

# **Fresh Water Fish Intake And Dishes Preferences Among Local Community: A Preliminary Study Of Tourists Attraction In Traditional Dishes For Homestay Kampung Batu Ring, Beng, Lenggong, Perak**

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*Local foods is a vital element that helping and creating a sense of 'place' and heighten destination appeal. Local foods produce adds authenticity to the tourists for sharing experience and attract them to come to those place. Traditional food or local food is a parts of variety culture in Malaysia. It shows that the local community has its own uniqueness. Therefore it should be opened and sharing together either between the local community from other states or from the tourist views for attractions the places. An objective of the study were ; (1) To identify the type of freshwater fish intake, (2) To determine dishes preference using freshwater fish among villagers at Homestay Kampung Batu Ring, Beng, Lenggong. The study was conducted through questionnaires to 25 respondents in the village. The result showed that common freshwater fish consumed are Tengalan (*Puntius wool*), Loma (*Thynnichthys thynnoides*), Terbol (*Osteochilus hasselti*) and others fish such as Catfish, Tilapia, Kalo, Baung and Patin. The most popular fresh water fish is responds for Tengalan fish. This fish when cooked with coconut gravy (masak lemak) is the most preference dishes indicated by respondents. Therefore, fresh water fish and traditional dishes that already exist there and has been a natural culture among villagers shall point out for promoting Lenggong city for tourism such as homestay program. These finding is important in branding Lenggong as a World Heritage Site.*

**Key words:** homestay, freshwater fish, local dish and local community

## **Introduction**

Food is one of the principal factors that have been neglected in the most of the studies. Every tourist that going for travelling to any destination will look for food in order to survived. This requirement is holds true for all the tourism destinations and

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situations in the world. Moreover, food impresses other aspects such as travel agencies' culinary program, the final price of hotels, culture assimilation and many other components. One of the main implicit factors that tourists consider in choosing the destination is food served. As Lacy and Douglass (2002) mentioned "every tourist is a voyeuring gourmand".

In recent years, food has been recognize by the governments, business, and academics as an integral part of the tourism product, and also means of differentiation for destinations. There are many benefits to be had in linking food and tourism for all stakeholders concerned (Hall and Mitchell, 2006). Local food is a vital element that can help create a sense of 'place' and heighten destination appeal (Haven-Tang and Jones, 2006). Local food produce adds authenticity to the tourist experience and provides motivation for them to come to a location (Sims, 2009). Tourists may even be tempted to stay longer in one place because of the availability of food products and related activities (Hall and Mitchell, 2006).

Food also holds the fourth position in perceiving a destination as an attractive place (Hu and Ritchie, 1993). Similar reported by Yuksel (2001) in tourists' reference to Turkey case where food was identified as the fourth factor of tourists' satisfaction in term of feeling and their prime reference motive. Others study conducted by Enright and Newton (2005) also stated that food is found as the second attraction in Hong Kong, the fourth in Bangkok and the fifth in Singapore.

Almost all the studies indicated that food attraction can affected to the tourism program. By the same token, food is important to the same extent regarding other facets. While traveling, it can be considered as a necessity, a vital prerequisite for other tourists' activities and as a reason for their satisfaction. Even the tourists are not satisfied with the visiting place and the food is not familiar to them, it will not be possible for them to eating or drinking (Cohen and Avieli, 2004).

Food and dishes are clearly an integral part of culture of the communities where the destinations that tourists want to get experience on it and they want to 'taste' the region they are visiting (Wolf, 2002). The reality happened where most tourists experience the dishes of 'others' at some time, intentional or not. Hall and Mitchell (2006) recognise that in fact "there are only a small number of tourists who will travel just for reasons of food."

Another criterias that attract tourists to a place is accomodation. The best accomodation is referring to hotels, renting house and etc. Nowadays, people are travelling together with their families. This will resulted in spending a lot of money for accomodation purpose. Malaysia has already introduced an accomodation which call Homestay house or room. The homestay in Malaysia bears many similarities with the *farmstay* concept practiced in Germany and New Zealand (Oppermann, 1997) and vocation farms in Canada (Weaver and Fennell, 1977). He term of homestay is a generic term used to describe a form a holiday that involved staying with the host's family. This contrast with the definition of homestay in Indonesia, which is budget accommodation constructed within villages or small towns and operated by local people; another term for these is *losmen*.

