

# PROCEEDING

## INTERNATIONAL CONFERENCE ON CHINESE DIASPORA IN SOUTHEAST ASIA STUDIES

(Socio Cultural Research of the Chinese Diaspora in Southeast Asia)

November, 25<sup>th</sup> - 27<sup>th</sup> 2022



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# ”Bakpao” as Indonesian Well-known Taste

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*Abstract: One of the typical foods of China, known as bakpao in Indonesia, has the name Roubao (Hanzi: 肉包) in Chinese language. The word “Roubao” is taken from the Hokkien language spoken by most Chinese people in Indonesia. “Pao” can be interpreted as a package, and “bak” means meat. Bakpao can be interpreted as a package filled with meat. In general, dumplings contain pork because we know that most Chinese people eat pork. But the meaning of “Bak” does not mean pork, but meat. The term pork if interpreted in Mandarin is “Tie Bak”. However, pork buns are known as “Tie Bakpao.” such pork, dumplings, in China also makes dumplings with chicken filling called “Koi Pao” or “Kehpao” and also dumplings with beef filling called “Gu Pao.” Similarly with culinary in Indonesia. The method used to trace for bakpao uses a qualitative descriptive method. The result is that the food from China is fused with local wisdom in Indonesia, and becoming typical Indonesian traditional snacks that were initiated from bakpao.*

*Keywords: Bakpao, China, Roubao, Meat, Pork*

## THE BACKGROUND OF BAKPAO

Bakpao is one of the typical Chinese food in the form of bread that has white outer skin which made with wheat flour and yeast as the main ingredients and stuffed with meat. Bakpao are made by steaming, they are also known as Chinese steamed buns. This food is quite popular in various countries, including Indonesia. It is very easy to make and has a delicious taste, so it is loved by many people. Not just meat stuffing, but over time the buns through innovations with various kinds of stuffing, such as vegetables, fruit jams, chocolate, salted eggs, and nuts (Romandon & Ratnaningsih, 2013).

According to legend, Bakpao was first discovered by Zhuge Liang, one of the heroes and historians from China. This is told in a legend the Three Kingdoms era in the era 3rd century AD which around 220-280 AD. It is said there was a military strategist of the Shu Han state, Zhuge Liang (227-234 AD). He was defeated in a battle together with some of his troops in his expansion to the north. This five times defeats against Wei in the north. After the last defeat, Zhuge Liang with some of the remaining Shu Han army was released from detention, then they could return to their kingdom. However, on the way, they were blocked by a river which had very strong flow of water, and they couldn't cross. According to locals, it is believed to cross the river, Zhuge Liang and his troops must make offerings with human heads. He did not agree to this, but they had an idea to find substitute for the offering which was by making a flour dough shaped like a human head filled with the meat of the animal they hunted. From this, the idea of recipe for a food known as Mantou was found. However, during the Northern Song Dynasty (960-1279 AD.), Mantou was more referred as Bao or Baozi, because it is flour wrapping meat. That's what differentiate it from the Mantou which just a dough without meat in it.

Currently due to the influence of acculturation, Bakpao has become a daily consumption food, especially in Indonesia. These can be easily found in any Chinese restaurants, or in nearby taverns and bakeries. Bakpao has gives ideas to change the shape of bread into various different shapes, and using fillings from Indonesian organic food sources which makes bakpao as one of the foods that are consumed daily by the Indonesians. Bakpao, which is known as a Chinese food, with a taste of Indonesian.

## RESEARCH METHOD

Creswell stated that the most appropriate strategy when studying data derived from images using research methods qualitative descriptive (Creswell, 2014). In this case, it was emphasized by Sumartono that the use of this method is to describe objects obtained from the field; which were collected based on data in the form of photos, pictures, recordings, etc. (Sumartono, 2017). Based on these two opinions, a qualitative descriptive research methods can achieve the research objectives and answer the problems. The stages carried out in this research are stage 1, search information from literature studies related to the types of Bakpao; stage 2, map and identify the distribution of Bakpao in Indonesia; stage 3, describe the types of Bakpao; stage 4, interpret the meaning of bakpao behind its visual appearance.



## Study Literature for Various Types of Bakpao

In China, there are seven types of Bakpao are classified by their inside content. These buns still have the same shape, which is round with a white crust and putting dots with different colors depending on its filling, so that both the seller and the buyer know the filling of the Bakpao. The first type of bakpao is called “Shaobao”, the Bakpao are filled with chicken, shrimp, and salted egg. The second type is called “Naihuangbao”, which filled with yellow custard. The third type is called “Kaya-baozi” Bakpao with Srikaya jam. The fourth type is called “Yacaibao” which are stuffed with meat, vegetables seasoned with Chinese spices. The fifth type is called “Doushabao” with red bean paste filling. The sixth type is known as “Shengjian Mantao” with smaller of buns filled with minced meat then fried. The seventh type of Bakpao called “Xiaolongbao” is a bun with a meat filling that is very juicy.

