

Naniura: Typical Bataknese Fermented Fish

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ABSTRACT

Naniura is a native specialty of the Toba Batak tribe, North Sumatra. This traditional food is still less widely known to the public than others. This research used a qualitative research design with the research subjects of historical area guards and typical Batak catering owners. Data collection techniques used observation, interviews, and literacy studies. Data analysis used qualitative analysis consisting of data collection and conclusions. The result revealed that at the previous Naniura only consume by the king, royal guests, and served at the certain events. Naniura could not be made by just anyone, only the king's chosen chef could process naniura. Having a unique maturation process, that naniura does not mature using fire or steam. Instead, naniura is marinated by utte jungga acid, an acid originally from Toba, for 3 - 5 hours until the fish fermented and can be consumed. In the past, naniura were only served using the original fish from Lake Toba, Ihan Batak, but over the time, the extinction of Ihan Batak fish began to occur. Therefore, the community replaced Ihan Batak fish with Carp, a fish that also resides in the Lake Toba area. Hopefully this study can increase the understanding of the wider community to pay more attention and know the local wisdom about Naniura, the original food of the Batak Tribe as a heritage, furthermore, the study conducted due to the rare research about the related topic.

Keywords – Naniura, Bataknese, Fermentation

1. I.INTRODUCTION

Indonesia is a country that stretches from Sabang to Merauke with a variety of cultures. Each region has certain characteristics that illustrate the life of regional customs. Not only systems, dances, lifestyles, even to culinary. One of the regions that exhibits this uniqueness is the Batak tribe in North Sumatra.

Batak Toba or Halak Batak Toba is a Batak ethnic group originating from North Sumatra Province (Sitanggang, 2016). According to Batak mythology, originally the Batak tribe was born in the land of Batak, precisely from Pusuk Buhit, one of the mountains on the western edge of Samosir Island (Sihombing, 2018). The Toba Batak tribe continues to uphold the traditions that have been practiced since ancient times. The legacy passed down to each generation continues to be used to this day in all events held (Tambunan Pusat Penelitian dan Pengembangan Hutan et al., 2021). Every event held by the Batak people cannot be separated from the typical and unique food offerings that have also been passed down from generation to generation.

Batak customs highly value food as a source of life starting from birth, marriage and death events (Petra, 2016). Food changes when entertaining guests or organizing ceremonies (birth, marriage, and death) (Milala, 2008). The ancestors believed that food has an important meaning because to get food, one must do work first (Petra, 2016). The native food of the Toba Batak Tribe is diverse and important in its presentation, such as Naniura.

The original name of the naniura dish is "Dekke Naniura" or "Naniura Fish", a dish prepared from freshwater fish typical of Lake Toba called "Ihan Batak" or "Batak Fish", but due to the scarcity of this fish,

Batak Fish people use goldfish for cooking. Make this dish. The fish is marinated in Utte Jungga, an orange juice native to the Toba region. Then, without needing to be cooked over a hot fire, the fish meat is left for three to five hours until tender, and ready to eat (Tambunan Pusat Penelitian dan Pengembangan Hutan et al., 2021). Like sashimi but with the original flavor of the Batak tribe, the spicy taste of native spices is easily found in the Toba region itself.

2. METHODS

This research is qualitative research. The subject of this research is Naniura, a typical food of the Toba Batak tribe in North Sumatra. The data collection method uses library research and interview techniques. Interviews were conducted with various sources, such as monument preservationists and original Batak restaurant owners, over a period of 35 years and passed down through generations. Literature study is based on reliable sources. These interviews aimed to gather information including the history and background, philosophical meaning, materials used, tools used, contribution to the tourism industry, attractiveness and popularity of Naniura in the wider community. After receiving the data, we analyzed it using the interactive method. The steps of the interactive model analysis gather information and draw conclusions (Miles et al., 2014).

Source	Gender	Jobs	The Experience
Interviewee 1	Women	Batak food catering owner	35 years
Interviewee 2	Man	Guardians of historical monuments	20 years

Table 1. Information Resources

3. RESULT AND DISCUSSION

The History of Dekke Naniura

Dekke Naniura is an original culinary from the land of Batak Toba and its surroundings whose recipe was passed down from generation to generation by Batak ancestors who lived on the shores of Lake Toba. Dekke Naniura means “Fish that is not cooked with fire” in Batak language / “Dengke Mas na Niura” in Batak language. Fish or “Ihan” in Batak language is the basic ingredient for making Dekke Naniura (Prasetya, 2022). Naniura used to be a special dish prepared only for kings. One of the kings who really enjoyed this culinary is King Sisingamangaraja. Because this dish is dedicated to the king, not everyone can cook it.

