

Culinary Linguistic Approach in Naming Simalungun Traditional Food

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ABSTRACT

This research concerned with words belonging to the naming process of the traditional culinary of Simalungun. This research using a qualitative descriptive method with a phenomenological perspective. The data is in the form of a lexicon of traditional Simalungun culinary names. Data sources were obtained from Simalungun native speakers in Simalungun area, namely Pematang Raya, Saribu Dolok, Siantar and Tanah Jawa. The results of this research found four types of naming traditional Simalungun culinary delights, namely: 1) naming based on characteristics: dayok nabinatur and nitak gabur-gabur, 2) naming based on the main ingredients: Hinasumba, Sibak, Labar, Obbut, 3) naming based on the term: namalum and 4) naming based on processing method: Tinuktuk.

KEYWORDS

linguistic culinary; simalungun food; naming; traditional food

INTRODUCTION

Culinary refers to everything related to food (Annuk, 2013; Maengkom, 2015). Culinary is a fundamental aspect of culture that reflects the identity, traditions and history of a community. Food not only serves to fulfill physical needs but also as a medium for rich cultural expression. Each food contains a deep meaning, including social, ritual and symbolic aspects that are passed down from generation to generation. In this context, culinary is not only about what is eaten but also how, when and why the food is prepared and consumed.

Linguistics as a science that studies language, provides tools to analyze and understand ways of human communication, including through food. Language has an important role in describing, naming and categorizing various aspects of life, including culinary delights. Linguistic studies make it possible to explore how culinary terms are formed, how culinary terms are used in various contexts and what culinary terms reveal about the culture and identity of a society.

The connection between culinary and linguistics opens up a new perspective known as culinary linguistics. According to Gerhardt C, Frobenius M, Ley S. (2013) culinary linguistics is a study that combines two scientific disciplines, namely linguistics and culinary, to understand how language is used in food and gastronomic contexts. Culinary linguistics includes analysis of food naming, culinary descriptions and narratives related to culinary experiences. This includes how culinary terms describe ingredients, cooking techniques, taste and presentation of food as well as how they contain deeper cultural meanings.

Food naming is an important aspect of culinary linguistics. Food names often provide information about origins, main ingredients and cooking methods and can reflect the history and traditions behind the dish. Sudaryat (2006) lists ten methods of naming: 1) mimicking sound (onomatopoeia); 2) mentioning parts (sinecdoché); 3) mentioning distinctive qualities; 4) mentioning the inventor (appellativa); 5) mentioning the place of origin; 6)

mentioning materials; 7) mentioning similarity in form; 8) mentioning shortening (abbreviation); 9) mentioning new name; 10) mentioning term. Gerhardt (2013) argues that semantic analysis of culinary naming can reveal various cultural and social meanings associated with food. For example, the naming of typical Simalungun culinary delights often reflects the main ingredients, cooking techniques or certain symbolism attached to the food. Typical Simalungun culinary delights, such as *Dayok nabinatur* and *Hinasumba*, have names that are rich in semantic meaning. Analysis of these culinary names can reveal various aspects of the culture and history of the Simalungun people. Gerhardt (2013) stated that semantic analysis of culinary naming can help understand how cultural meanings and traditions are inherited through language. Therefore, language, naming and food are related in reflecting the identity of a society. The relationship between the three is not complex but will be clearly defined through understanding the meaning of the names.

Numerous culinary linguistics-related studies have already been conducted, including Nias Ethnic Food: Culinary Linguistic Study by Zai and Daulay (2023) Naming Traditional Acehese Culinary by Fitriasia (2020), and Naming Culinary of the Mandailing Community: Culinary Linguistic Approach by Rahmawati (2021). The study's findings demonstrate commonalities in the way that the culinary naming process is grouped according to the primary ingredient, distinguishing traits, color, components, cooking technique, form, flavor, cooking utensils, and sound imitation. No thorough study that concentrates on characteristic Simalungun culinary delights has been conducted, despite the fact that a number of earlier studies have examined food names in other cultural contexts, such as Aceh, Mandailing, and Nias. The significance of recording and comprehending the cultural diversity displayed in traditional Simalungun food is the foundation for the urgency of this study. By offering a thorough examination of Simalungun culinary delight naming from the standpoint of culinary linguistics, this study seeks to close the gap in the body of current literature. By integrating semantic and cultural analysis, this study provides a fresh viewpoint on how Simalungun cultural names represent their identity and legacy. Because it hasn't been studied much before, this research offers a fresh perspective on culinary linguistics.