*Kampung Batu Ring*, Beng is one of the villages in Lenggong city that have the Homestay Program. The programmed was running under tourism sector in Lenggong, Perak Malaysia. This program can be possibility to gain an attraction to tourists over the world for visit Lenggong Valley. In order to reach to the *Kampung Batu Ring*, Beng, tourists must go through Pengkalan Pipit and departure from there using boat. It will take about 20-30 minutes to arrive at Homestays *Kampung Batu Ring*, Beng. As Lenggong city is one of the World Heritage Site, this village must

have the commercial values and sharing experience in order to attract tourists to come to the city. This including the food and dishes serves during their homestay period. Base on previous study, there is only four types of traditional dishes using fresh water fish were served to the tourists during tour packages at Homestay Kg Beng, Lenggong (Farhana et al., 2012). Therefore the objectives of this study were; (1) To identify the type of freshwater fish intake, and (2) To determine dishes preference using freshwater fish among villagers. The expectation in the study is; several of dishes based on fresh water fish can be introduce to the tourists in the Homestay program *Kampung Batu Ring*, Beng, Lenggong.

## Methodology

This research has been conducted through twenty five numbers of villagers at *Kampung Batu Ring*, Beng, Lenggong city Perak. This selected respondent is a part of 10% from the overall of the population. Respondents were randomly selected among the villagers. A set of questionnaire is developed using Bahasa Malaysia language in order for villagers to get more understanding and easily during answer the questions. The questionnaire was divided into two parts; the first part consists of demographic and second part is about the freshwater fish intake and dishes preferences. Statistical Package for the Social Sciences (SPSS), a statistic software version 15.0 (2009) was use to analyze all the collection data.

## Results And Discussions

Base on demographic data, nine male (36%) and sixteen female (64%) has been evaluated during the study period. The respondent age range from 50-59 years old is 36.0%, followed by age more than 59 years old (20.0%), ages between 20-29 years old and 30-39 years old are 16.0% and 16.0%, age less than twenty years old (8.0%) and lastly age between 40-49 years old (4.0%). For education level, a half of the respondents almost has education until secondary school (48.0%) and completed the PMR and SPM examinations. Only one respondent do not have any education (4.0%). More than half of respondents work as a rubber tappers (52.0%). Another 28.0% acting as a housewife and 8.0% work as a sweeper and also student (8.0%). Only one respondent (4.0%) work at private sector. For the status of the respondent, 68.0% are already married, 24.0% still not married yet and 8.0% are windowed.

Table 1 showed the species of freshwater fish that commonly consumed by the respondents. Tengalan (*Puntius Feather*) consumed more higher from others with 80.0%, followed by Terbol (*Osteochilus hasseltii*), 4.0% and Loma (*Thynnichthys Thynnoides*), 4.0%. Others freshwater fish (Catfish, Tilapia, Kaloi, Baung and Patin) is consumed about 12.0%.

Table 1: Regularly freshwater fish consume by respondents

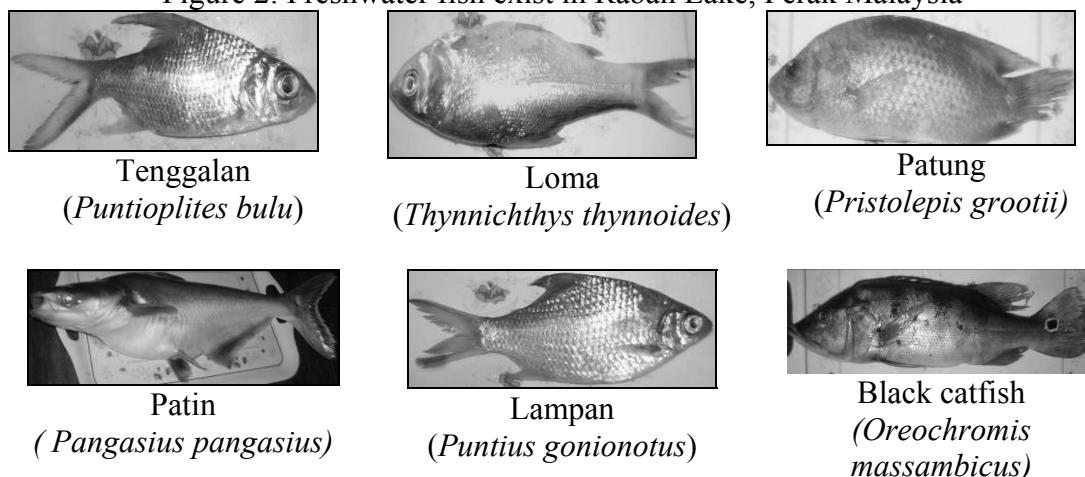
Fish types	Frequency (n=25)	Percentages (%)
Tengalan ( <i>Puntius Bulu</i> )	20	80.0
Terbol ( <i>Osteochilus hasseltii</i> )	1	4.0
Loma ( <i>Thynnichthys Thynnoides</i> )	1	4.0
Others (Catfish, Tilapia, Kaloi, Baung and Patin)	3	12.0

