

## ACEH TRADITIONAL FOOD MANUK LABAKH

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### ABSTRACT

Indonesia is a country that has many islands and a wide variety of traditional foods. Traditional food is one of the elements of culture that is quite central, because food is related to the habituation of the body, especially the tongue. Each Indonesian island has its own characteristics, for example, traditional food. Manuk Labakh comes from Kutacane to be exact in Southeast Aceh district, Nanggroe Aceh Darussalam Province. Manuk Labakh is rarely found in Indonesian territory and is only found in Aceh. Manuk Labakh is one of the special foods of the Alas tribe, which has the characteristics and tastes of other dishes in Indonesia. This food itself is included in healthy food because it is made without using oil, manuk labakh consists of chicken raw materials which contain lots of vitamin B6, and has a higher protein content, the composition of this protein is very good because it contains all the essential amino acids that are easily digested and absorbed by the body. However, chicken meat also has a fairly high fat content compared to other livestock. The nutritional content of this type of chicken meat (100 grams) is 23.6% protein, 7% fat, 62 mg cholesterol and 135 Kcal calories. Protein is the largest dry matter component in meat. The nutritional value of meat is higher because it contains complete and balanced essential amino acids. The protein content in the muscle is 16-22%. In general, the chemical composition of meat consists of 75% water, 18% protein, 3.5% fat and 3.5% soluble non-protein substances as well as strengthening the immune system. Usually, this food is served every time there is a wedding or circumcision of the apostle, this food is still served as the main menu. There are lots of traditional foods in Aceh such as heavy meals and

snacks. However, currently the position of traditional specialties has been shifted to modern foods, such as this manuk labakh.

Keywords: Aceh, Traditional Food, Manuk Labakh

## 1 INTRODUCTION

Aceh is a province in Indonesia. Aceh is located on the northern tip of the island of Sumatra and is the westernmost province of Indonesia. The capital city is Banda Aceh. The Acehnese are the majority group who live in mountainous areas. One of the Acehnese tribes who inhabit mountainous areas is the Alas tribe, to be exact in Southeast Aceh district. Each Aceh district has many different customs and cultures and has different traditional foods as well. One of them is the Southeast Aceh district which has traditional food that is typical of the Alas tribe and this food is not found in other Aceh districts. The typical food of the Alas tribe is manuk labakh.

Manukh Labakh is a food that is included in healthy food, and Manuk Labakh is one of the many typical Aceh dishes. This dish has been around since ancient times. This food is one of the special foods of the Alas Tribe, Southeast Aceh District. Manuk (chicken) is the main raw material for making manuk labakh. The manuk (chicken) that is commonly used for manuk labakh is kampung chicken, because free-range chicken contains less water so the meat is tougher and is often used as a side dish for rice. This food itself is included in the food that is popular among the Alas tribe people because it is made without using oil.

Food ingredients for manuk Labakh are more often made from duck meat and free-range chicken which are steamed or boiled, other spices are mixed after the meat has been boiled, seasonings such as coconut milk are deliberately made raw and coconut ginseng and raw onions, ginger, galangal, lemongrass, black pepper, coriander . plus pepper and added other spices. Usually, every time there is an apostle's wedding or circumcision, this food is still served as the main menu. Most of the Alas people believe that Manukh Labakh is able to treat pulpitis disease caused by interference from jinns, so that it becomes part of their culture [7].

## 2 METHODOLOGY

Studies related to manuk labakh are published internationally in journals that have never been reviewed before. Therefore, this research focuses on reviewing past studies on the development and quality of gudeg using articles obtained from different databases such as Science Direct and Google Scholar, books, conference proceedings, and other quality sources. These scientific and popular references are combined due to the lack of several scientific articles or journals on this concept. Moreover, the articles that specifically focused on the history and cooking of the Manuk Labakh method were selected over those that emphasized different recipe sizes because their area of concentration was beyond the scope of this study. It is hoped that this review will be used for research and development of Manuk Labakh as a traditional food from Indonesia

### **3 RESULTS**

#### **3.1 A Brief History of Manuk Labakh**

The manuk labakh comes from the Alas language. Where is manuk which means chicken and labakh means steamed. And manuk labakh means steamed chicken dishes. As the name implies, usually the Alas tribe themselves make this manuk labakh dish from chicken or duck meat which is then steamed or boiled. And new seasonings are added after the meat has been steamed or boiled.

