

**LEMBAR
HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW
KARYA ILMIAH : JURNAL ILMIAH**

Judul karya ilmiah (artikel) : Traditional knowledge system in palung salt-making in Bali Island
 Jumlah Penulis : 7 penulis (Yety Rochwulaningsih¹, Singgih Tri Sulistiyono¹, Mahendra Pudji Utama², Noor Naelil Masruroh², R. Siti Rukayah³, Makhfud Efendy⁴ and Misri Gozan⁵)
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Total = (100%)	39	33	36
Nilai Pengusul (Penulis Kelima)	2,6	2,2	2,4

Reviewer I

Semarang, 22 Desember 2020
Reviewer II



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d. Kelengkapan unsur dan kualitas terbitan/jurnal (30%)	12					12
Total = (100%)	40					33
Kontribusi Pengusul (Penulis Kelima)	2,7 (6,7%)					2,2

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- d. Kelengkapan unsur dan kualitas terbitan/jurnal:
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Volume 6, Issue 1, 2019, Article number 10

Traditional knowledge system in palung salt-making in Bali Island (Article)

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Rochwulaningsih, Y.^a, Sulistiyono, S.T.^a, Utama, M.P.^b, Masrurroh, N.N.^b, [Rukayah, S.](#)^c, Efendy, M.^d, Gozan, M.^e

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^aFaculty of Humanities, Diponegoro University, Semarang, 50275, Indonesia

^bDepartment of History, Faculty of Humanities, Diponegoro University, Semarang, 50275, Indonesia

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Abstract

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This study presents the case of an original and traditional knowledge system of palung, which is used in salt-making in the coastal communities of Bali. The study emphasizes the practicalities of the system and its epistemology using anthropological and sociological methods. It is known that the traditional knowledge system of palung salt production has been preserved through the generations as a form of local wisdom. This traditional knowledge system emphasizes the use of local natural resources in accordance with the coastal ecosystems of Bali, where the cultivation of extracted soil (tanah sari), sand, bamboo, and coconut trees is carried out manually. This study has evidenced that the palung process successfully produces salt of excellent taste and quality. Based on laboratory tests conducted on palung salt samples, the results show that it does not contain any heavy metals and that it has good nutritional content. Because of its use of available natural resources, this traditional knowledge system is sustainable and environmentally friendly.

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Authors: Dhanya S., Ramesh N V and Abhayakumar Mishra

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Authors: Reza Dehghani Bidgoli

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22. **[Culinary practices: preparation techniques and consumption of Basotho cereal breads in Lesotho](#)**

Lesotho is a small country (30,350 sq.km with about 2.233 million population), completely surrounded by the Republic of South Africa. The people of the Kingdom of Lesotho are referred to as Basotho. This study...

Authors: Pulane Nkhabutlane, Henriëtte L. de Kock and Gerrie E. du Rand

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23. **[Nutritional and functional properties of coloured rice varieties of South India: a review](#)**

Rice is a major cereal food crop and staple food in most of the developing countries. India stands second in the production of rice next to China. Though almost 40,000 varieties of rice are said to exist, at p...

Authors: [T. S. Rathna Priya, Ann Raeboline Lincy Eliazer Nelson, Kavitha Ravichandran and Usha Antony](#)

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25. [The impact of the Green Revolution on indigenous crops of India](#)

The Green Revolution in India was initiated in the 1960s by introducing high-yielding varieties of rice and wheat to increase food production in order to alleviate hunger and poverty. Post-Green Revolution, th...

Authors: Ann Raeboline Lincy Eliazer Nelson, Kavitha Ravichandran and Usha Antony

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26. [Indonesian food culture mapping: a starter contribution to promote Indonesian culinary tourism](#)

The food culture of Indonesia is shaped by several factors such as nature, history, and culture. With its enormous geographic and cultural diversity across the archipelagos, it is evident that Indonesian cuis...

Authors: Serli Wijaya

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REVIEW ARTICLE

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Nutritional and functional properties of coloured rice varieties of South India: a review

Rathna Priya T. S., Ann Raeboline Lincy Eliazer Nelson, Kavitha Ravichandran* and Usha Antony

Abstract

Rice is a major cereal food crop and staple food in most of the developing countries. India stands second in the production of rice next to China. Though almost 40,000 varieties of rice are said to exist, at present, only a few varieties are cultivated extensively, milled and polished. Even if white rice is consumed by most people around the world, some specialty rice cultivars are also grown. These include the coloured and aromatic rice varieties. The nutritional profile of the specialty rice is high when compared to the white rice varieties. The coloured rice, which usually gets its colour due to the deposition of anthocyanin pigments in the bran layer of the grain, is rich in phytochemicals and antioxidants. Rice bran, a by-product of the rice milling industry is under-utilised, is rich in dietary fibre which finds application in the development of functional foods and various other value-added products. Thus, more focus on specialty rice and its by-products will not only save it from becoming extinct but also lead a step forward towards nutrition security of the country as they are abundant in vitamins, minerals and polyphenols.