This is also supported by the results of an interview with Mrs. Manurung (2023) that only royal cooks and chefs can prepare naniura, so this dish has a special effect on the Batak tribe. Although it has not been proven to be true, according to Mrs. Manurung (2023) the chef chosen to prepare this dish is only a beautiful maywoman chosen directly by the king. High-ranking figures such as the king and even specially invited royal guests can also enjoy this meal. This food is prepared for traditional ceremonies in Batak land. Historically, Dekke Naniura was only served at traditional ceremonies and weddings of Toba Batak kings. This makes this food a specialty among the community (Prasetya, 2022). But now, this dish is not only available in restaurants or special orders, but is also often served at house parties, family gatherings or even Bona Taon events. The shape of Dekke Naniura can be seen in Figure 1.



Figure 1. Naniura (Murdaningsih, 2016)

Fish Utilization

The fish used to make this dish comes from Lake Toba, *Neolissochilus Thienemanni*, called Ihan Batak in the local dialect. It resembles the Jurung fish in appearance and is inhabited by the swift rivers that flow into Lake Toba. This species is also found near waterfalls and rivers in the highlands. It has 10 rows of irregular pores. The three body colors are black, white and gold. It has two beards under its mouth (Nuragustina, 2021). This type of fish also has a very high social value because the fish is considered sacred and is used for certain ceremonies or customs. (Tani, 2022).

Dekke Ihan was once used as an offering to God. It is usually served at sacred traditional events. This fish is offered in the hope that obtaining food can bring blessings from God Almighty, as well as health and longevity, many offspring, and cheap and abundant wealth, abundant (Rahma, 2023). But currently, in making Dekke Naniura, the main ingredient of fish is replaced with carp because there has been a scarcity of Ihan Batak itself (Larashati et al., 2020).

Carp is a commonly consumed freshwater fish species with an elongated and slightly flattened body, a central mouth, and two pairs of antennae on the lips. Goldfish have dorsal fins, pelvic fins, caudal fins, and tail fins, all of which fall into the category of carnivorous or omnivorous fish (Febrina Pakpahan & Suhaeli Fahmi, 2020). Goldfish are often consumed because they have delicious meat and are rich in nutrients. The nutritional content of goldfish is 15.23% to 17.83% protein, 3.53% to 8.3% fat and 0.5% to 1.5% carbohydrate. (Intan et al., 2013).

According to Mr. Rajagukguk (2023), the goldfish describes the life/personality and ideals of the Batak people, for example using the expressions harmoan which means wealth, hagabeon which means success (having children) and hasangapon which means honor. This fish also symbolizes the life of the Bataknese, where these fish always swim forward together. In Batak language it is called "mudur-udur" or "saudaran". This reflects the life of the Batak people, where every activity must be carried out together, be it in the form of traditional ceremonies, daily life, social life and so on.

Batak people consider goldfish as a symbol of blessing until it is transformed into a blessed offering to the Almighty in Batak traditional events, calling it "dekke simudur - udur". "Dekke simudur - udur" is a symbol of a blessing, hope or prayer given to someone. It is usually served with odd numbers such as 1 or 3, as odd numbers symbolize good luck in Batak culture. "Dekke simudur - udur" is given to newly married couples, traditional ceremonies, harvest parties, 'paborhatton' (departing children who want to move) and many more (Manulang, 2023). Ihan Batak and Goldfish can be seen in Figure 2.



Figure 2. Ihan Batak Fish and Carp (Mendy, 2019; Munte, 2021)

Andaliman

The andaliman fruit (*Zanthoxylum acanthopodium* DC) is known as a spicy fruit in Batak and is used to deodorize raw fish and meat (Muzafri et al., 2018). This fruit grows wild in Tapanuli, North Sumatra at an altitude of 1500 meters above sea level with a temperature of 15-18 °C. The shape of the fruit resembles pepper, small round, green in color, but when dried it becomes black. The fruit contains aromatic compounds with a bitter taste and produces a sensation that excites the taste buds and causes numbness on the tongue (Lamria, 2003).