The purpose of this study is to investigate how words are formed when naming common Simalungun culinary treats, evaluate the meaning and cultural values that are conveyed by these names, and comprehend how the Simalungun people's traditions and cultural identity are reflected and passed down through language and culinary naming. By examining food naming, it is hoped that this study would significantly advance the science of culinary linguistics and deepen our understanding of Simalungun culture.

RESEARCH METHODS

This research reveals and explains the significance of the naming of Simalungun culinary specialties using a qualitative descriptive method with a phenomenological perspective. The data in this research is in the form of a lexicon of traditional Simalungun culinary names. Data sources were obtained from informants who are native speakers of the Simalungun language with the criteria of being at least 50 years old, born and residing in the Simalungun area, North Sumatra, namely Pematang Raya, Saribu Dolok, Siantar and Tanah Jawa, have in-depth knowledge of Simalungun traditional culinary delights, are actively involved in cooking activities or traditional culinary businesses that are physically and spiritually healthy. Data collection techniques used Spradley's (1979) ethnographic model, namely interviews and participant observation. Data collection uses two types of methods, namely collecting data from several data sources, primary and secondary, and conducting observations, interviews, tests and documentation. After the data collection procedure is

carried out, it is continued with the data grouping process to make it easier to analyze existing data to make it more practical, then data analysis is carried out to analyze the results obtained in the discussion

RESULTS AND DISCUSSION

Human language usually has implied meanings or messages. This also applies to naming which is also part of language. as stated by Geertz (1992), the reference in a name usually indicates the social circumstances in which the speaker lives. In addition, it is believed that names contain positive prayers, hopes and ideals. A name can also be a unique identity, especially if the name is unique and interesting. Naming cannot be separated from the arbitrary nature of language which can be arbitrary without requiring a signifier and signified relationship (Wijana, 2014; Chaer, 2009). The naming process in traditional Simalungun culinary delights is as follows:

Naming Based on a Typical Characteristics

According to Sudaryat (2006), mention of typical characteristics is a naming method that is based on special properties or characteristics that stand out from an object or activity. This naming highlights the unique characteristics that differentiate the object from others. The naming of Simalungun culinary dish based on typical characteristics, namely *Dayok nabinatur* and Nitak Gabur-Gabur

Dayok Nabinatur



Source : author

Figure 1 . *Dayok Nabinatur*

This name consists of two words in the Simalungun Batak language: "*Dayok*" which means chicken and "*Nabinatur*" which means neatly arranged or arranged. The name "*Dayok nabinatur*" reflects the distinctive nature of this culinary delight, namely order and harmony in the preparation, processing and presentation.

The preparation process starts from the process of slaughtering the chicken for *Dayok nabinatur*, which must follow the anatomy of the chicken carefully and no meat must be hidden. Each part of the chicken is cut and arranged in a very orderly manner, according to strict traditional rules. This reflects the typical nature of order and harmony expected in the lives of the Simalungun people. Furthermore, for processing, you must use a male free-range chicken which is cooked by roasting or breading. The use of special spices such as the juice of holat stems from the sikkam tree gives it a unique, distinctive taste. This special processing technique also emphasizes the distinctive nature of *Dayok nabinatur* which is arranged regularly and presented neatly. To serve it, *Dayok Nabinatur* needs to be served in an arranged manner according to traditional rules. Each piece of chicken is arranged on a tray or plate. The arrangement is regular, resembling the shape of the chicken when it was

still alive. For the Simalungun people, there are ten pieces of chicken meat in a Doyok Nabinatur called gori. First, arrange some small pieces of meat (*tok-tok*). Then, at the front there is the head (*ulu*) which is supported by the sternum (*tuppak*). On the left and right edges are placed the groin (*tulan bolon*) and thighs (*tulan parnamur*) parallel to the wings (*habong*) and chicken feet (*kais-kais*). On the back there is a tail (*ihur*). In the middle there is the neck (*cuff*) followed by the head (*ulu*), then the part of the chicken's body that produces egg cells (*tuahni*), and the rempelo (*atei-atei ordekke bagas*). The arrangement of chicken meat arranged to resemble the shape of a whole chicken symbolizes the hope for an orderly, harmonious and complementary life. Each piece of meat has a certain position and order that must be adhered to, illustrating the order and harmony that is the characteristic of this culinary delight.

