

¹ The Process of Making Tempe Benguk as Tourist Attraction in Kulon Progo Yogyakarta

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ABSTRACT

This research discuss the process of making tempe with benguk bean (*Mucuna pruriens*) as the raw material that can be developed into a form of cultural tourism attractions which aims to improve the income level of the local community in the area of Kulon Progo Regency, Yogyakarta. The used of Benguk Bean based on its originally that only can be found around this region and cannot be treated carelessly due to contain toxic compounds which must be removed. The process and method of cooking is still done in traditional ways, it begin by washing the benguk bean, boiling to fermenting and transform into edible food. The makers still using the traditional stove with firewood or old coconut leaf, bamboo strainer, using ashes, yeast, and banana leaves or teak leaves. This study uses a qualitative study approach. The data used are primary and secondary data collected in several ways including observation, in-depth interviews, documentation and litelature study. This study will focus on the activities done in the process of making tempe benguk as a tourist attraction using Mix activties: the nature of activities in tourism destination.

Keywords: tempe benguk, cooking process, cultural tourism, attraction, tourist activity

Introduction

Background

Kulon Progo is a district located in the western part of the Yogyakarta province, Indonesia, which still dominated by a strong culture that continues to be maintained ingrained in society. Variety of cultures could be found at the local food that is still maintained. Food is the main determinant factor of human identity, because food is a culture (Imelda, 2015). One among these Kulon Progo specific foods is made from Benguk bean, commonly called Tempe benguk. Tempe is kind of food made from

soybean, and tempe benguk use benguk bean as the main ingrediens replacing the soybean. Its unique taste and texture make it become the most wanted specific food in Kulon Progo. But unfurnately still not develop well due to less attention from the goverment to maintain the sustainability of this food.

UNWTO 2012 stipulates that 30% of revenue comes from gastronomic tours; 40% of tourist spending is for food and beverages; 50% of revenue comes from the restaurant rating. Gastronomy Indonesia on a large scale accounts for a sizeable revenue, ie 30% of total revenue Indonesia Tourism (Imelda, 2015). ICOMOS Charter for Cultural Tourism, Draft April 1997, define that the cultural tourism is mentions and highlights not just the man made attractions connected to cultural tourism, but the surrounding physical

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environment as well providing a wider spatial scope to this form of. Means the food or culinary is also became the object of cultural tourism. The cuisine or food plays a role in satisfying of the tourist experience and as part of the cultural heritage of the destination (Ignatov and Smith, 2006). Food become an unseperated way of life of local people. It shows their culture, their preference, their pure customs, and can also become an attraction to attract people to come to one destination.

Based on the above explanation the research Problems are as follow: (i) How is the process in making tempe benguk in Kulon Progo, Yogyakarta? (ii) Is the process of making Tempe benguk could become a tourism cultural attraction in Kulon Progo, Yogyakarta? (iii) What can the government do to support this activities to be a competitive cultural tourism attraction?

Research Objective

Objective of the research is to analyze the activities occur in the prosess of making tempe benguk based on the nature of activity in tourism destination to be a cultural tourism attraction in Kulon Progo, Yogyakarta.

Literature Review

The cuisine or food plays a role in satisfying of the tourist experience and as part of the cultural heritage of the destination (Ignatov and Smith, 2006). Food become an unseperated way of life of local people. It shows their culture, their preference, their pure customs, and can also become an attraction to attract people to come to one destination.

An attraction is any object, person, place, or concept that draws people either geographically or through remote electronic means so that they might have an experience. The experience can be recreational, spiritual, or otherwise (International Cooperation For Development, <http://ms.rmpportal.net/course/category.php?id=51>). To get the experience, tourist shall do acivities. Without activities there will be nothing to remember. The activities dimension of destination attractiveness appears to be growing in importance as the traveller increasingly seeks experiences that go beyond the more passive

visitation practices of the past (Ritchie and Crouch, 2010).

Methodology

Research Location

This research is located in districts Temon, Kulon Progo, Yogyakarta. This study uses a qualitative method. Qualitative data includes: information, opinions, ideas, expression, impression, hope, praise, and criticism that comes from the makers and sellers of tempe benguk to be able to provide a holistic description of the potential cultural tourism attractions in the process of making tempe benguk in terms of the mix of activities.