With this, we can see that the stuffing of the buns has undergone various innovations from time to time. In the early days people were using pork as the stuffing, but now the Chinese has modified stuffing by using a variety of fillings, such as vegetables, salted eggs, red beans, custard, Srikaya jam, and many more. The existence of innovations by altering the stuffing of the buns has inspired the Indonesian to participate in modifying the stuffing of the buns. Bakpao originated from China spread and acculturation between Chinese and Indonesian cultures, Bakpao in Indonesia has a special taste distinct from China. Not only that, Indonesians also use its existing food sources for the filling and also the outer skin of the buns. Indonesia buns have a distinctive and unique taste and generally consumed by the Indonesian people.

## Spreading of Bakpao in Archipelago

The migration of the Chinese descent to Indonesia began with the spread of the Hindu-Buddhist Kingdom in Indonesia, the Chinese at that time was doing trading in the Kingdom area in Indonesia. Most of the Chinese people lived on the Java Island in the 19th century as the area became a trading center, especially on the north coast of Java. Based on the exploration records of the Chinese descent ancestry, it was revealed that most Chinese first lived in the western part of Indonesia, especially the Java Island area, namely Central Java, West Java, East Java, Special Region of Yogyakarta, Sumatra Island, Tanjung Jepara, Lasem, Demak, Buyaran, and Rembang. This has led to the spread of Chinese foods such as Bakpao to most areas in the western part of Indonesia, especially Java Island. However, the distribution of Bakpao limited to eastern part of Indonesia. Because not many Chinese people live in the eastern part in this area. Therefore, not many Chinese foods in the eastern Indonesia area. With this, we also know that Bakpao is widely consumed in the western part of Indonesia, especially on the Java Island and only slightly in the eastern Indonesia. Bakpao that spread in Indonesia not the same as the one from China, because the Bakpao in Indonesia has adapted to the tastes of the Indonesian people.



<https://tinyurl.com/yvjcp59n>

## Various Types of Bakpao

In Indonesia, there are 2 types of bakpao which are distinguished by their size. They are known as “Dabao” and “Xiao Bao”. Dabao is a bun with a diameter of 10 cm and is served individually, while Xiao bao is a bun with a smaller size than Dabao, which is 5 cm and is generally served in the form of one dish placed in a special dumpling case made of woven brown bamboo strips. This type of bakpao is generally sold in Chinese food restaurants. The existence of bakpao innovations by modifying the stuffing of the buns made Indonesian people to participate in modifying the filling. They modify by using chicken or beef meat instead of using pork meat. Since the majority of Indonesian people are Muslim and can't eat pork.

Indonesian people also modify the bun by using a variety of unique fillings utilizing Indonesian agricultural products such as green beans, black beans, coconut, barley, and palm sugar which from Indonesian agricultural sources (Bujung et al., 2019).

Indonesian people also use fruit jam, chocolate sauce, peanut, vegetables, or salted eggs (also known as Brebes City commodity in Central Java) (Anggriawan, 2022). These types of Bakpao are usually distinguished by putting dots with different colors so that we can know the contents of the buns.



<https://tinyurl.com/bdmvnpwm>

Not only modifying the filling, but Indonesian people also modify the basic ingredients of making buns with flour into potatoes and also pumpkin (Fadhilah Nur, 2022), Purple Sweet Potato (Fitriyanti, 2019) it is an Indonesian agricultural commodity. In addition, the community also uses tolu nut and brown rice flour which has high iron as a substitute for flour in making buns (Ramadhani Dessy Cahya, 2021). This shows the creativity of the Indonesian people in modifying buns into foods that have a typical Indonesian taste making buns become one of the cuisines that have good nutrients for health. This makes Indonesian food sources as ingredients can be used not only in traditional foods or Indonesian specialties food, but also in the Chinese and Indonesian cultural acculturation, named Bakpao.