The question asked respondents to indicate what type of fresh water fish easy to be found. The result showed that Tengalan is the highest (88.0%) and followed with Terbol (48.0%), Loma (20.0%), Siar/sia (16%), Kawan (8%) and others (20%), as indicated in Table 2. Whereas, in Figure 2, shows the picture of freshwater fish that exist and captured in the Raban Lake.

Table 2: Type of fresh water fish that easy found

Fish types	Frequency (n=25)	Percentage (%)
Tengalan ( <i>Puntius bulu</i> )	22	88.0
Terbol ( <i>Osteochilus hasseltii</i> )	12	48.0
Loma ( <i>Thynnichthys thynnoides</i> )	5	20.0
Kawan ( <i>Labiobarbus festiva</i> )	2	8.0
Siar/sia ( <i>Mystacoleucus Marginatus</i> )	4	16.0
Other (Lampam, Patin, Catfish)	5	20.0

Figure 2: Freshwater fish exist in Raban Lake, Perak Malaysia



Another question asked respondents which of freshwater fish is the most preference. Table 3 showed the result, where Tengalan is the most preference (68.0%), followed by Loma (12.0%), Terbol (4.0%) and others (16%).

Table 3: The most preferences fresh water fish

Fish types	Frequency (n=25)	Percentages (%)
Tengalan ( <i>Puntius bulu</i> )	17	68.0
Terbol ( <i>Osteochilus hasseltii</i> )	1	4.0
Loma ( <i>Thynichthys hnynnoides</i> )	3	12.0
Others (Patin, Catfish, dan tilapia)	4	16.0

Table 4 shows the respondents favorite traditional dishes using freshwater fish indicated by the respondents. It was clearly stated that almost half of respondents (48.0%) selected freshwater fish with coconut gravy for the most favorite dishes compared to others recipes such as freshwater fish with tempoyak (16.0%), Freshwater fish with sour gravy (12%) and Grille fresh water fish with kerabu gravy (8%). Meanwhile, for the others dishes categories such as curry, fried, ripe red and fish balls were indicated only 16.0% of the preferred dishes. Figure 3 showed the dishes that already cooked with selected recipes. This included coconut gravy (yellow

color), sour gravy (light yellow), spicy gravy, grille with kerabu gravy and tempoyak gravy.

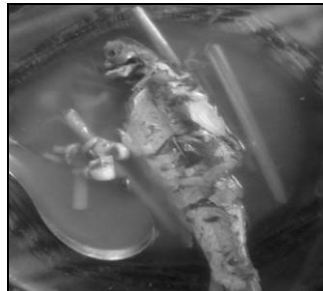
Table 4: Most preferred fresh water fish dishes indicated by respondents

<b>Fish types</b>	<b>Frequency (n=25)</b>	<b>Percentages (%)</b>
Freshwater fish with coconut gravy	12	48.0
Freshwater fish with sour gravy	3	12.0
Fresh water fish with tempoyak	4	16.0
Grilled fresh water fish with kerabu gravy	2	8.0
Others (curry, fried, ripe red chilli and fish ball)	4	16.0

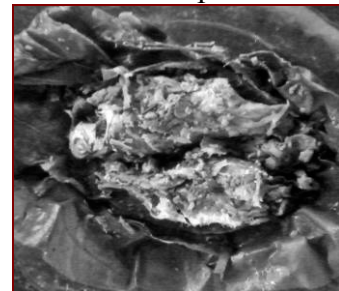
Figure 3: Various fresh water fish cooked base on selected recipes



