal dining customs can sociologically improve the sense of belonging, brotherhood, and togetherness among people living in a certain area [33].

The *Eid al-Fitr* (*lebaran*) is not only identical to having meals collectively, but it is also related to the meal preparations behind the annual feast. In the last one to two days of fasting month (*Ramadhan*), the Indonesian people usually tend to prepare foods for family dining banquet for the *Eid* period. Not only preparing for *lebaran*, but they also cook the foods for *buka puasa* (the breaking of fasting at the dusk, for the last 1–2 days of *Ramadhan* month). These such food preparations are usually discovered in almost regions across the country (nationwide). They usually cook foods such as *ketupat*, *opor ayam*, *sambal goreng ati*, etc. These food preparations are usually conducted in a collective way, involving the entire members of family which can sociologically improve the unity among the members [4, 22]. In Aceh, people usually prepare meals (including meat-based dishes) on the last day of the fasting month. Two of the

most popular meat-based dishes specially prepared for *Eid al-Fitr* are *sie reuboh* (Acehnese-styled beef curry) and *bebek gulai kurma* (duck curry with chopped dates fruit) (Table 1; Figs. 1I; 2). In Aceh, the tradition of preparing meat-based dishes for *lebaran* is popularly known as the *Makmeugang* tradition (Table 2; Figs. 3G, 4) [19, 34, 41]. Similar traditions are also found in the Gorontalo (*Binarundak* tradition) and Mandailing Natal regions of North Sumatra (*Mangalomang* tradition), where people usually cook *nasi jaha* (Gorontaloese-styled rice cake cooked in bamboo tube) and *lemang/lomang* (glutinous rice cake cooked inside bamboo tube), for the *Eid al-Fitr* feast, respectively (Table 1 and 2; Figs. 1J, 2, 3H, 4) [17, 34]. These dishes are consumed together with family and friends, at home, on the *Eid al-Fitr* day.

Indonesia has many other unique *lebaran* traditions, one of which is the *Grebeg Syawal* tradition in which some dishes are displayed and arranged in a mountain-shaped structure (popularly known as *gunungan* structure in Java) before being blessed by a priest at the exterior of a grand mosque (Table 2; Fig. 3I; Fig. 4). This