Keywords: Rice, Coloured rice, Polyphenols, Phytochemicals

Introduction

Rice is a major cereal crop consumed as a staple food by over half of the world's population. Consumption of rice is very high in developing countries and nations in Asia. Almost 95% of the rice production is done in Asian countries and about half of the world's population consumes it. The cultivation of rice ranks third in the production of agricultural commodity next to sugarcane and maize. It is the predominant dietary energy source of 17 countries in Asia and the Pacific, 9 countries in North and South America and 8 countries in Africa. India is one of the major centres for rice production. The area for rice cultivation in India comprises about 43,388,000 hectares of land [1] and rice contributes to 780 and 689 kcal/capita/day of the food supply in Asia and India, respectively. Furthermore, India is one of the largest countries in terms of energy consumption from agriculture and rice comprises a major part of it [2].

Rice is rich in genetic diversity, with thousands of varieties grown throughout the world and India is home to 6000 varieties, at present. Originally, India had more than 110,000 varieties of rice until 1970, which were lost during the Green Revolution with its emphasis on monoculture and hybrid crops [3]. Paddy comes in many different colours, including brown, red, purple and even black. The colourful varieties of rice are considered valuable for their health benefits. The unpolished rice with its bran has high nutrient content than milled or polished white rice. However, rice consumers prefer to consume polished white rice, despite the fact that brown rice contains valuable nutrient content [4]. A detailed analysis on the nutrient content of rice suggests that the nutrition value varies depending upon several factors such as the strain or variety (i.e. white, brown, red and black/purple), nutrient quality of the soil in which rice is cultivated, the degree of milling and the method of preparation before consumption.

* Correspondence: kavisri9@gmail.com

Centre for Food Technology, Department of Biotechnology, Alagappa College of Technology, Anna University, Guindy, Chennai-25, India



REVIEW ARTICLE

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Culinary practices: preparation techniques and consumption of Basotho cereal breads in Lesotho

Pulane Nkhabutlane^{1,2*} , Henriëtte L. de Kock¹ and Gerrie E. du Rand¹

Abstract

Lesotho is a small country (30,350 sq.km with about 2.233 million population), completely surrounded by the Republic of South Africa. The people of the Kingdom of Lesotho are referred to as Basotho. This study aimed to investigate the culinary practices with regard to traditional Basotho bread, thus serving as a basis for documenting an aspect of Basotho traditional food knowledge. The study was conducted in five districts of Lesotho using focus groups, each consisting of ten housewives in each district, and face-to-face interviews with 253 women respondents who completed a questionnaire related to their knowledge, preparation and consumption of traditional Basotho bread. Recipes for ten traditional Basotho breads were obtained during five focus group sessions. The survey revealed that most of the respondents (99%) prepare bread at a household level using wheat flour. A few (15%) use maize flour and sorghum flour is used by only (5%). The main preparation steps were identified as sorting, cleaning of grains, dry milling and/or wet milling, mixing ingredients, fermentation and cooking. Bread is used for household consumption and social functions, such as weddings and funerals. This paper documents the culinary practices for ten Basotho breads from maize, wheat and sorghum. Research geared to the improvement of the quality characteristics of maize and sorghum breads should be given the highest priority to encourage the use of local ingredients.

Keywords: Culinary practices, Traditional Basotho bread

Introduction

Lesotho is divided into ten districts that lie within two distinct geographical areas referred to as the highlands that are predominantly rural and the lowlands where the main urban centres are located. Climatic conditions vary considerably between these two regions with summers generally hot (30 °C; 86 °F), yet many places have very cold winters. The lowlands can be as cold as – 7 °C (19.4 °F) and the highlands – 20 °C (– 4.0 °F) at times. Lesotho is very high in altitude, about 3500 m (11,500 ft) above sea level at the highest points in the mountainous areas and almost 1200–1400 m (4000–4600 ft) in the low-lying areas [1]. The people of the kingdom of Lesotho are referred to as Basotho, and the official languages are Sesotho and English.

In Lesotho, traditional bread (*bohobe*) is a general term that covers different types of cereal (maize, wheat, and sorghum) meal dumplings (*linkhoa*). The formula for Basotho bread is basically flour, a starter culture, salt and water. Basotho favour the characteristics of bread and perceive bread as the most important and tastiest food compared to all other cereal products. Bread prepared from wheat is preferred more than maize and sorghum bread by Basotho. The benefits associated with the use of maize and sorghum in Lesotho for bread making is due to the declining wheat production in recent years. It is evident that the consumption of wheat bread becomes very costly and cannot be afforded by poor families [2]. The use of sorghum and maize on their own or through compositing them with wheat as traditionally practiced by Basotho could reduce bread costs and provide basic nutrients to underprivileged Basotho. Bread in Lesotho is consumed mainly for its energy supply to enable Basotho to perform their heavy daily duties. However, the main differences in the nutritional composition

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