

Traditional Lumpia Food as a Typical Semarang Food

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ABSTRACT

Lumpia or commonly called Lunpia by most people is a traditional food or snack from Semarang. Historically, this spring roll is said to have come from the Chinese who were brought to this country. Spring rolls usually have a filling consisting of bamboo shoots, eggs, and shrimp, but over time many people have modified the spring roll filling into soun or sweet potato filling instead of the bamboo shoots themselves. This study aims to explain the history, benefits, and drawbacks of Lumpia. This research is research that uses a qualitative approach with a descriptive type. Data collection techniques use observation, interviews, and documentation techniques, to obtain accurate data and documents. The results obtained showed that lumpia, which used to be a traditional Semarang food that was cheap and often found in traditional markets, is now an expensive food and is only sold in certain places because the price of ingredients is too high. Making a smaller version of lumpia and less filling can cut the price to be cheaper than the original version. Spring rolls are also a popular food in the general public because of their delicious taste. But who would have thought spring rolls also have a bad effect on some people. After some research, I found that bamboo shoots contain purines that make uric acid levels high, this makes some people with this disease unable to eat spring rolls. Good packaging techniques can extend the shelf life of lumpia so that it can be carried by domestic tourists visiting Semarang.

INTRODUCTION

Lumpia is one of the traditional foods typical of Semarang. Traditional food usually comes from their respective regions so that it can be said to be a typical food from the area. Over time, traditional food has almost lost its competition in the culinary world because of the emergence of modern foods which are the result of food modification. Therefore, my goal in writing this article is to introduce readers, especially those from outside the region, to be able to get to know this typical traditional food from Semarang. In this article the author will also discuss the history of Lumpia itself, aiming to convey to the reader about the history of the creation of this traditional food. Not only that, the author will also explain about the composition of this traditional food, this aims so that readers can understand the composition used because sometimes many people cannot accept the stuffing of the spring rolls, whether there is an allergy or congenital disease that will become severe when eating it. Furthermore, the authors will also the side effects of these foods. All food is something we can eat as we please, but not all food can be eaten as we like. Sometimes eating too much food also causes harmful effects in the body. Therefore, here I will also explain about the bad effects of consuming too much of this traditional food. And lastly, the author will explain how this traditional food can survive in its sales in this modern era. Knowing that traditional food has been rivaled by modern food, I

will discuss the market share of this traditional food, and also what the community has done in maintaining the stability of the sale of this traditional food.

METHOD

The type of research that we use in this article is a type of qualitative descriptive research. This type of qualitative descriptive research not only makes it easier to conduct research but also makes it easier for readers to understand our discussion. This is because this method is in the form of detailed reading and is easily understood by the reader. Some of our research was done by asking traders directly as resource persons. By conducting research on the sources, we get some accurate data regarding the discussion that we are going to do. But doing research will not produce complete results. Therefore, we also made observations from several readings to get preferences for our discussion.

RESULTS AND DISCUSSION

History of Lumpia

Lumpia which is now a typical food from the city of Semarang seems to have quite a deep history. Lumpia, which is now a specialty of Semarang, turned out to be a food created from two different recipes from two people from different countries. In the 1800s, a Chinese citizen named Tjoa Thay Yoe came to the Semarang area. This person came with a recipe for food that he made while in his home country. When he arrived in Semarang, he tried to make food from the recipes he brought and tried to sell them.

While running his food business, it turns out that this Chinese businessman has a Javanese female competitor named Wasi, who also sells similar foods but uses different fillings. Tjoa filled his Lumpia with bamboo shoots and pork filling while Wasi filled his Lumpia with sweet-tasting chicken, shrimp and egg fillings. According to the historian, the competition from these two traders is in the category of healthy competition.

In this competition, Tjoa and Wasi later became close friends who eventually became friends and got married. According to historians, their marriage was a sign of love for the union of two cultures. This makes the recipes from the two countries come together and become a special dish called Lumpia. However, mixing these two recipes also results in the loss of some food ingredients. The foodstuffs that are removed are pork and pork oil. This is because Indonesia is a Muslim-majority country, so many only accept halal food. By removing pork and pork oil will make the food halal.

Even though it is now a typical food icon in the city of Semarang, it turns out that spring rolls have had a bad time. In the past, there have been restrictions on Chinese cultural activities. But that did not make lumpia disappear from this country, until finally in 2014, spring rolls were recognized by UNESCO as a cultural heritage of the archipelago. This is what makes Lumpia until now a typical food of the city of Semarang.

Lumpia Processing

1) Original Lumpia

Lumpia generally have several ingredients and several ways of serving. Here I will discuss about the original version of Lumpia. The original Lumpia have several ingredients such as bamboo shoots as the main ingredient, then mixed with eggs, then also added with chicken or shrimp. Original spring rolls tend to have a sweet and savory taste. The filling is then wrapped in a spring roll skin made from wheat flour in the form of a sheet. The original Lumpia also have several servings, the first is fried

spring rolls and the second is non fried Lumpia. For some people, fried Lumpia are a delicious presentation because they get a crispy texture from the fried Lumpia skin. But for some people who avoid oily food, non fried Lumpia are the solution. But of course non fried Lumpia, they don't have a crispy texture on the skin, so both presentations have their drawbacks.

In its Serving, Lumpia has several side dishes, the first is the sauce from the Lumpia itself which is a special sauce with a thick and brown texture and is usually also chopped garlic, resulting in a taste that tends to be sweet and slightly spicy from the garlic. Second, there are vegetables as a complement in the serving, these vegetables have Onion leaves, pickles, and green chilies. This side dish makes Lumpia even more enjoyable when eaten.