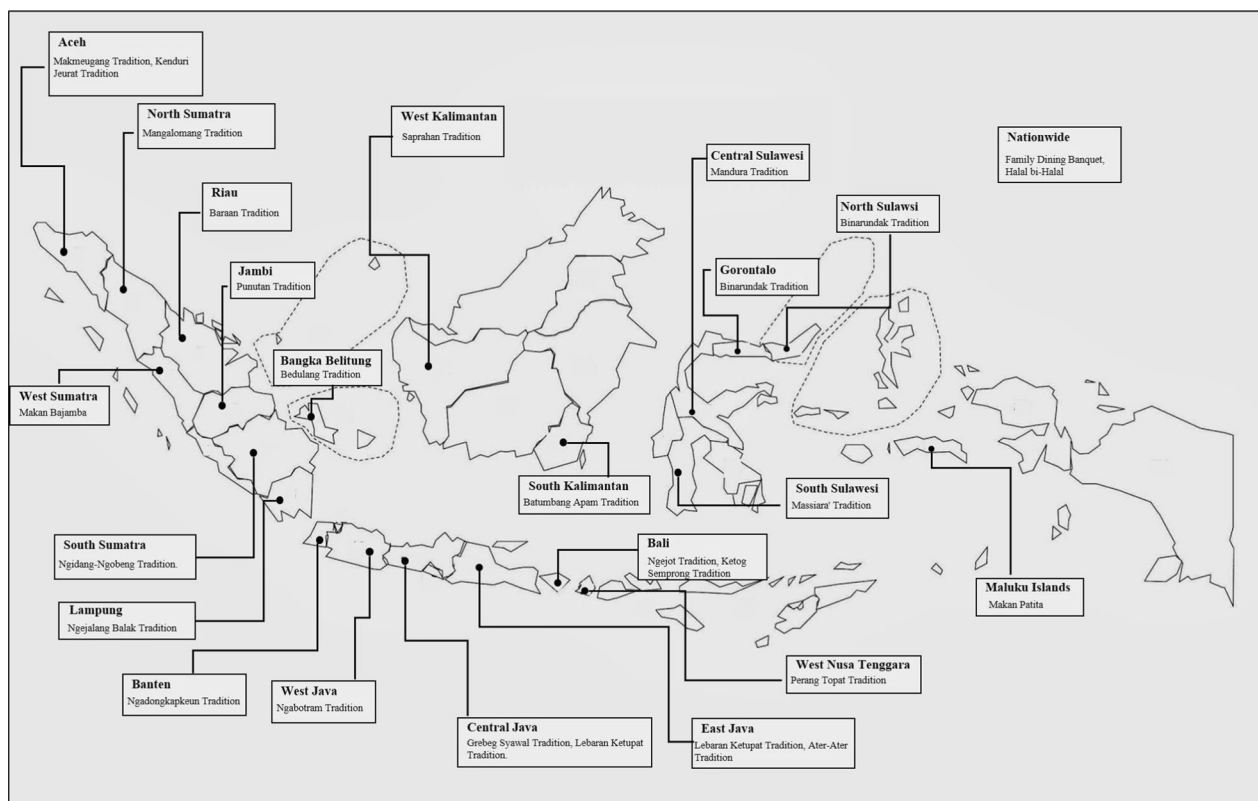


Fig. 4 Distribution of Indonesian *Eid al-Fitr* traditions. The figure was fabricated by authors

event is usually organized on 8 *Shawwal* every year. The *gunungan* structures are subsequently paraded around a particular circumstance and are brought to a large square. Later, all kinds of stuff (including dishes) are competitively picked by people as all the objects displayed are believed to have sacred potentials that could deliver fortune, prosperity, and wealth. In the Pekalongan town of Central Java, one of the most prominent carnival components displayed in *Grebeg Syawal* is *getuk lindri* (sweetened cassava cake) (Table 1; Fig. 2) [42]. Another quintessence of the unique *lebaran* tradition is *Perang Topat*, which is annually organized, in West Nusa Tenggara, as an ethnically eccentric notion of meals sharing by throwing meals toward others (Table 2; Fig. 3; Fig. 4). The term *Perang Topat* comes from the words *perang* meaning “war” and *topat* meaning “ketupat”. Here, the group of people on the one side throw a bunch of *ketupat* toward people on the other side who will receive it. This meal war lasts for a particular period until the stock of *ketupat* of each group is completely exhausted [32].

Distribution of the Indonesia *Lebaran* dishes

About 165 Indonesian *lebaran* dishes (ILDs) are distributed in 26 provinces, which are completely

recapitulated in Table 1 and Appendix 1, exhibiting enormous culinary influences like Indian, Arabian, Chinese, Polynesian, Western-Europeans, and Indigenous culinary traditions on these dishes. Most of ILDs (125 dishes) are discovered in the provinces in the western and central part of the country (Fig. 2). It is suggested that the majority of Indonesian Muslim demographically live in those areas (western and central part of Indonesia) [1, 3]. The presence of ILDs in the eastern part of Indonesia, mainly Papua Island, is almost absent, in which most of its inhabitants embrace Christianity instead of Islam (Fig. 2) [1]. The absence of ILDs in Central Kalimantan is also caused by a demographic reason (Fig. 2) [1, 3]. Most of native people (*Dayak* people) who reside in the interior of Kalimantan Island embrace Hindu-Kaharingan belief and Christianity. Furthermore, *Dayak* people are geographically separated from their Muslim Malay neighbors living in the coastal area of Kalimantan [46]. Interestingly, one ILD (*opor manis pedas Bali*) is discovered in Bali which is demographically dominated by Hinduism (Fig. 2). It is suggested that the food has been developed by the minority Balinese Muslim as obtaining penetrative influences from their Muslim neighbors (from Muslim

communities in the neighbor provinces of East Java and West Nusa Tenggara) [47].

