



BACHELOR IN FOOD & AGRICULTURAL PRODUCT TECHNOLOGY

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MODULE HANDBOOK INDONESIAN GASTRONOMY

Module designation	Indonesian Gastronomy
Module code	TPHP213109
Module level	Bachelor
Semester(s) in which the module is taught	Semester 5 / Odd Semester
Person responsible for the module	Dr. Dwi Larasatie Nur Fibri, S.T.P., M.Sc. Prof. Dr. Ir. Eni Harmayani, M.Sc. Prof. Dr. Ir. Retno Indrati, M.Sc. Dr. Manikharda, S.T.P., M.Agr.
Language	Indonesian
Relation to curriculum	Elective Courses
Teaching methods	SCL: Case-based, The tradition of eating together (DLNF)
Workload (incl. contact hours, self-study hours)	1. Lectures 2 credits x 50 minutes x 16 meetings = 1600 minutes = 26.67 hours = 26.67 hours/30 hours = 0.89 ECTS 2. Structured Assignments 2 credits x 60 minutes x 16 meetings = 1920 minutes = 32 hours = 32 hours/30 hours = 1.07 ECTS 3. Self-study 2 credits x 60 minutes x 16 meetings = 1920 minutes = 32 hours = 32 hours/30 hours = 1.07 ECTS



	Total workload = 3.03 ECTS (90.67 hours)	
Credit points	2 credits / 3.03 ECTS	
Required and recommended prerequisites for joining the module	No requirement needed	
Module objectives/intended learning outcomes	Programme Learning Outcome (PLO)	
	PLO P8	Be able to evaluate changes in nutrients during processing, storage, and metabolism of nutrients and bioactive components
	Module Learning Outcome (MLO)	
	MLO P8.41	Be able to explain biochemical processes, basic concepts of nutritional science and the relationship between food consumption and nutritional status and health
	MLO P8.43	Be able to explain the role of bioactive components in relation to health and fitness
Content	- Explanation of course syllabus and assignments, Introduction to lectures - Scope, objectives, rules, and assessment tools in the course - Understanding gastronomy and its scope - Indonesia's Biodiversity (tropical climate, fertile, rich in species) - Including agrobiodiversity - Build an agrobiodiversity system to produce sustainable food (subak, tri hita karana, leuit, pedaringan, etc.) - The origins of food for humans - The role of gastronomy in human life : - Providing food that is beneficial to health (physical, physiological, and psychological), food is also part of a lifestyle. - Expressing expressions concerning someone's lifestyle. (happy, grateful). - Commemorating something. - Support the mission's success (diplomacy, trade, culinary tourism and other successes). - Build virtue in life (wellness). - Local Knowledge Regarding Food Ingredients (Local Wisdom / Indigenous Knowledge) - Includes local wisdom at the world, regional, and local levels in Indonesia. - This local wisdom includes producing (pranata mangsa), handling, and storing food (agricultural product categories according to several ethnic groups in Indonesia). - Local Wisdom in using food ingredients.	