Fresh water fish with coconut gravy



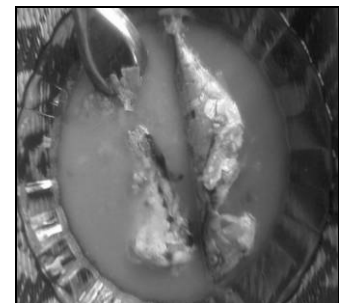
Fresh water fish with sour gravy



Fresh water fish with spicy gravy



Grille fresh water fish with kerabu gravy



Fresh water fish with tempoyak gravy

The survey also asked respondent opinions regarding what dishes are the most suitable and attracting for fresh water fish. These refer to Tengalan and Terbol fish which are already stated by respondents in Table 3 as above. Result shows that 40.0% of respondents felt that Tengalan is most suitable and attracting when cooked with coconut gravy. Other suitable and attracting recipes for Tengalan is when cooked with tempoyak gravy (28.0%), grille with kerabu gravy (16.0%), cooked with sour gravy and curry (8.0%). For Terbol, most respondents stated that these fish is suitable and attracted when use fried cooking (36.0%), cooked with coconut gravy (28.0%), cooked with spicy gravy (16.0%), fried pekasam (12.0%), cooked with sour gravy and tempoyak gravy (4.0%).

Sequently, question was asked about the source to get the fresh water fish. Almost two thirds of respondents (72.0%) get fresh water fish through caught by their ownself. These respondents used trawl fishing or withstand trawl when catching the fresh water fish during the evening time. In the morning, they worked as rubber tappers. Meanwhile, one third of respondents (28.0%) purchased fresh water fish at

nearby shops. The reason they purchased is due to don't have a time and not interested in fishing or trawling. From the findings, the villagers can additional program package in *Kampung Ring, Beng* homestay such as seine fishing to tourists. Through these activities, tourist can feel the first hand experience of trawling or fishing during staying at Homestay *Kampung Batu Ring, Beng, Lenggong* city Perak

The next question asked about how respondents get the traditional fresh water fish recipes. The survey result indicated that 88.0% of them took the recipes from their mother or grandmother. Others respondents (8.0%) mention that they used their own creativity to developed new recipes for those dishes. Only 4.0% of respondents were collected the recipes through friends. This finding shows that most of the villagers were familiars in such traditional recipes. Thus, these traditional recipes can be introduced to tourists as one of the attracting values that have in the Homestay of *Kampung Batu Ring, Beng*. This condition also will be maintained the traditional dishes for the next generation near future.

However, only four types of traditional freshwater fish often served to tourists during tour in packages at Homestay *Kampung Beng*. The four dishes are spicy gravy, tempoyak gravy, grille with kerabu gravy and also sour gravy and curry (Farhana et al, 2012). Instead of four dishes, fresh water fish cooked with coconut gravy is less served to the tourists. This condition happened may be related to villager perceptions. Their mindset may be thinking that coconut gravy dishes is already exist in such places, so these condition will create less attracting if used the same or similar cooking concept. Eventhough coconut gravy dishes can be found in such places, it is totally differents between each others in such ingredients, condition and cooking methods. For example, in Selangor also have the coconut gravy dishes. It used basic ingredients such as coconut milk, chillies, turmeric, tamarind, lemon grass and green pepper but not included bamboo fruit. This condition is different with Lenggong cooking method where bamboo fruit is the basic ingredients for coconut gravy dishes. In addition, Selangor cooking method also put in tempeh as an accessory for attracting the coconut gravy dishes (Sa'adiah M, 2007). As stated in previous report where only four dishes that frequent served, others potential dishes for fresh water fish must also be introduced. The existing valuable traditional dishes in Lenggong such as fried cooked, fried pekasam, soups and curries must be serving and highlight in order to give more choise and value added for tourism purpose.

## **Conclusion**

A various types of freshwater fish dishes can be introduced to tourism industry especially in the Homestay program at *Kampung Ring, Beng, Lenggong*. Tengalan is the most favourite and popular fish due to easily to found by villagers. Others fresh water fish that also been highlighted are Lomer, Terbul, Siar/sia, Kawan, Lampam, Patin and Catfish. Fresh water fish with coconut gravy is the most popular dishes when compared to others. However, in the existing homestay package, coconut gravy is less served instead of spicy gravy, tempoyak gravy, grille with kerabu gravy and also sour gravy and curry. The strong fact has been responds by the villagers for coconut gravy where this dish is potential to be served together with fresh water fish in various types and size. Therefore, it is reasonable when coconut gravy is included as one of the special dishes in the Homestay pakage program. For overall conclusion, every fresh water fish and traditional dishes that already exist there and has been a natural culture among villagers shall point out for promoting Lenggong city. These

finding is important in branding Lenggong as a World Heritage Site for the tourism attracting view in near future.

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