Nitak Gabur-Gabur



Source : author

Figure 2 . *Nitak Gabur-Gabur*

Nitak Gabur-Gabur is a typical Simalungun culinary dish whose name reflects the typical characteristics of this food. The name "*Nitak Gabur-Gabur*" describes the manufacturing process and deep philosophical meaning. The naming of *Nitak Gabur-Gabur* reflects the way language is used to convey cultural and philosophical meanings through food. This name not only functions as a label but also as a marker of deep cultural identity. The process of pounding ingredients such as rice flour, coconut, brown sugar, candlenuts, pepper, and sticky banana until they combine into small pieces that are easy to consume and the symbolic meaning of this food in traditional events, are all expressed through the name *Nitak Gabur-Gabur*. The process of making this culinary delight is also carried out using traditional tools that demonstrate local skills and traditions. The shape of the small pieces resulting from this pounding reflects attention to ease of consumption, especially in the context of traditional events. The ingredients used also provide a sweet taste and distinctive aroma, which are the main characteristics of this food. This combination of a distinctive manufacturing process and philosophical meaning makes *Nitak Gabur-Gabur* fall into the category of culinary names based on typical characteristics (Sudaryat, 2006).

Naming Based on the Main Ingredients

Naming culinary based on ingredients refers to a way of naming a food or drink that focuses on the main ingredients used in making the culinary delight (Sudaryat, 2006). The names of Simalungun culinary delights that fall into categories based on the main ingredients are *Hinasumba*, *Sibak*, *Labar* and *Obbut*.

Hinasumba



Source : author

Figure 3 . *Hinasumba*

Hinasumba is a typical culinary dish made from minced pork or chicken without cooking and using a typical local ingredient, namely juice from *sikam* wood, which gives it a unique and distinctive taste. The use of this main ingredient is very prominent in the naming of *Hinasumba*, because the word *Hinasumba* itself refers to the process of mixing meat with *sikam* wood juice and local spices. This shows that the main ingredient is not just a component of the dish, but also determines the identity and unique taste of the culinary dish. The use of meat mixed with *sikam* not only creates a distinctive taste but also shows local knowledge in food processing. Main ingredients, meat and *sikam* are the key element that differentiates this dish from other dishes. This is also express the cultural identity and culinary traditions of Simalungun, which are passed down from generation to generation. This strengthens the reason why this culinary name is included in the category of naming based on the main ingredients, because these ingredients are the essence of the culinary delight.

Sibak



Source : author

Figure 4. *Sibak*

Sibak is a typical culinary dish made from fermented durian, producing a distinctive sour taste and pungent aroma. In the context of the name, *Sibak*, directly refers to the main ingredient used, namely durian. This main ingredient not only forms the basis of the dish's name, but also plays a key role in giving the dish its unique characteristics. The emphasis on the use of fermented durian as the main ingredient shows the importance of this ingredient in defining the identity and taste of *Sibak*. Furthermore, the naming of *Sibak* is based on the main ingredient, reflecting the way the Simalungun people utilize local natural resources in their culinary delights. The durian fermentation process to make *Sibak* not only provides a distinctive taste and aroma, but also shows local knowledge in food processing. Naming based on the main ingredient means that the main ingredient used is the key element that

defines the dish. In this *Sibak* culinary delight, the use of fermented durian as the main ingredient not only provides a unique taste but also expresses Simalungun's rich cultural identity and culinary traditions. This strengthens the reason why this culinary name is included in the category of naming based on the main ingredients because these ingredients are the core of the culinary delight and reflect local wisdom passed down from generation to generation.

