

## A Systematic Literatur Review: Exploring the Rich Heritage of Indonesian Cuisine through the Versatile Peanut Ingredient

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### ABSTRAK

Kacang tanah banyak digunakan dalam masakan Indonesia sebagai sumber protein dan lemak penting, dan kacang tanah memberikan profil nutrisi luar biasa yang memenuhi kebutuhan pangan negara. Kacang tanah di Indonesia mempunyai peranan penting dalam masakan tradisional Indonesia. Penelitian ini memetakan sebaran geografis 85 varietas kacang tanah berbeda yang digunakan dalam masakan Indonesia. Metode penelitian dilakukan dengan pendekatan sistematis yang melibatkan pencarian kata kunci dan logika frasa Boolean untuk mengumpulkan data. Data dikumpulkan dari berbagai sumber, termasuk buku, jurnal akademik, situs web, dan literatur online. Berdasarkan penelitian yang dilakukan, didapatkan bahwa kacang berperan penting dalam membentuk tradisi kuliner dan masakan Indonesia selama berabad-abad, tidak hanya menjadi bahan pokok, tetapi juga simbol perpaduan budaya yang telah membentuk lanskap kuliner negara yang beragam.

### ABSTRACT

*Peanuts are widely used in Indonesian cuisine as a source of protein and vital fats, and they provide an exceptional nutritional profile that meets the needs of the country's diet. Peanuts, or "kacang tanah," in Indonesia, immerse an important place in Indonesia's traditional dishes. This study mapped the geographical distribution of 85 different varieties of peanuts used in Indonesian cuisine. This study uses a systematic approach involving keyword search and Boolean phrase logic to collect data. Data was collected by a variety of sources, including books, academic journals, websites, and online literature. Based on the research, it shows that peanuts have played a significant role in shaping Indonesia's culinary traditions and cuisine over the centuries, becoming not only a staple ingredient, but also a symbol of the cultural fusion that has shaped the country's diverse culinary landscape.*

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## INTRODUCTION

Indonesia is a diverse archipelago country located in Southeast Asia (Purwanto & Mangku, 2016). It is the world's largest island country, comprising more than 17,000 islands, with a total land area of approximately 1.9 million square kilometers. Indonesia shares land borders with

Malaysia, Papua New Guinea, and East Timor. At the same time, its maritime boundaries extend across the Indian and Pacific Oceans, connecting it with neighboring countries such as Singapore, the Philippines, Australia, and the Andaman and Nicobar Islands of India (Sukardjo & Pratiwi, 2015). With such diversity, Indonesia has incredibly varied traditional dishes with cooking styles and ingredients inspired by Indian, European, Middle Eastern, and Chinese traditions (Wijaya, 2019). One of the main ingredients is legumes.

Legumes, a diverse group of grains, are an important food and forage source for livestock, surpassing cereals in size and nutritional value (Soñta et al., 2020). Belonging to the legume, or butterfly flower as they are commonly called, this versatile plant occupies an important place in the culinary and agricultural landscape. One of the important legumes widely used in Indonesian cuisine is peanuts or groundnut. Characteristics of peanut trees are reaching 30 to 50 cm in height, adorned with small leaves, and popular as nutritious fruits for good human food (Variath & Janila, 2017). Full of plant proteins and vital fats, peanuts provide an exceptional nutritional profile that meets the needs of the Indonesian diet, demonstrating their importance as a source of food and creativity in cuisine (Mashudi, 2007).

Peanuts, or "kacang tanah" in Indonesian, immerse an important place in the country's traditional dishes (Aisyah, 2017). Its versatile nature and rich flavor have made it an essential ingredient in many Indonesian dishes (Ariyanti, 2023). Moreover, peanut based dishes have become Indonesia's culinary treasure, revered for generations as a precious heirloom and a popular national gem in some regions (Harsana & Triwidayati, 2020). The central role of peanuts has become a particularly versatile ingredient that has been exploited in countless ways (Kline, 2016). From the beloved familiarity of crispy/fried peanuts, onion peanuts and boiled peanuts, to the adventurous allure of atomic peanuts and egg peanuts, this research reveals a wide range of maple flavors rich. In addition, the influence of peanuts extends beyond traditional snacks, penetrating into gourmet areas such as jams and peanut sauces and rewarding innovative products such as breads and sodas, chocolate and ice cream. Beyond these well-known iterations, peanuts has hidden potential as an essential ingredients like flour, oil, milk or even kefir (Jani & Devani, 2020).