The trace of Indian cuisine is mostly discovered in Sumatra as well as parts of Java, Kalimantan, and Sulawesi in several dishes such as *gulai nangka* (North Sumatra; young jackfruit curry), *gulai taboh* (Lampung; vegetable curry), *topak lodeh* (East Java; Madurese-styled vegetable curry served with *ketupat*), and *ayam gegape* (South Sulawesi; Makassar-styled chicken curry), which are inspired from various Indian curries (Table 1; Fig. 1K; Fig. 2) [19, 22, 48, 52]. The Chinese cuisine influence is mostly found in Eastern Sumatra as well as parts of Java, Kalimantan, and Sulawesi in numerous foods such as *bakso* (Nationwide; Indonesian-styled meatball), *mie goreng/rebus* (Nationwide; fried noodle/noodle soup), *pempek* (South Sumatra; deep-fried fish cake), *kue geplak* (Jakarta; sweetened glutinous rice cake with icing sugar), and *bajabu* (South Sulawesi; fish floss), which are inspired from Chinese *wanzi* (meatball), *lamian* (noodle dish), *ngo hiang* (fish cake), *tauchi* cake (pounded rice cake), and *rousong* (meat floss), respectively (Table 1; Fig. 1L; Fig. 2) [3, 19, 22, 25, 53, 54]. The Western-European cuisine has also influenced the development of several ILDs such as *kue lidah kucing* (Nationwide; cat tongue biscuit), *lapis Surabaya* (East Java; Surabayan-styled layered cake), *bistik Solo* (Central Java; Javanese-styled beef steak), and *kue tat* (Bengkulu; Bengcoolene-styled pineapple pie), which are an adaptation of the Dutch *kattentongen* (Dutch cat tongue cookie), Dutch *spekkoek* (Dutch layered cake), *Hollandaise biefstuk* (Dutch beef steak), and Portuguese pineapple tart, respectively (Table 1; Fig. 1M; Fig. 2) [22, 26, 30, 55, 56]. Moreover, the influence of indigenous culinary tradition on ILDs is widely discovered in numerous dishes such as *asam padeh* (West Sumatra; meat and fish stewed in spicy and sour broth), *pindang Betawi* (Jakarta; milkfish [*Chanos chanos*] stewed in spicy and sour broth), *lepet* (Central Java; glutinous rice cake wrapped in a cylindrical-shaped container of coconut leaf), *nasi sungkui* (West Kalimantan; Sanggaunese-styled mixed spicy rice wrapped in *sungkui* leaf [*Peronema cenescence*]), *leppe-leppe* (South Sulawesi; glutinous rice cake wrapped in a cylindrical-shaped container of coconut leaf), and *manuk beikut* (East Nusa Tenggara; chicken cooked with spicy, grated coconut flesh) (Table 1; Fig. 1N; Fig. 2) [26, 27, 39, 57–59]. However, the trace of Arabian and Polynesian cuisine is quite limited; they are only found in *kue makmur* (Riau; sago-based cookie) and *papeda* (Maluku islands; sago starch porridge), respectively (Table 1; Fig. 2) [25, 33]. The myriad culinary influences on ILDs are evidences for the fact that Islam does not prohibit any kind of acculturation (including in culinary tradition) as long as they follow the Islamic law (*Sharia*) [3,

4]. Figure 2 shows that ILDs discovered in Riau, Jakarta, East Java, North Sumatra and South Sulawesi have diverse culinary influences. It is suggested that Malacca strait area (including Riau) is geographically a confluence of many diverse cultures (Chinese, Indian, Arab, Malay and even Western cultures) which have long created a diversity in culinary tradition in the area [52, 60]. The similar culinary diversity is also discovered in Singaporean and Malaysian cuisines as both countries (Singapore and Malaysia) are located at the same region (Malacca strait) [60]. Meanwhile, the regions like Jakarta, East Java, North Sumatra and South Sulawesi have conurbations like Jakarta metropolitan areas, greater Surabaya, greater Medan and greater Makassar, respectively; which are geographically a cultural junction of many different cultures. Historically, those areas were also an ancient port which has enabled a cultural fusion between native, Chinese, Indian, Arab, and European cultures since centuries ago. The conditions have also created a culinary diversity in the regions, including ILDs diversity [3, 54, 56].

The ILDs are mostly dominated by rice cakes (31 dishes), curries (26 dishes), stews (18 dishes), and cookies (18 dishes) (Table 1; Fig. 2). Rice cakes, curries, and stews are widely distributed in almost all Indonesian regions (Table 1; Fig. 2). Some fusion dishes combining rice cake and curry are served during *lebaran*—for example, *topak lodeh*, *lontong sayur* (West Sumatra; Minangkabau-styled vegetables curry served with *lontong*), *lontong Medan* (North Sumatra; Medanese-styled vegetable curry served with *lontong*), and *ketupat kandang* (South Kalimantan; *ketupat* served with curry) (Table 1; Fig. 1O; Fig. 2) [4, 22, 26, 61]. The examples of stews served during *lebaran* include *lempah kulat pelawan* (Bangka Belitung; mushroom [*Heimioporus* sp] stew), *semur daging* (Jakarta; sweetened beef stew), and *telur petis* (East Java; boiled eggs stewed in shrimp sauce) (Table 1; Fig. 2) [19, 22, 34]. On the other hand, cookies like *kue bangkit* (Riau; rising sago cookie), *kue satu* (Jakarta; mung bean cookie), and *kue kembang goyang* (Jakarta; deep-fried flower shaped rice cookie) are mostly found in parts of Sumatra and Java (Table 1; Fig. 2) [62, 63]. However, some cookies like *kue kacang* (Nationwide; peanut cookie), *kue semprit* (Nationwide; spurting cookie), *kue putri salju*, and *kue kuping gajah* (Nationwide; Indonesian-styled rolled cookie) are ubiquitously served during the *Eid al-Fitr* (Table 1; Fig. 2) [22, 55, 62].