	● Local wisdom matters are related to a special place used for cooking dishes (kitchen). ● Local Wisdom in measuring spices (Darma caruban). 5. Indonesian Taste Dishes ● Spices typical of each region in Indonesia. ● The advantages of Indonesian kitchen art: ■ Tempe and Jamu are typical Indonesian tastes. ■ 5 friends of the people in Indonesian food (lalapan, chili sauce, soy sauce, crackers, and salted fish). ■ Indonesian fermented products (curd, rusip, tempoyak, growol, shrimp paste, petis, etc.). 6. Human and Taste ● The stimulus system and its response. ● The types of compounds that produce flavor. ● Formation of food taste. ● Food seasonings and flavors (a combination of various spices, cover or support each other, etc). 7. Food Elements at the World Level ● Continental Dishes: Appetizer, Main Course, Dessert. ● Oriental Dishes include soups, chicken dishes, vegetable dishes, seafood dishes, meat, carbohydrates, and snacks. ● The composition of Indonesian dishes are: Drinks, snacks, main dishes, and side dishes. ● The composition of Indonesian food is complex because Indonesia has a lot of kitchen art, and there is cross-cultural kitchen art between nations. ● The development of Indonesian kitchen art has occurred over time (four periods: before 1600, 1600-1900, the independence era, and the global era). 8. Indonesian cooking techniques: ● Boiled, steamed, grilled, roasted, stir-fried, sembam, melelang, rendang, etc. ● Interaction between liquid, heat, and time with the texture and flavor of foodstuffs (physical gastronomy, molecular gastronomy, and physicochemical gastronomy). 9. The theory of the art of cooking, serving, and consuming to produce delicious, exotic, unique, authentic, safe, healthy and halal food ● How to eat (hot, warm, cold). ● Cooking utensils and packaging materials while processing and enjoying food. ● Serving. ● Decoration
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	10. Live cooking demo : The art of cooking, serving, and enjoying			
Examination forms	Evaluation Base	Evaluation Components	MLO	Percentage
	A. Participatory Activities	Discussion	-	-
	B. Case Study Results	Assignment	MLO P8.41, MLO P8.43	60%
		Report	-	-
		Midterm Exam	-	-
		Final Exam	-	-
	C. Cognitive	Skill-Based Assessment (SBA)	-	-
		Quiz	-	-
		Midterm Exam	MLO P8.41, MLO P8.43	20%
		Final Exam	MLO P8.41, MLO P8.43	20%
		Total		100%
Study and examination requirements	The final grade in the module is composed of (60% project results and 40% cognitive). Students must attend 75% of the total meetings to take the exam.			
Reading list	Main: 1. Gastronomi Indonesia Jilid 1 2. Gastronomi Indonesia Jilid 2 Additional: 1. On Food and Cooking: The Science and Lore of the Kitchen 2. The Physiology of Taste, Or Meditations on Transcendental Gastronomy 3. European Gastronomy Into the 21st Century 4. Moveable Feast, The History, Science, and Lore of Food. 5. An Edible History of Humanity 6. Jejak Pangan, Sejarah Silang Budaya dan Masa Depan 7. Jejak Rasa Nusantara 8. McGee on Food dan Cooking, Encyclopedia of Kitchen Science, History and Culture. 9. Anthropology of Food 10. Antropologi Kuliner Nusantara 11. Laporan Penelitian Inventarisasi Makanan dan Minuman Dalam Sumber-Sumber Arkeologi Tertulis (Timbul Haryono)			



	12. Pulau Run, Magnet Rempah-rempah Nusantara yang Ditukar dengan Manhattan 13. Sejarah Rempah dari Erotisme sampai Imperialisme 14. Destinasi Banda Neira, Sejarah Masa Lalu, Kekayaan Maluku Masa Kini, dan Dinamika Bandanese 15. Kuliner Cita Rasa Pedas, Gigitan Nikmat yang Selalu Memikat. 16. 26 Minuman Tradisional Khas Yogyakarta dari Bir Jawa sampai Wedang Uwuh 17. Soto, Nikmat dari Indonesia untuk Dunia 18. Selalu Menggoda dan Sarat Makna: Sate Indonesia 19. Cita Rasa yang pantas Mendunia: Nasi Goreng Indonesia 20. Kuliner Sehat Unggulan Indonesia Berbasis Bahan Nabati dan Ikan 21. Kitab Primbon Betaljemur Adammakna 22. Hasil-hasil penelitian dari balai penelitian nilai tradisi dan budaya tentang kearifan lokal (banyak sekali) 23. Pangan, Kearifan Lokal, dan Keanekaragaman Hayati. 24. Kuliner Jawa dalam Serat Centhini 25. Penanggalan Jawa 26. Kuliner Aceh 27. Kuliner Minangkabau 28. Kuliner Jambi 29. Kuliner Sunda 30. Kuliner Betawi, 31. Kuliner Pekalongan, 32. Kuliner Jogja, 33. Kuliner Surakarta, dan 34. Kuliner Semarang, 35. Profil Struktur, Bumbu, dan Bahan dalam Bahan dalam Kuliner Indonesia 36. Professional Cooking (Wayne Gisslen) 37. Molecular Gastronomy, Exploring the Science of Flavor 38. The New Kitchen Science (Howard Hillman) 39. Nutrition for Foodservice and Culinary Professionals 40. The Science of Cooking 41. Pusaka Citarasa Indonesia jilid 1-12 42. Balinese Food, The Traditional Cuisine and Food Culture of Bali 43. Cultural Foods 44. Food is Culture (Massimo Montanari) 45. Gastronomi Upaboga Indonesia (Indra Ketaren) 46. Bumbu, Penyedap, dan Penyerta Masakan Indonesia
Last Modified	July 31 st , 2024



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