This literature review delves into the complex field of Indonesian cuisine based on peanuts as an ingredient, with the aim of building a comprehensive culinary profile of 85 different varieties. This study meticulously mapped the geographical distribution of these Indonesian dishes using peanuts as an ingredient, discovering how their evolution was influenced by other factors such as historical, culinary, economic and cultural differences in regions of Indonesia, thus serve as an invaluable resource for scholars and researchers in fields such as food science, ethnographic culinary science, gastronomy, and cultural studies. Concluding with key insights and future directions, this review contributes to a better understanding of Indonesia's rich culinary heritage.

## METHODS

This comprehensive documentary review explores the complex world of Indonesian peanut dishes, painstakingly building a culinary profile that includes geographical distribution, historical development, culinary traditions, and cultural framework. This study uses a systematic approach involving keyword search and Boolean phrase logic to collect data. Data was collected by a variety of sources, including books, academic journals, websites, and online literature. The collected data is classified into distinct aspects, such as dish name, geographical origin, source, recipe and preparation involving peanuts. In addition, this review expands its scope to include historical, culinary, economic and cultural aspects, enhanced by additional information including recent developments in Indonesian peanut dishes.

## RESULT AND DISCUSSIONS

### The history of peanut origin

Peanut is a shrubby plant originally from South America, concisely from Brazil (Bakoye et al., 2019). Peanuts were cultivated by ancient civilizations in the Americas, such as the Incas and Mayans, 1500 years ago (Hammons et al., 2016). They were an important staple food for these

civilizations, providing a good source of protein and nutrients (Arya et al., 2016). On the American continent, cultivation was developed by immigrants from Europe. Meanwhile, in Asia, the Chinese and Indians cultivated peanuts in the 6th century. These peanuts first entered Indonesia in the early 17th century, brought by Chinese, Spanish, and Portuguese traders (Karim & Rachmadani, 2020). Merchant from Portuguese and Spanish educated many local farmer how to grow many new plants, which one of them are peanut, thus peanut cultivation spreading across Indonesia region. In addition, in the 17th century, Chinese traders cultivated peanuts on the coast of Java and around Batavia (Utama, 2012). The spread of Indonesian peanuts makes peanuts have various names such as Chinese peanuts (Javanese), kaca (Gorontalo), canggoreng (Makassar, Bugis), bonci (Ternate), jebrol peanuts, and others. The naming is based on the name of each region in Indonesia (Yani et al., 2023). Peanuts are short-lived crops, so the community tries to plant peanuts at the same time as sugarcane planting (Wulandari & Guritno, 2018).

The cultivation of peanuts in Indonesia was not well documented because the Dutch East India Company (VOC), which controlled much of Indonesia's trade in the 17th and 18th centuries, did not consider peanuts to be an essential commodity, and because peanuts were not profitable for the Dutch colonial government compared to other commodities such as rice, pepper and sandalwood. In 1830, the Governor-General, Johannes van den Bosch, introduced the 'Cultuurstelsel' regulation. The Cultuurstelsel stipulated that every village should set aside a portion of its land (20%) to grow export commodities including sugar, cocoa, indigo, coffee, tobacco and tea (Susilo & Sarkowi, 2020). These crops were sold to the colonial government at a set price, and the profits were the property of the government. Landless villagers were required to work on government-owned farms for 75 days annually (20%), constituting a tax. The regulation was implemented as a result of the Dutch government's financial deficit during the Java War from 1825-1830. This cultuurestelsel policy served as the primary revenue source for the Dutch treasury over a forty-year period (1830-1870). However, this policy also brought prosperity to the Dutch people and led them to maximise their profits through the Cultuurstelsel policy. Conversely, the welfare of the majority of farmers in Java declined (Yuliati, 2013). Poverty and hunger in Indonesia prompted the Dutch liberalist faction to introduce a new policy to abolish Cultuurstelsel at the end of the 19th century. The ethical approach also enabled the creation of an irrigation system in Java, which resulted in the addition of about one hundred thousand hectares of new rice fields. As the plantation companies developed the irrigation scheme, many farmers acquired new land and were able to grow palawija products such as groundnuts as rotational crops (Karim & Rachmadani, 2020).