#### **3.2 Manufacturing Method**

The method for making Manuk Labakh usually uses free-range chicken because free-range chicken has less fat content than regular chicken and free-range chicken meat contains less water so the meat is tougher and crunchier. The step making Manuk Labakh is, first, the chicken is boiled and given a little salt. When the chicken is boiled, it denatures, the protein content decreases by 1.65%, and the fat content decreases by 6.22%. Second, After the chicken is boiled and then drained; prepare 2 types of coconut, medium coconut and old coconut. Third, half of the medium coconut is to take the coconut milk, the water used for squeezing it is warm water and the other half is for sprinkling while old coconut to be roasted after roasting and then

puree. Prepare the ground spices, namely shallots, ginger, galangal, lemongrass, black pepper and coriander. Then mix the chicken meat with the mashed spices and add coconut milk and then sprinkle with grated coconut. Then given a little salt and lime juice.



**Figure 1.** *Manuk Labakh* [8].

### 3.3 Organoleptic properties

Labakh manuk has a brownish color and has a savory, fresh and spicy taste which is influenced by the chemical compounds present in these ingredients. The chemical compounds that affect the color and taste of manuk labakh [2], can be seen in the **Table 1**.

**Table 1.** *Organoleptic properties*

No	Parameter	Results
1.	Color	- This manuk labakh is brownish in color. This brownish color is influenced by roasted coconut, roasted coconut is a food ingredient that contains high-quality protein, because it contains essential amino acids [9].
2.	Taste	- This savory taste comes from coconut milk because coconut milk has many benefits and contains saturated fatty acids, namely lauric

acid. Lauric acid is a medium chain fatty acid that can be found naturally in breast milk [5].

- The fresh taste comes from limes because limes are rich in Vitamin C which is a natural anti-oxidant, which works by reducing oxidative stress, inhibiting the digestion of carbohydrates and inhibiting the transportation of fat along the walls of the small intestine, thus lowering cholesterol in the blood [4].

- The spicy taste comes from ginger and black pepper. The compounds that make ginger spicy are gingerol and shogaol, [3] while the compounds that make black pepper spicy are the ingredients piperine, piperanin, and chavicine [1].

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### 3.4 Nutritional Content

The nutritional content of this manuk labakh contains a lot of substances which can come from various ingredients contained in this manuk labakh such as chicken, coconut, shallots, ginger, galangal, black pepper, coriander and lime as well as the nutritional content in this manuk labakh very good for the body, especially ginger which has the benefit of protecting the stomach and as antiulcerogenic and safe for health.

The nutritional content of manuk labakh can be seen in **Table 2.**  
**Table 2. Nutritional Content Manuk Labakh**

No	Nutritional value	Chicken	Cocunut	Ginger	Galangal	Lemon grass	Black Pepper	Coriander	Orange thin
1.	Proteins (g)	18,20	4,0	1,5	1,0	1,82	11,5	14,1	0,5
2.	Carbohydrate (g)	0,0	10,0	10,1	4,7	25,31	64,4	54,2	10,0
3.	Fat (g)	25	15,0	1,0	0,3	0,49	6,8	16,1	0,2
4.	Water content (g)	55,9	70,0	55,0	93,0	-	12,9	11,2	88,9
5.	Fiber (g)	0,0	2,4	12,0	1,1	-	1,0	12,3	0,4
6.	energy (cal)	298	180	50	26	99	365	418	44

Sumber : [6]

### 3.5 Opportunities and Challenges

Maybe in the future there will be opportunities or innovations in the manufacture of long-lasting manuk labakh. Maybe there can be technology for canning manuk labakh. The canning process is a way of storing and preserving food ingredients which are hermetically packaged in a container called a can and then sterilized, so that food products are obtained which are durable and not easily damaged

physically, chemically or biologically. The challenge of this manuk labakh is that it spoils easily because it uses coconut milk, resulting in rancidity of raw materials etc.

#### 4 CONCLUSIONS

Manuk labakh is a typical food of the Alas tribe, Southeast Aceh, which is made from steamed chicken and topped with raw coconut milk. It doesn't take long to make this dish, and the brown color is usually made by mixing the chicken with spices and then adding coconut milk and grated coconut. Manuk labakh is usually eaten with warm rice so that the taste is more delicious, and you can find it at weddings and circumcisions and manuk labakh, one of the iconic dishes from Kutacane, Southeast Aceh.

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