

# Traditional Foods That Are Almost Extinct in Indonesia

Indonesia is known for its culinary, especially traditional foods because of its unique and special taste. Traditional foods also show the diversity of Indonesian culture and tradition that are passed down from generation to generation. But unfortunately, there are some traditional foods in Indonesia that are pretty hard to find nowadays.

Here are 6 traditional foods that are almost extinct in Indonesia:

## Kidu

The first traditional food that is pretty rare to find nowadays is Kidu from North Sumatra. More precisely, Kidu is one of the signature foods from the Karo tribe that passed down from their ancestor. This traditional food is kinda unique because it is made of sago worm, a worm type that is known from the rotten tilapia trees.

Okay, I know you'll be like "Eh? Worm? Rotten trees?"; but you must know that sago worm is actually edible. With an important note, of course. Kidu needs to be cooked with special spices that are hard to find, and that's what makes this food almost extinct nowadays.

Not only that, we need to master the special technique to cook Kidu to be precise and safe to eat. Wrong cooking methods will lead to failure of Kidu and make us get stomach aches from eating it.

## Gulo Puan

Still from Sumatera, precisely in Palembang, the next traditional food that is rare to find nowadays is Gulo Puan. The taste of Guon Pulo is like caramel and cheese blending together, with sweet and salty taste mixed together. The unique thing from Gulo Puan is this food using buffalo milk, especially swamp buffalo, as its main ingredient along with brown sugar.

Not only has it become one of signature foods in Palembang, Gulo Puan also has historical value. This food used to be served for the royal family or aristocracy, where the citizens give it as a tribute. The kings back then used to eat Gulo Puan as a snack while drinking some coffee. But nowadays Gulo Puan is rare because the ingredient, swamp buffalo milk, is pretty hard to find.

## Babanci

Next traditional food that is almost extinct in Indonesia is Babanci, a dish from the Betawi tribe in Jakarta. People named it Babanci because of its uncertain form; it's not a curry, not a soup, nor a soto. The uncertain factor also comes from its ingredients that are made from 21 various ingredients, including rare spices. The dish commonly uses beef, coconut flesh, and some rare spices for its ingredients.

The 21 various ingredients make Babanci taste rich and complex, but also still have typical Betawi tribe taste. As you already guessed, the rare ingredients and spices for making Babanci are hard to find nowadays. In the past, Babanci usually served as a feast on Eid and only people from the upper class could eat it.

## Wedang Tahu

Unlike its name, this traditional food from Semarang, Central Java, was not made from tofu (*tahu*). Wedang Tahu is made from soybean extract, with its soft texture and looks like tofu or sum sum porridge.

Wedang Tahu is suitable to accompany you in the night time at Semarang, with its ginger soup and spices. But unfortunately, Wedang Tahu is not as famous as Wedang Ronde so it's hard to find it even in Semarang.

## Sego Lemeng

This one actually has a strong historical value, as a food stock for the guerrillas when they fought against the Dutch during colonialism era. Sego Lemeng is a food from Banyuwangi, East Java, that has been around since 1771. The word *Lemeng* means to *make the stomach calm down*, in other words it's a food to fill up the stomach during that harsh condition.

Seto Lemeng is made from rice and chicken or fish meat wrapped in a banana leaf. That banana leaf then fills in bamboo slats to grill until it cooked well. At a glance, Seto Lemeng looks like other traditional food such as Lontong or Lemper. But Seto Lemeng lasted more, for about 3 days, thanks to its slow cooking methods and the smoke from grilling as a natural preservative.

## Bassang

Bassang is a traditional porridge as one of signature dish from Makassar, South Sulawesi. The word Bassang means *the full stomach* and used to be served for breakfast. Bassang is made from pulut corn, the ingredient that can only be found at Makassar. Due to competition with new food and losing interest, Bassang was hard to find. But the good news is the Bassang seller started to make innovations nowadays, such as adding topping to their Bassang.

Those are 6 traditional foods that are almost extinct in Indonesia nowadays. So, are you interested in trying those traditional foods?