The andaliman fruit has long been used as a typical Batak spice by the Batak people. It has a strong characteristic aroma and a sharp, fresh citrus-like flavor, whose bitterness stimulates salivation. It is used to treat several ailments such as stomach and toothache, but also has antipyretic, appetite-stimulating and anti-free radical properties (Suryanto et al., 2004). Andaliman also contains many vitamins and minerals such as vitamin A, iron, manganese, potassium, zinc, phosphorus and several antioxidants (phytosterols, terpenes and carotenes) (Shabrina, 2020). Andaliman also has health benefits such as reducing pain, improving blood circulation, increasing endurance, reducing inflammation and preventing chronic diseases (Aggregation, 2018).

Based on the results of an interview with Mrs. br. Manurung (2023), Batak cuisine is characterized by three main flavors: spicy, sour, and salty. And the difference with other regional dishes, the spicy element in Batak cuisine is not only by using chili but also by using andaliman. The three main flavors also represent the beliefs of the ancestors of the Toba Batak people and Batak history. The Batak ancestors claimed that the world was created by Ompu Muljadi Nabolon, embodied in three important discourses: Mangalabulan, Batara Guru, and Soripada. The three discourses dominate the three spatial dimensions of Upper Banua, Middle Banua, and Lower Banua. And the three main flavors of sour, spicy, sour reflect the Batak people and are called “Dalihan Natolu” or the three Tungku Batua. That “Dalihan Natolu” which means how the relationship of interaction between one person to another in the life of the Batak people (Manulang, 2023).



Figure 3. Andaliman (Jesika & Sinaga, 1970)

Batak Acid: Utte Jungga

In addition to fish as the main raw material of Naniura, jungga tamarind or jungga orange must be used as an ingredient. In fact, the use of other sour oranges is not recommended, as it weakens the original flavor of Naniura. Utte Jungga is a variety of sour orange from North Sumatra, like kaffir lime. This type of citrus is also a mandatory ingredient in many Batak dishes. Utte Jungga not only gives Naniura a fresh sour taste, but also removes the fishy odor, antimicrobials while cooking the Naniura fish meat through a chemical process (Surya, 2021).



Figure 4. Utte Jungga

Rias Flower / Kecombrang

Kecombrang flower, kecombrang, kantan or honje Or what The Batak people call bunga rias, is a spice commonly used as a seasoning. It has a large flower shape, red crown and stem. It also has a fairly unique flavor, such as having a slightly sour and astringent taste. Not only the flowers, but the red stems and fruits of kecombrang can also be enjoyed. (Setyorini, 2020).

Kecombrang has good content such as water by 90 g; calories by 34 kcal; protein by 0.9 g; fat by 1.0 g; carbohydrates by 6.7 g; dietary fiber by 2.6 g; calcium by 60 mg; phosphorus by 16 mg; iron by 1.0 mg; potassium by 650.6 mg; Riboflavin (vitamin B2) by 0.02 mg; Niacin (Vitamin B3) by 0.8 mg (Aji, 2023). Kecombrang also has health benefits such as: B. prevention of damage to body cells; prevent bacterial growth; provide a fresh aroma (Aji, 2023)



Figure 5. Kecombrang

Dekke Naniura Processing Materials and Tools

The main ingredient for Dekke Naniura is fresh carp. The spices to prepare this food are andaliman, utte jungga orange, rias/kecombrang, turmeric, shallots, garlic, galangal, candlenut, red chili and salt. (Manurung, 2023). In processing dekke naniura, the materials and tools that must be prepared are as follows:

1. Goldfish, fresh and ready to use. Goldfish have a body that expands evenly against the soft flesh.
2. The spices used in making Dekke Naniura are obtained from natural ingredients preserved in the Toba area, namely: andaliman, utte jungga, rias or kecombrang, candlenut, turmeric, galangal, ginger, red chili, shallots, garlic.
3. Tools used in the processing of dekke naniura include: knives, pans, serving plates, cauldrons and stoves, spoons, screwdrivers or blenders.