2) Modification Lumpia

Lumpia generally have the main ingredient, namely bamboo shoots. But after research, not everyone likes bamboo shoots. This is because bamboo shoots are known to have an unpleasant odor. This problem raises the public's desire to modify the stuffing of this spring roll. Some things I found, Lumpia have several versions in terms of modification. Generally, the modification of spring rolls is done by replacing the main filling of the Lumpia, namely bamboo shoots with yam fruit, this is because the yam has a texture that is almost the same as bamboo shoots, only a little crunchy. Then another version is Lumpia with vermicelli stuffing. Although it looks very different between bamboo shoots and vermicelli but that is what happens because of a lot of modifications in this food.

In addition to modifying the stuffing of Lumpia, size is also one thing that alludes to modifications. This is because the price of Lumpia is getting more and more expensive from time to time. The community has the idea to modify the size of the spring rolls to be smaller so that they can be sold at a lower price. Some people also reduce materials so that they can produce lower costs. This size modification is the right thing for the community so that everyone can enjoy this special food.

Lumpia Ingredients Effect

Lumpia is a food that is known to be delicious for most people, in addition to its delicious taste, Lumpia also have several ingredients that provide good benefits for people who eat them. The content that provides many benefits is found in the main ingredient, namely bamboo shoots. In the content of bamboo shoots there are phytonutrients and phytosterols that function to stop the increase in the amount of bad fat flowing in the blood. This can keep cholesterol levels more stable. Bamboo shoots also have a lot of fiber, as we know fiber can maintain healthy skin and can also improve digestion.

In addition to the benefits, bamboo shoots also contain ingredients that are harmful to some people. After I researched, bamboo shoots have a fairly high purine content. This can increase uric acid levels in a person's body so that it is dangerous for people with uric acid disease.

Price and Sales of Lumpia

Lumpia is a food that is known to the community as a traditional snack. Snack in general has a view as cheap food. But it seems that this cannot be applied to this traditional food. This is because over time the prices of ingredients are increasing, especially the price of the main ingredient in Lumpia, namely bamboo shoots. The increase in the price of these ingredients then made the price of Lumpia shot up, making Lumpia a fairly expensive snack. As I have discussed in the modification point, because the price of Lumpia is quite expensive today, people have the idea of modifying this snack with a smaller size or with a fairly compact filling to cut

the production cost. This has succeeded in making the Lumpia market increase because all people in the community can enjoy this traditional snack.

Lumpia as a traditional food will indeed compete with foods that have been made in this modern era. Therefore, I will explain several ways to sell Lumpia at this point. In the city of Semarang, Lumpia are sold in various ways. There is a Lumpia seller who sells using a store front on the side of the road. Even some successful Lumpia merchant also set up a large and luxurious restaurant to sell their Lumpia. Lumpia is a typical food from the city of Semarang so that many domestic tourists come to the city of Semarang looking for this food. Many Lumpia merchant sell around the center of souvenirs in the city of Semarang which is around Pandanaran street Semarang. This makes domestic tourists who come to the city of Semarang can buy and enjoy this food when they go to the souvenir center. Not only the things above, there are other ways that are done by many people in marketing this food. Many people sell this food by order, so they do not have to set up a storefront or place for a guest to eat, but they only serve orders to be delivered or taken on the spot. This is quite effective because traders do not have to provide a place to sell because doing this order can be done from a private home.

CONCLUSION

Lumpia is a traditional Semarang food which is a combination of recipes between two cultures from different countries. This recipe brought by a Chinese trader is a recipe that still contains pork and pork oil so it is not halal for the majority of people in Indonesia. When competing with traders from Semarang who had similar types of food but different fillings, they finally got married. After the wedding, the recipes of these two people were combined to produce this food called Lumpia. When they joined, finally this food no longer uses pork and pork oil, so the conclusion is that this food becomes halal when it becomes a combined recipe. In our opinion, this is good because we know that Indonesia is a country where the majority of the population eats halal food.

Lumpia that have original quality have a definite ingredient, namely bamboo shoots themselves mixed with eggs and added with chicken and shrimp. This is sometimes an obstacle for some people because many people don't like bamboo shoots because of their bad smell. We agree and suggest modifying the lumpia in the filling so that people who don't like bamboo shoots can enjoy the taste of Lumpia. But of course, replacing bamboo shoots as the main ingredient eliminates the characteristics of the spring rolls themselves. So here's the conclusion, Lumpia is very attached to the main ingredient, namely bamboo shoots. So if something has been modified, surely the characteristic of the food has been lost.

Lumpia include foods that have several benefits. The benefits are derived from the main ingredient, namely bamboo shoots. Bamboo shoots contain content that can stop the addition of bad fat in the body. In addition, bamboo shoots also have a fairly high fiber which is good for skin health and can also facilitate digestion. But behind that, bamboo shoots also contain content that is dangerous for some people, namely the purine content is high enough so that it can increase uric acid levels in the human body. Here's the conclusion, Lumpia have many benefits for the body, but excessive consumption can also cause some bad side effects for the body's health. So my advice, eating spring rolls is very good for health but should not be excessive.

The price of Lumpia increases quite high from time to time. This is due to the increasing number of raw materials, especially in the main ingredient, namely bamboo shoots, which is increasing quite rapidly. Here I highly recommend that there is a size modification and also a reduction in the filling that can reduce the price of Lumpia. I agree with this because people from all walks of life can enjoy this food. So in conclusion, the size modification of the Lumpia brings a good impact for both traders and buyers

. The souvenir center is a gathering place for domestic and foreign tourists to buy typical food. It is highly recommended to sell Lumpia as a typical food from Semarang in this area to introduce Semarang specialties and also to market them. So in conclusion, selling Lumpia in souvenir centers can introduce Lumpia to tourists and also market Lumpia well.

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