Data

Primary data are derived from the makers and sellers of tempe benguk, while secondary data are geatherd through the study of literature, and other previous studies. In this research using data collection techniques as follows:

1. Observation, direct observations in the field about the process of making and selling tempe benguk.
2. In-depth interviews based on guidelines interviews with the makers and sellers of tempe benguk at the time of the study. Through this interview we will get deeper information and detail on the problems studied
3. Documentation, documented in photos and videos
4. Literature, take the theory and the results of previous research and writings which can be used in this research is based on any kinds of references.

Data Analysis

The technique used to analyze the data is a descriptive qualitative analysis, that is all the collected data is analyzed and searched the threads with the theories provided so as to Interpret and draw conclusions based on the value of the tourist activities in the process of making tempe benguk, so it can be said that it could be a cultural tourism attraction.

Results and Discussion

What is tempe benguk? The results show that benguk is still similar with snow peas or beans. This plant vines such as lentils and beans. These plants do not really need a lot of water. In fact, this plant can grow in almost any place. Generally in this area this plant is not grown specifically and intensively. It only become an additional plant or filling wasteland or intercropping in the rice field therefore, these plants are found along riverbanks, rice fields, and the slope of the mountain slopes. Benguk bean contain toxic cyanide (HCN), the content of cyanide in fresh seeds is about 11.05 mg / 100 g and after soaking 3 days stay 0.3 mg. Seeds contain 10% moisture, 23.4% protein, 5.7% fat, total carbohydrates 59.5%, N-free extract 51.5%, fiber 6.4%, ash 3%, 0.18% Ca, P 0.99% and K1,36%. Each 100g contains vitamins A 50IU, 0,50mg thiamine, riboflavin 0,20mg and niacin 1.7 mg. Content of total digestible nutrient 81.7% and 19% digestible protein. The amino acid content in mg / gN: 300 isoleucine, leucine 475, lysine 388, 75 methionine, cystine 56, 300 phenylalanine, tyrosine 319, 250 threonine, valine 344, 494 arginine, histidine 131, alanine 219, sour aspartate 794, 763 glutamic acid, glycine 288, proline 369 and serine 306 (Duke, Reed and Weder, 1981).

This plant has some advantages such as :

1. Able to reduce the trembling tremor symptoms of Parkinson.
2. As a food ingredient that is processed into tempe benguk
3. As the material of the pharmaceutical industry in the United States. For example, Benguk bean extract capsule brands most popular in the US, namely Dopa Bean, which is marketed by Solaray, Mucuna by Physician Formulas, Inc., and L-Dopa by Unique Nutrition.
4. As a substitute for Viagra, used by pharmacists of Chao Phya Hospital Abhaibhubejhr in Prachinburi Thailand.
5. As a cure. The sap from the stem is used to stop bleeding from minor cuts

Tempe is a food made from soybean as a raw materials and fermented using some types of fungi. The price of soybeans always

increasing day by day, and this benguk bean can be an alternative materials to replacing soybean. Tempe benguk si made from benguk bean (*Mucuna pruriens*), which has a long and fairly difficult process, and require extra attention due to the toxic compounds contained therein.

Beside, the fermentation process of benguk bean become tempeh also can eliminate cyanide, in tempe, HCN content has been completely lost so that it can be stated that the tempe surly safe for consumption.

Tempe is one of the most popular food in Indonesia. It consumed by any social class of society. It is in their blood. Many Indoneisan said if tempe is main food on Indonesia. It cannot be separated and closely related to the daily life of a society. The study by Ritche and Zins shows that the gastronomy or style of food perparation particular or the region is one of the component of the culture (Ritchie and Crouch, 2003). Cooking is the skill or activity of preparing and heating food to be eaten. Cooking process is a stage of cooking food that is not edible to be worth eating.