NO.	MATERIAL NAME	TOTAL
1	Goldfish	1 tail (1 kg)
2	Salt	2 tsp
3	Utte Jungga	9 gr (water)
4	Rias / Kecombrang	100 gr
5	Andaliman	1 tbsp
6	Red Onion	150 gr
7	Candlenut	50 dr
8	Red chili peppers	8 baht
9	Ginger	3 cm
10	Turmeric	3 cm

Naniura recipe (Tiofani, 2021)

Dekke Naniura Processing

The carp used is generally a live fish, cleaned of scales, gills and entrails, then the carp is cut in half but not separated; after the carp is cleaned, the carp is soaked in jungga acid water for two hours. While the carp is soaking in Utte Jungga water for two hours, prepare the spices such as andaliman, candlenut, shallots and even garlic - all in a roaster, then pounded until smooth using a mortar or blender. After two hours, the carp is soaked in jungga water completely, then the spines of the carp are removed respectively; the carp after being freed from the spines, then the carp is seasoned all parts of the fish and sprinkled with jungga water completely; wait 3-5 hours; After that, Dekke Naniura is ready to be enjoyed. The process of making Dekke Naniura can be seen in Figure 3



Stages of making Dekke Naniura (Elsa, 2022; Sitorus, 2009)

Dekke Naniura Attraction

In the past, Dekke Naniura was only reserved for kings. One of the kings who loved this dish was King Sisingamangaraja. This made the food an elite dish that could not be tried by the public. That's why people are very curious about how this food tastes and looks like in ancient times. However, due to the low economic level, people could not enjoy the food because the ingredients were still relatively expensive, especially in Ihan Batak and Andaliman. (Manulang, 2023).

Although it is not known for sure, over time people began to enjoy this food and really liked the taste of Dekke Naniura. This food then entered the community and was served at all events and in families with high and low social status. But over time, it began to lose its appeal and became little known to the public. That's why it's rare to find this dish in restaurants that you can enjoy every day, but reservations must be made well in advance.

Now, Dekke Naniura is seeing a return to the wider community through technological advancements. Some social media has a significant influence in this regard, as many young Batak people use social media to present this Dekke Naniura to the public in the form of short videos and illustrate how delicious this food is. This has been initiated long ago by one of the Batak songwriters who wrote a song by Situmorang titled "Tabo Do Dekke Naniura" about eating this food, meaning that the fish eaten is delicious. Now many social network users are interested in the taste of this food and finally try Dekke Naniura.

Value and Opportunities of Dekke Naniura Tourism

Dekke Naniura is one of the original culinary specialties of Batak Toba North Sumatra made from fresh carp without going through the cooking process using fire or steam but does not smell fishy. From the seasoning, the carp will get a complete young acid and seasoning, let stand for 3-5 hours and can be eaten.

Because Dekke Naniura takes a long time to prepare, it costs more than other Batak specialties. This food was usually only served to Batak kings, but nowadays many people can enjoy Dekke Naniura. However, this food still has an important meaning and is an exclusive dish that does not always seem to appear on occasions such as routine events or get-togethers. Because of the quality and quantity of Batak culinary offerings offered to consumers, it is necessary to develop these processed culinary products.

By capitalizing on the heritage of the ancestors, this food needs to be further introduced to the wider community

and also to foreign tourists visiting Batak land. This food can also support tourism in the Toba region with culinary tours that are delicious and healthy for guests from various countries.

Help is also needed in all aspects of introducing this food, such as the Tourism Office and Batak, which are available throughout Indonesia. This culture must show the outside world that the Toba region not only has beautiful scenery and an area with the tourist center of Lake Toba, but also has a very delicious Batak ancestral heritage culinary. Therefore, a consistent management system is needed by paying attention to the quality of these culinary preparations.

4. CONCLUSION

Dekke Naniura is a native food of the Toba Batak Tribe, North Sumatra. It is a food of high value because it was once only reserved for the kings of Batak or only royal guests. It will be served at various special events and the cook who cooks is not just anyone but the king's chosen cook. But along with the times, in the end this food can be enjoyed by the wider community from all over the region.

By using various spices native to Indonesia, especially the Toba region, this food has a delicious and healthy taste, because it does not carry out the maturation process using fire or heat, but the maturation process is carried out by soaking the main ingredient, namely fish using a special acid, namely utte jungga. Using andaliman seasoning which is famous for its spicy, bitter, and delicious taste mixed with various spices, makes this food have a delicious taste and makes everyone curious about the taste.

As technology advances today, naniura is starting to be recognized by the wider community because many Batak people have started making short videos about the process of making and describing the taste of this food. It is also a tool to help the Batak people to introduce the richness of the Batak ancestral heritage to all levels of society. Dekke naniura can also help the tourism of the Toba region itself, the taste, uniqueness, and maturation process that assumes of Naniura is a local Sashimi from the Land of Batak North Sumatra.

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