Labar



Source : author

Figure 5. *Labar*

Labar is a typical food made from grilled chicken, then finely chopped and mixed with grated sweet potato and spices such as galangal, lemongrass, candlenuts, pepper and Batak onions (*sikkam*). In the context of the name, "*Labar*" directly refers to the combination of the main ingredients used, namely chicken meat and grated sweet potato. The use of this main ingredient is a characteristic that differentiates *Labar* from other dishes, emphasizing the importance of chicken and sweet potatoes as key elements in creating the unique taste and texture of this dish. The naming of *Labar* which is based on the main ingredient also reflects local wisdom in utilizing materials available in the surrounding environment. The combination of chicken and grated sweet potato, as well as traditional spices, shows the knowledge and creativity of the Simalungun people in processing local food ingredients into delicious and nutritious dishes. This strengthens the reason why this culinary name is included in the category of names based on the main ingredients, because these ingredients are the essence of the dish and reflect local wisdom and cultural identity passed down from generation to generation.

Obbut



Source : author

Figure 6. *Obbut*

Obbut is a typical food made from the inside of young banana stems. The name *Obbut* refers directly to the main ingredient used, namely young banana stems, which are processed with selected spices. The use of this main ingredient is very prominent in the naming of *Obbut* because this ingredient is not only the main component of the dish but also provides a characteristic that differentiates *Obbut* from other dishes. The emphasis on young banana stems as the main ingredient shows the importance of this ingredient in providing the unique characteristics and taste of the culinary delights. The use of young banana stems as the main ingredient not only provides a distinctive taste and texture but also reflects the cultural identity and culinary traditions of Simalungun because the Simalungun people are able to show local knowledge in processing plant parts that are not usually used in general culinary, so that they become delicious and nutritious dishes.

Naming Based on Mentioning Term



Source : author

Figure 7 . *Namalum*

The naming of traditional Simalungun culinary delights called *Namalum* can be categorized as mentioning term (Sudaryat, 2006) because it has a special meaning in the context of Simalungun culture and traditions. *Namalum* is a typical food that is usually served at traditional events as a symbol of respect, especially to parents as a form of prayer and hope for health, long life and continuity of offspring, all of which are important aspects of the social and spiritual life of the Simalungun people. Furthermore, the term *Namalum* also contains technical meaning in terms of the materials and manufacturing process. *Namalum* is made from meat (buffalo or pork) mixed with roasted rice flour and grilled honje juice, resulting in a soft texture that is suitable for consumption by older people. Thus, the term *Namalum* functions as a linguistic tool that binds Simalungun cultural identity and facilitates the transmission of culinary knowledge between generations, in accordance with the function of terminology according to Sudaryat (2006) which reveals complex meanings through technical and scientific terms in a culture.

Naming based on Processing Method



Source: google

Figure 8. *Tinuktuk*

Naming based on processing methods is a way in which certain processes or techniques used in making a product become the basis for its naming. *Tinuktuk* is a typical Simalungun chili sauce made from various selected spices which are ground using a grinding stone or mortar. This grinding process is directly reflected in the name *Tinuktuk*, which comes from the root word "tuktuk" meaning milled stone, with the insert "-in-" indicating that the ingredients are ground. This naming directly refers to the processing method, namely the action of pounding or grinding ingredients with traditional tools. Thus, *Tinuktuk* emphasizes the importance of processing methods in creating the distinctive taste of this chili sauce.

CONCLUSION

In linguistic studies, especially in the field of semantics, naming does not just give a label to an object, but also implies a deeper meaning that includes functional, philosophical and cultural aspects of the object. For example, in culinary linguistic studies, the names of dishes often reflect the main ingredients, processing methods, or cultural values contained in the food. The results of this research found four types of naming traditional Simalungun culinary delights, namely: 1) naming based on characteristics: dayok nabinatur and nitak gabur-gabur, 2) naming based on the main ingredients: Hinasumba, Sibak, Labar, Obbut, 3) naming based on the term: namalum and 4) naming based on processing method: Tinuktuk. Naming based on the main ingredient is the most common type of culinary naming and is followed by naming based on its characteristics. Apart from that, each culinary name carries a deep meaning that reflects the cultural values, local wisdom and identity of the Simalungun people. This naming serves as a means to pass on traditions, knowledge and cultural values from one generation to the next, ensuring that Simalungun's culinary and cultural heritage remains alive and cherished.

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