### **Distribution of peanut-based dishes in Indonesia**

In total, as shown in Figure 1, there are 85 varieties of traditional foods and beverages in Indonesia that use peanuts either as a base or as a condiment. Forty-four out of the 85 varieties are from the island of Java, such as gado-gado, pecel, batagor, tahu gimbal, tahu telur, ketoprak, karedok, siomay, tahu tek, rujak cingur, lotek, kupat tahu, sego lengko, lontong tahu, doclang, tahu acar, soto sokaraja, soto pacitan, asinan betawi, peyek kacang, ampyang, enting-enting, jipang, dodol kacang, geti kacang wijen, kacang rebus, kacang goreng, orek teri kacang, sekoteng, wedang cemol, wedang kacang tanah, wedang angkle, wedang cemue, wedang ronde, es podeng, nasi uduk, nasi kuning, tempe kacang, oncom dawuan, burayot, sayur asem, lepet, and yangko isi kacang (Murdijati et al., 2023); (Obiwan, 2021); (Yunita, 2012). Meanwhile, sate bulayak, manjareal, catemak jagung, manggulu, and jagung bese were five varieties of Nusa Tenggara culinary peanut-based food (Gardjito et al., 2023b). Similarly, there were five types of dishes from Kalimantan Island such as kaloci, peanut sauce of sotong pangkong, bubur pedes, kacang begula, karuang or kalumpe (Gardjito et al., 2023a). Sumatera had 12 peanut-based dishes including mie



caluk, mie aceh, mie lender, galami, kipang kacang, rakik kacang, kacang tojin, kacang pukul, kue bangkil, kue gomak, lamang and gulai taboh (Hanif, 2020); (Hidayah, 2015); (Kornia, 2019); (Pangastuti et al., 2022). Similarly, there were 12 dishes from Sulawesi, including coto makassar, nasi berenang, baje cang goreng, tenteng malino, kacang disco, kacang sembunyi, halua kacang, kacang goreng, kacang goyang, kacang telur, gora kambu, and es brenebon (Kadir, 2022). While from Bali island, there was peanut base snack, we called it as kacang oven (Anwar, 2010).



**Figure 1. Peanut-based dishes from various regions in Indonesia**  
(Ayodya, 2021); (Erwin, 2008); (Erwin, 2010); (Gardjito et al., 2019); (Setiawan, 2017)

### Development of Indonesian peanut based dishes.

The popularity of peanuts began to increase in the beginning of 18th century as many Chinese and Javanese people utilized peanut kernels (Hariyadi & Purnama, 2018). Peanut kernels can be processed and processed into cooking oil. In addition, peanut oil can be used in the soap industry (Mashudi, 2007). Peanuts oil is made by washing the peanuts thoroughly and drying them briefly, then shelling and drying them again. Once dry enough, the peanuts are steamed and pressed for oil (Anaukwu et al., 2015). A by-product of peanut oil production is peanut meal. In East Java, particularly in the city of Malang, the local people transform the peanut meal into a traditional food called tempe kacang (Perhimpunan Ahli Teknologi Pangan Indonesia, 2023).

Peanuts quickly became an integral ingredient in Indonesian cuisine, contributing to the rich flavors and textures of dishes like satay, gado-gado, pecel, ketoprak, karedok, batagor, siomay, and various peanut-based sauces. The incorporation of peanuts into Indonesian culinary traditions reflects evolution of Indonesian cuisine creation. An example is pecel and gado-gado. Ancient manuscripts such as Babat Tanah Jawi (1722) and Serat Centhini (1814) mention the existence of pecel, which at that time was paired with a side dish, namely pecel ayam (Lucius & Imanto, 2021). It is assumed that sesame seeds were the first to be used in pecel seasoning due to their earlier recognition, and it was not until the 19th century that peanuts were incorporated into pecel seasoning (Ipaenin, 2023). Likewise, the culinary development of gado-gado is traced back to Kokki Bitja's recipe from 1864, which included coriander, cumin, pepper, shallots, garlic, galangal, and ginger (Syahrial et al., 2022). The Soendaneesch-Hollandsch woordenboek dictionary records the substitution of peanuts for costly sesame and pale candle nuts as a seasoning for gado-gado, emphasising the role of peanuts as a practical alternative for cooking (Budianto, 2023).

Peanut sauce is a key ingredient in many dishes. Indonesian peanut sauce is characterized by its unique taste that sets it apart from the generally sweet and thick sauces found in other countries. Though peanut sauce is used in several dishes such as gado-gado, pecel and karedok, each sauce has unique characteristics such as taste and thickness. The peanut sauce used in gado-gado is thicker, sweeter, and has a more intense color. Sometimes coconut milk may be added to enhance the flavor of gado-gado's peanut sauce, and the use of shrimp paste is optional. Karedok's peanut sauce, on the other hand, is more liquid and uses galangal in its base for a fresher, lighter color due to the additional water (Wasiati & Analisah, 2014).