Consumption of Indonesia *Lebaran* dishes and its potential health effects

In the fasting month of *Ramadhan*, all Muslims are encouraged to avoid eating and drinking from dawn to dusk (In Indonesia, the average period of fasting is about 13 h) for nearly a month. During this period, the

human body is intentionally conditioned to starve so that the digestive system does not work heavily. Digestive enzymes only degrade a relatively smaller portion of meals, especially meals consumed during *suhoor* (pre-dawn meal) and *iftar* (the fast-breaking), rather than like the normal days. Fat deposits and blood sugars also decrease drastically during fasting, resulting in an effective weight control [86, 87]. As the fasting month ends, an initial adaptation is required to re-condition the function of the digestive system. On the one hand, appetite regeneration and nourishment are quite essential to prevent anorexia and deliver particular nutrition, respectively [88]. On the other hand, over-consumption of large quantity of high calorie diets after the fasting month (or in the *Eid* time) can consequently cause several digestive system problems (like constipation, side stitch, over-satiation, etc.), diabetes and obesity [9, 87].

The sense and instinct of the creators of rice cakes (including *ketupat*) were genius and incredible as the dishes can fortuitously overcome the physiological problems due to consumption behavior after fasting [4]. The practice has been inherited over centuries as local wisdom. A serving of 100 g of *ketupat* requires 40 g of rice, which provides 94.6 kcal [89]. Meanwhile, the serving of steamed rice in the same quantity requires a 1.5 times higher quantity of rice, which provides about 346 kcal [90]. Thus, the consumption of rice cake dishes can relieve the work of the digestive system and also prevent obesity, as the system only digests a relatively less quantity of food that produces a lower calorie [87].

Additionally, the serving of curries, stews, and cook-ies as a *lebaran* (*Eid al-Fitr*) food can provide sufficient quantity of fats, proteins, and sugars for body nourishment [91]. The requirement of fibers and vitamins is provided by salad dishes and fruit cocktails, for example, *rujak cuka* (West Java; mixed vegetables with vinegar dressing), *selat Solo* (Central Java; Javanese-styled boiled vegetables and beef served with mayonnaise), *es blewah* (Nationwide; cantaloupe [*Curcubita melo* var. *cantalupensis*] Ice), and *es kolang-kaling* (Nationwide; *Arenga pinnata* fruit cocktail ice), which can prevent the digestive system disorders and activate metabolism (Table 1; Fig. 2) [22, 30, 55, 81, 92]. Furthermore, numerous fermented products served during *lebaran* can potentially assist digestion, including *tempoyak* (Jambi; fermented durian), *tape ketan* (Nationwide; fermented glutinous rice), *poteng jeje' tujak* (Lombok region of West Nusa Tenggara, Lomboknese-styled glutinous rice cake and fermented glutinous rice), and *timbu-dahi* (Dompu region of West Nusa Tenggara; Dompunese-styled glutinous rice cake and fermented glutinous rice) (Table 1; Fig. 1P; Fig. 2) [17, 66, 79]. The naturally produced alcohol, by yeasts, in the fermented products is considered

halal (in good condition or allowed) in Islamic dietary law, as long as not intentionally fermented for alcoholic beverage production purposes (no additional production process like pressing, aging, distillation and pasteurization), in which the alcohol content of the dishes is only below 4% [93]. The lower amount of alcohol can metabolically aid the digestive system in dissolving fats. Moreover, probiotic bacteria in those fermented products can also assist the work of the digestive system by secreting several digestive enzymes such as amylases, proteases, lipases, etc. [94]. The consumption of fermented foods during the *Eid* has also been practiced in other culture, for example the consumption of *Laxoox/Canjeero* (Somali traditional flatbread) and *Hulu-Mur* (Sudanese sorghum-based fermented beverage) [95, 96]. In addition, the six days fasting extension, volitionally observed in the *Shawwal* month, can alternatively be a brilliant notion to normalize and adapt the digestive system before commencing the normal days as well as an attempt to reduce higher concentrations of blood sugars, cholesterol, triglycerides, and uric acid due to over-consumption during the *Eid* period [9, 87, 88].