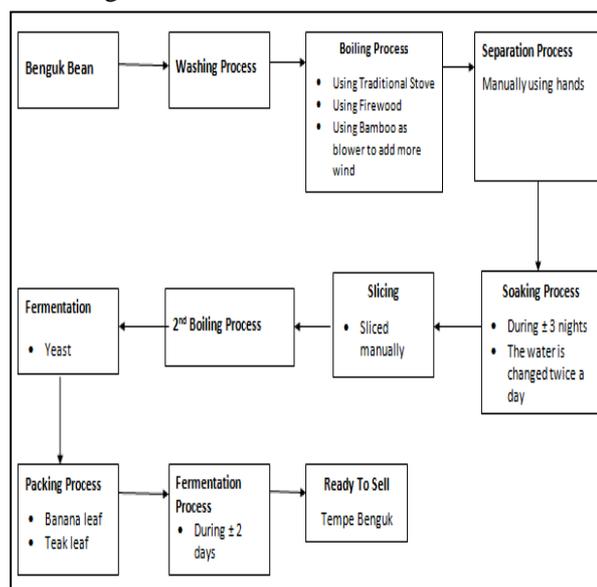


Figure 1: The cooking process of Tempe Benguk

The Figure 1 help us in understanding the steps in making tempe benguk. The process of making tempe benguk starts with washing the benguk bean thoroughly, then boiled using traditional fire hearths and firewood as fuel. Boil until the hunk of the

Benguk Bean can be separated from seeds. Then the next process is the separation of bean husk of the seeds that are still done manually which is separated one by one using hand. After clean from hunks, the benguk bean are soaked for approximately 3 to 4 days and replaced the water twice a day, to eliminate the toxic substances contained therein cyanide. Toxic compounds, including HCN will be lost by boiling and soaking for 3 days with replacement of water per day (Josephine and Janardhanan, 2013).

After a few days soaked, benguk bean are sliced into small parts, it should be 2nd boiling then cooling. The process of soaking, slicing and mashed seeds, and can cause hydrolysis, thus freeing cyanide in Benguk bean. Than loaded into a large container and flat made of bamboo which is commonly called the 'tampah' to be cooled. After no longer steam coming out of the stew benguk bean, the next process is the provision of yeast that occurs naturally in the chemical process of fermenting beans into tempe benguk. Once evenly mixed with yeast, the next process is the packaging process or wrapping the surly seeds using banana leaves or the teak leaves, and tied with string also derived from dried banana leaves. Keep it in room temperature for at least two days for the perfect fermentation process and the beans are covered by a white membrane indicating that beans have become Tempe benguk and ready to be processed into a wide variety of foods.

Activity as Tourist Attraction

This process of making tempe benguk will provide an experience for tourist as a form of attraction. According to Josephine and Janardhanan (2013) some people might include the experience as one of the tourist components, but no product can provide an experience, only an opportunity to have an experience. Activity will last in tourist mind. Weather they like it or hate it. To get the experience, they need to stayed at a place for some time. Taking a tour means taking service, and when a person buys a service, he purchases a set of intangible activities carried out on his behalf. But when he buys an experience, he pays to spend time enjoying a series of memorable events that a company stages—as in a theatrical play—to engage him

in a personal way (Pine II and Gilmore, 1999).

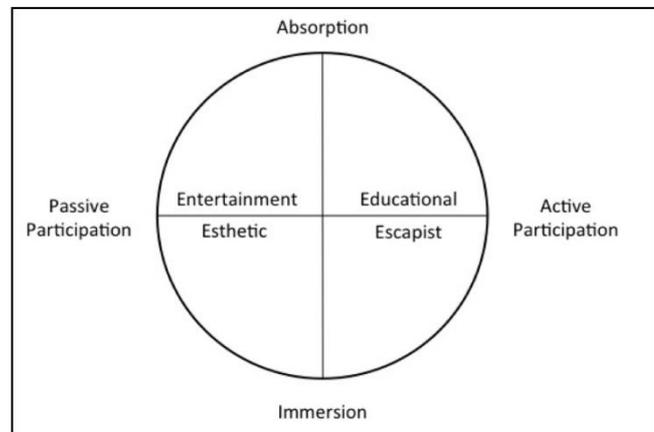


Figure 2. The experience realism. Adopted from Pine II and Gilmore (1999).

In the Figure 2, the experience contain of esthetic, escapiet, educational and entertainment. Esthetic are what makes tourist come,enviroment (inviting, interesting, or comfortable), creating an atmosphere that makes tourists feel free. Escapist is all aspect that can draw the tourist in activities. Educational is active participation to get involve in the process of making tempe benguk, to engage them in the exploration of knowledge and skills. Entertainment provide for them to enjoying and laughing at experience. Some tourist will be laughing while they having difficulties in using some traditional tools while making this food.