Bakpao that sold in Indonesia not only in the form similar shapes with buns made in China, but Indonesian people also selling character buns made with various characters in films cartoons and sold as birthday cakes or special occasion, so it is not uncommon if we find bakpao as a special food in the celebration of formal and informal events in Indonesia as a substitute for cakes or breads. Buns with character shapes have an attractive visual appearance and are made by decorating buns using various colors. Although buns are usually found in restaurants that sell Chinese cuisine, but this food has become a common snack that is sold in various areas such as in markets, supermarkets, and bakery and cakes in many regions in Indonesia. There are many shops or outlets that sell buns using the recipes of their ancestors, Chinese people, so the taste of the buns has a typical Chinese oriental taste. But do not doubt the taste of the buns made by is no less tasty from the taste of the typical-Chinese buns.

In Indonesia there are also buns in the form of frozen food sold in supermarkets in mini sizes or can be called minipao or "Mantao". To eat the buns practically by steaming or frying if the bun is "Mantao". But, of course the flavor produced is also far different from the taste of the buns that are freshly made. It is not uncommon to find door-to-door buns sellers in the housing complex area where they sell buns by going around using motorbikes or pickup trucks. With this bun have become food consumed in general by people of Indonesia. This Chinese food is indeed one of the foods that is made quite practical and still has a delicious taste so that Indonesian people also like to consume it.



<https://tinyurl.com/2svf7cjt>

As a result of the influence of Chinese cultural acculturation, we can find one of the culinary dishes of Minahasa where that dish has a shape similar to bakpao buns. The Minahasa bread is called Biapong bread or often referred to as Minahasa Bread where the bread has a round bread with white bun skin and has 2 kinds of fillings that are with pork filling that has a savory taste and bread with unti filling which is a coconut dough mixed with brown sugar that has sweet taste and liked by the community, especially the local community of Minahasa regions. The Minahasan uses pork filling because the majority of the Minahasa are dominated by Christians, so they can also consume pork.



“Biapong” bread itself is made from a mixture of flour and yeast and the filling of pork strengthen the taste of this Minahasa bread, then “Biapong” bread is steamed in a fire furnace with wood fire. This traditional process will produce a distinctive aroma and add a plus points for the taste of “Biapong” bread.



<https://tinyurl.com/bdcwan54>

### The Meaning of “Bakpao”

Foods in the world have different shapes. Each has its own uniqueness. If you look further into it, there are meanings contained behind the shape of each food. Likewise bakpao. Moreover, the buns originally come from China which is rich in culture, history and beliefs.

It turns out that the shape of the buns that are round and bulging is not a coincidence or created only for the aesthetic only. If you look at its history, buns are deliberately made to resemble human heads. In its history, Zhuge Liang and his troops were about to cross a river, but they were faced with obstruction. To be able to cross the river safely, he must present 50 human heads. Zhuge Liang did not want bloodshed anymore and at the same time he also did not want to sacrifice his soldiers. Therefore, Zhuge Liang ordered his soldiers to look for animal meat. Then the animal meat caught by the soldiers were processed and then wrapped in flour and shaped like a round human head. Consequently, they could pass it by presenting the buns instead of human heads. Although today the form of buns is not always perfectly round, some people still consider buns as symbolic forms of offering to God and ancestors so that they are given protection.

In addition to the meaning related to its history, in the beliefs of the Chinese, the round form of buns are interpreted as a symbol of perfection. This is why Chinese people make buns as one of the common menus found at celebrations of big days such as Chinese New Year, birthdays, and other sacred days. They believe that eating buns can make life more perfect.

### CONCLUSION

Bakpao is originated from China experiencing adaptation to the Indonesian tongue. One of the causes is the majority of Indonesian people are Muslim so they make variants with chicken or beef filling, as well as other innovations such as filling from mung beans, black beans, coconuts. Also palm sugar and various kinds of vegetables, fruit jams such as Srikaya, Pineapple, and Strawberry jam as the filling of the buns.

This meaning of acculturation indicates that the population of Chinese people who had spread during the Hindu-Buddhist kingdom era made them participate in spreading this culture, such as consuming Bakpao, which is one of the typical Chinese food. Biapong as a result of the acculturation of Chinese and Indonesian cultures indicates that the food was inspired by bakpao but modified the filling by using black sticky rice so that it can also be consumed by the Muslim community, which is known as the majority of Indonesian society. This food is one of the popular foods and is also consumed by the majority of Indonesian people, especially Minahasa people.

Until now, bakpao have become a daily food in Indonesia and we can find them easily because this food is sold in various regions and also can be found in the nearest area of the house, market, or supermarket. This food is also often eaten during formal and informal events by modifying buns into character buns that are intended to add visuals so that the buns look more attractive and pleasing to see. Hereby, bakpao has become a common consumption for Indonesian people even though they are not Chinese and also become one of the foods that have a special taste made by Indonesian people.

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