In retrospect, Indonesia's local culinary wisdom stems from the use of natural resources in the area, for example coto Makassar dan gulai taboh. Coto Makassar dates back to 1500 AD in the Kingdom of Gowa, which was once a hub of Eastern Indonesia's spice trade. Coto Makassar is made from a blend of 40 spices. It does not contain coconut milk, but instead contains ground peanuts (N. K. Lestari et al., 2023). Similarly, gulai taboh is a Lampung culinary specialty inherited from the ancestors of the Lampung tribes, particularly in the west coast area. Local communities use the area's abundant seafood to prepare dishes with beans, melinjo, pumpkin, yams, other vegetables and coconut milk. (Kementerian Pariwisata Dan Ekonomi Kreatif / Badan Pariwisata Dan Ekonomi Kreatif, 2023).

Peanut use in Indonesian cooking goes beyond a simple seasoning and becomes a fundamental ingredient in snacks and desserts. Some examples of such snacks include kipang kacang, enting kacang, kacang pukul, and etc. Kipang kacang, which is typical of West Sumatra and also referred to as jipang in East Java, is a light snack made of peanuts mixed with brown sugar, salt, and vanilla (Nasution & Hasanah, 2023). Kacang pukul, made by combining peanuts, sugar, and other ingredients into round pieces, is a sweet regional delicacy from Rokan Hilir Regency. The name "kacang pukul" comes from the way it is processed by being pounded (Tuddur, 2012). Another similar treat is enting kacang, a mixture of caramel and groundnut, coconut, sesame, or cashewnut (Muaris & Ulung, 2013).

Peanuts are used in many ways, including seasoning to enhance flavor in drink such as wedang, which is a Javanese term for "drink" and typically consists of water boiled with spices, sugar, and either coffee or peanuts (Yunita, 2012). Wedang angkle, sekoteng, wedang cemol, wedang ronde, and wedang kacang tanah are some of the popular varieties of wedang in Indonesia. Wedang angkle is a beverage composed of coconut milk-based sauce mixed with pandan leaves and vanilla, as well as diverse fillings. Standard fillings for angkle include petulo (putu mayang), glutinous white rice, tapioca pearls, mung beans, bread bits, and occasionally roasted peanuts (Perhimpunan Ahli Teknologi Pangan Indonesia, 2023). Wedang cemol is prepared using a sauce made from ginger, lemongrass, cinnamon, and coconut sugar along with a blend of fillings that includes fresh bread, peanuts, kolang-kaling, and young coconut (Rian, 2013). Wedang kacang tanah, on the other hand, is created using peeled peanuts combined with ginger, coconut milk, sugar, and boiled peanuts as the filling (Gardjito, 2018). Wedang ronde is a drink that typically contains ginger water, peanuts, kolang-kaling, white bread pieces, and rice flour rounds filled with liquid coconut sugar. It is usually served warm (Sukendro, 2009). Sekoteng is a drink with ginger, cardamom, cloves, cinnamon, lemongrass, and sugar sauce and kolang kaling, pearl sago seeds, peanuts, and fresh bread (Redaksi Trubus, 2021).

Indonesian cuisine is the result of the amalgamation of different cultures in Indonesia, resulting in the popular dish among Indonesians. The fusion of Chinese and Indonesian cultures produces dishes such as doclang, wedang ronde, and ce hun tiau. For example, doclang is a food similar to bakcang that originated in China (Fathoni, 2021). Doclang is cut rice cakes wrapped with banana leaf, boiled potatoes, fried tofu, crackers, and boiled eggs (N. S. Lestari & Christina,

2018). Furthermore, during Dongzhi, Chinese in Indonesia typically serve a wedang ronde drink, a tradition brought by Chinese settlers (Olivia, 2021). Ce hun tiau is a Pontianak specialty cendol that was introduced to Indonesia by the descendants of the Chinese. Ce hun tiau is typically consumed with coconut milk diluted with water. It is served with peanuts, bongko, and sago beads (Molodysky et al., 2019). In addition, the Japanese colonization of Indonesia had an impact on Indonesian cuisine. One example is Pontianak's signature dish, kaloci, which was adopted from mochi. Mochi is a cake made of glutinous rice flour with a chewy texture, formed into a round shape, and coated with roasted cornstarch. It is usually filled with ingredients such as red beans (Putri & Faridah, 2023). Conversely, kaloci does not have any fillings and is served with a topping of finely ground peanuts, sesame, or sugar (Chairullah et al., 2021).

## CONCLUSION AND SUGGESTION

### CONCLUSION

Peanuts have played a significant role in shaping Indonesia's culinary traditions and cuisine over the centuries, becoming not only a staple ingredient, but also a symbol of the cultural fusion that has shaped the country's diverse culinary landscape. The journey of peanuts in Indonesian culinary history demonstrates their adaptability and versatility, making them a cornerstone of the country's gastronomy.

### SUGGESTION

In order to enrich the cultural insight, it is better to do a review related to other traditional Indonesian food.

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