Attraction is a very important factor in setting up a destination. Without attraction, there will be no tourist will come. The core resources and attractions are the fundamental reasons that prospective visitor choose one destination over another (Ritchie and Crouch, 2010). The real reason for visiting a destination is to do things-to actively participate in activities that stimulate for the moment, and then to leave as a participant who has vibrant memries of what he or she has done (Ritchie and Crouch, 2003), without attraction there will be no tourist come to visit the destination, why? because there is nothing to do. Factors of core resources and attractions fall into seven categories: physiography and climate, culture and history, market ties, mix of activities, special events, entertainment, tourism suprastructure (Ritchie and Crouch, 2010).

The range or mix activities within a destination represents one of the most critical aspects of destination appeal. While the activities within a destination may be defined to a large extent by physiography and culture, there is nevertheless considerable scope for creativity and initiative. Referring to the report from the International Cooperation For Development (<http://ms.rmportal.net/course/category.php?id=51>) found that every visitor experiences an attraction, but how they experience depends on the activity they select. It makes the activity as the stressing point as the core of attraction. Experience can be created and develop. It just a matter of timing and oppurtunity.

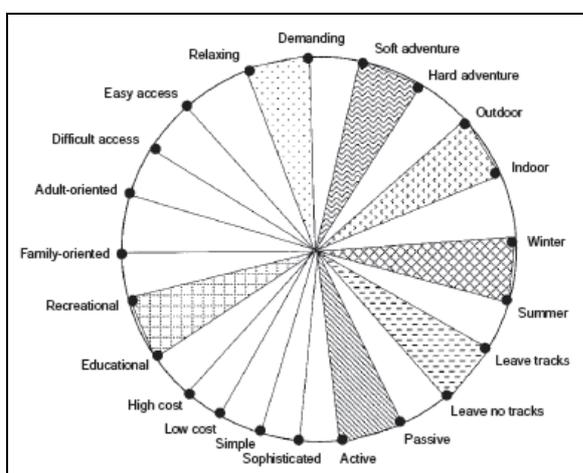


Figure 3: The Activity Charateristics Classification Wheel adopted from Ritchie & Crouch (2003;119)

From destination point of view, activities can be categorized in many ways. One form of classification could be seen in Fig. 3. Based on wide range of activity characteristics contained in that process, now we need to observe what is important is that the destination managers attempt to provide a board mix of activities (Ritchie and Crouch, 2003). This mix is however, should observe the following principles:

1. Consistent with the nature and topography of destination.
2. Consistent with the values of the local population.
3. Observe the local regulations and legislation
4. Provide activities they are complimentary

5. Offer activities that are uniquely appropriate

Based on observation, the activity charateristics classification in Figure 3 can be inteprate as follows (see Table 1).

Table 1. Activities in the process of making Tempe benguk in Kulon Progo Yogyakarta

No	Charateristics		Activity	
	Dimension	Indicator	Yes	No
1	Adventure	1. Soft Adventure	✓	
		2. Hard Adventure		✓
2	Space	3. Ourdoor		✓
		4. Indoor	✓	
3	Season	5. Winter	✓	
		6. Summer	✓	
4	Track	7. Leave track		✓
		8. Leave no track	✓	
5	Involment	9. Passive		✓
		10. Active	✓	
6	Complexity	11. Shopisticated		✓
		12. Simple	✓	
7	Cost	13. High cost		✓
		14. Low cost	✓	
8	Purpose	15. Educational	✓	
		16. Recreational	✓	
9	Market	17. Family Oriented	✓	
		18. Adult Oriented	✓	
10	Access	19. Difficult Access		✓
		20. Easy Access	✓	
11	Nature	21. Relaxing	✓	
		22. Demanding		✓

Source: Observation and Interview

Based on the Tabel 1 can be seen that almost all activites (14 out of 22) charatesistics is already in the process of making tempe benguk. All of the importan mix activities are inside the process of making tempe benguk. This process can be seen (the process) and made (the tempe benguk) by tourists within a period of 40 minutes to 1 hour. It's quite takes time to gather the experience for the tourist. The details of each Mix activities are as follows:

1. Adventure (Soft Adventure)
 - a. No need hard effort or energy in doing this activity
2. Space (Indoor)
 - a. Most of the activities are in the kitchen area, so in any kind of season, this activity still can be done
3. Season (All Seasons)
 - a. The raw material is always available in all season.
 - b. The activity is indoor, so the process can be done throughout the year
4. Track (Leave no track)
 - a. activities that do not leave traces that could disrupt the balance of the environment
 - b. all of material already provided by the tempe maker.
5. Involvement (Active)
 - a. requires the active involvement of the tourists.
 - b. Breaking the Benguk shell
 - c. Washing the Benguk bean
 - d. Boiling the Benguk bean on the soil stove
 - e. Using and adding more firewood as the main source of fire
 - f. Soaking the beans in the water
 - g. Wrapping the Benguk bean with banana leaves and teak leaves (wrap with specific folds)
 - h. Placing Tempe benguk in storage area.
 - i. Taking picture in all process
 - j. Taking video in hole process
 - k. Taste the ready to eat Tempe benguk
 - l. Buying the ready Tempe benguk
6. Complexity (Simple)
 - a. All the tools used are very simple
 - b. Simple flow activities
7. Cost (Low Cost)
 - a. Using local material
 - b. Some materials are in the nature
8. Purpose (Educational and recreational)
 - a. Knowing what is tempe
 - b. Knowing how to make tempe
 - c. Knowing how to remove toxins in a Benguk bean
 - d. Natural Atmosphere to relieve stress
 - e. Feeling the local culture
 - f. Finding natural environment
9. Market (All segment, either family or adult)
 - a. This activity suit for all ages. Can be done individually or group.
10. Access (Easy Access)
 - a. The workshop of tepe maker easy to reach.
 - b. not too far from major roads
 - c. available public transport
11. Nature (Relaxing)
 - a. Making Tempe benguk should not in hurry, it won't be tempe if the process not done through the steps carefully.

Conclusion

Tempe benguk is one of specific food from Kulon Progo, Yogyakarta. For Kulon Progo's people, it is in their daily life to eat and consume tempe benguk. Benguk beans (*Mucuna pruriens*), is a substitute ingredient in making tempe. Kulon Progo contours is rather dry and a little heat is a perfect area for a benguk bean to grow. If treated well, if we compare with soybeans, in the same piece of land it can produce greater than soybeans. So viewed from the economical side, then this Benguk Bean has a high economic value anyway. Based on the analysis, in table 1, we can get a clue that the activities (the process in making Tempe benguk) already get 14 out of 22 items characteristics activity in it, means it can be a cultural tourist attraction in Kulon Progo, Yogyakarta.

It consistent with the nature and topography in that area, raw materials gathered from the surrounding area of Kulon Progo which is rather sandy and less rainfall. This benguk bean grows in sandy loam to silty loam, and most of people there consume it in their daily life. It also consistent with the

values of the local population. Simplicity, familiarity and maintain the natural balance is retained by using natural raw material that is used only as needed, as well as the manufacturing process entirely without the use of additional chemicals.

This activity in accordance with the Local regulation and legislation of the region, Kulon Progo regent has his own vision to developing regional food security by consuming local food. In the process in making tempe benguk, a lot of unique activities offered. Using traditional tools could provide great experience for tourist. Crack or open Benguk shells, cook on a stove made of soil and maintain a stable flame using bamboo, separating the benguk bean with husk, steaming using a bamboo steamer, wrap with banana leaves or teak leaves and others.

This activity can be done throughout the year regardless of the season. Whether it's the rainy season and dry season, this is because this benguk bean can be plant throughout the year regardless of season. This activity has economic value if well developed when assisted by the government and the private sector for packing and marketing. When tempe benguk have been made, it can be sold either raw or processed into other comestible.

This process can be a cultural tourist attraction because it contains of cultural items (gastronomy/food) and all important mix of activities needed for a potential tourist attraction. To make it happend, it would require the participation of a wide range of parties among which

1. The Government
 - a. So its time for the government to develop this tourist attraction by promoting this activities to all tourism stakeholders.
 - b. Giving information to the local society regarding to the positive effect that can be gain with this activities.
 - c. Giving them training regarding the higenity, durability and packaging of the product made from tempe benguk so it can be compet with moderen food.
2. The Local Communities
 - a. Plant this benguk bean consistently

- b. Have a willingness to follow the training conducted from government or other organization to develop the quality of the product.
3. The stakeholders
 - a. They can include a visit to the village temon as part of a tour package offered,
 - b. Promote this activities using social media
 - c. Make a review of the activity of making tempe surly as a new tourist attraction

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