Business aspects of Indonesia *Lebaran* dishes

In recent days, people tend to passionately pursue particular career pathways that industriously encourage them to be professional and focused at work. Consequently, current societies tend to apply a simple living lifestyle, including simplicity in food serving. The serving of food for holidays such as *Eid al-Fitr/lebaran* is almost arduously problematical for several families with an industrialized lifestyle. Therefore, this condition delivers an opportunity for food services and catering industries to provide special food [10, 97]. The food menu usually offered during *lebaran* includes *ketupat*, *opor ayam*, *sambal goreng ati*, *sayur jipang*, *sambal kentang*, *semur daging*, etc., priced up to Rp 500.000,00 (up to US\$ 33) for 5 persons (Table 1; Fig. 2) [97]. Sometimes, catering industries also offer any traditional specialties on the menu at a particular price such as *rendang* (West Sumatra, dried spicy beef curry), *kentang mustofa* (West Java, deep-fried sliced potato stewed in chili sauce), *rawon* (East Java, beef and cattle offal stew spiced with *Pangium edule*) and *soto Banjar* (South Kalimantan, Banjarese-styled soup) (Table 1; Fig. 2) [98]. Catering industries also offer and provide menus and abundant quantity of foods for large dining (such as for event like open house) during *lebaran* [97]. In the socio-cultural dimension, the serving of myriad traditional dishes by catering industries during *lebaran* can also aid in introducing and promoting particular traditional foods from particular regions to other people in different regions. Thus, it enables a cross-cultural exchange between regions [4, 6, 8]. Furthermore,

this annual business is quite profitable as the total revenue is nationally estimated to reach up to US\$ 348 billion as of 2023, with an expected annual growth of 20 – 30% (especially after Covid-19 pandemics) [97, 99]. Moreover, this business also affects another economic sector such as delivery services (Go-Food, Grab-Food, Shopee-Food, etc.), agriculture (farms, husbandries, etc.), eating utensils and packaging industries [97].

Conclusions

To conclude, the 165 ILDs are usually served in many unique annual traditions during the *Eid al-Fitr* period and widely distributed in 26 provinces. The dishes are dominated by rice cakes (31 dishes), curries (26 dishes), stews (18 dishes) and cookies (18 dishes), showing the influences of local and foreign culinary traditions (Indian, Arabian, Chinese, Polynesian and Western-European cuisines) in the Indonesian Muslim cultural life. Furthermore, the foods provide nutrition (carbohydrates, fibers, proteins and fats) and other particular functions which can aid the digestive system. Moreover, the business of ILDs preparation can generate the national total revenue up to US\$ 348 billion by 2023, with an annual growth of 20–30%.

The cultural wealth, in the form of 165 ILDs and *lebaran* traditions, are a national heritage in which Indonesian government must be concerned. Policies and laws related to cultural heritage security, especially for 165 ILDs and *lebaran* traditions, should be proposed and implemented in order to conserve those heritages. To inherit the knowledge related to ILDs preparations to the next generations, the Indonesian government must incorporate those cultural products into the Indonesian educational curriculum. Meanwhile, in the term of entrepreneurship, the results of this study can be an inspiration for the installation of ILDs preparation businesses in Indonesia for years onwards since it is highly profitable. Furthermore, the study only focuses on history, cultural traditions, geographical distribution, health and economic benefits of the preparation ILDs in general. Thus, the research still widely opens opportunities for further study, especially related to elucidation of specific ILD preparation and also *lebaran* tradition (involving the preparation of specific ILD).

Supplementary Information

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Additional file 1.

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Author contributions

IP, HKEPM, AAN, RMK and WWS designed the study, collected some literatures, tabulated and analyzed the data and were in charge of the manuscript writing and organizing the references. CD and ISY collected and tabulated the data. All authors have read and approved the final manuscript before being submitted.

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Availability of data and materials

The data and material used in this work are available upon request.

Declarations

Ethics approval and consent to participate

Individuals involved in consultations (discussions) were provided with written informed consent.

Consent for publication

Individuals involved in consultations (discussions) were provided with written informed consent. Not applicable for Fig. 3.

Competing interests

The authors declare no competing interest.

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