

## PORTRAYING TRADITIONAL SUNDANESE ECO-DRINKS

BY

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### Abstract

This research is conducted in Bandung, the capital city of Jawa Barat province, Indonesia. The traditional Sundanese drinks or beverages, such as *Jeniper*, *Lahang*, *Doger Ice*, *Goyobod Ice*, *Cingcau Ice*, *Bajigur*, *Bandrek*, and *Sakoteng* are considered as eco-drinks. The word *eco*-comes from a Greek word *oikos*, the meaning of it is related to anti-pollution. These traditional Sundanese drinks have good system in preparing the drinks, having good qualities ingredients, and the wastes are friendly environment. The objectives of this research are to identify and analyse the names of the eco-drinks linguistically, and to describe all aspects of the drinks that related to eco-culinary concept. The research uses qualitative method. The data are taken from interviewing and the media. The results are, several names of the traditional Sundanese eco-drinks are written morphologically in the word formation process of blending. The traditional Sundanese drinks use the healthy ingredients, tropical fruits which grown around the Sundanese's houses in Jawa Barat province. The preparation of the drinks is eco-friendly. The wastes of the fruit can be thrown away into the holes called bio-pores, which later become compost to fertilize the soil. The Sundanese traditional eco-drinks are harmless to the environment which is called as a friendly environment.

**Keywords:** Traditional Sundanese drink, eco-drinks, friendly environment

## INTRODUCTION

Culinary tourism rises significantly around the places where the travellers are visited. It gives the travellers not only eager to enjoy the scenery but also eager to taste the traditional foods and beverages around the places. Culinary tourism is the kind of tourism which related to the act of consumption the traditional foods and beverages in the places they visited. Sometimes the travellers are also anxious to know how to prepare the beverages and cook the food. The traditional drinks known as beverages that prepared and consumed by one specific culture. However, at the moment the traditional drink of one culture can be prepared and consumed anywhere. According to Sunaryo in Ramadhany et al., traditional beverages are defined as kind of drinks which were traditionally processed, and the recipe were originally learned from their ancestral with their local knowledge (Ramadhany, Iskandar, & Sudono, 2020).

At the moment, eco-culinary is one of the most popular attempted in how to prepare the food. Eco-culinary concept relates to the food

system, which is durable, and eco-friendly that keeps the people and the environment a safer approach (Ghimire, 2021). There are many ways in serving food, the way of serving food should be harmless to both people who consume it and the food itself.

Of course, serving some food without drinks is like living in droughty land, it will be felt so dry and raspy. Therefore, food is always accompanied with the beverages or drinks. People need beverages for their survival (Ramadhany et al., 2020). In line with Stepanova et al. who argued that drinks have a significant part in human nutrition and the eco-hotels usually offer them in their menu (Stepanova, Helikh, & Koshel, 2022).

The synonym of the word drink is beverage. However, beverage is a formal terminology which is often used in big restaurants and hotels. Eco-drink is a part of eco-culinary, 'eco' comes from the word *ecology*. The etymology of the word *eco* is from the Greek word *oikos* means *house*, *dwelling*, *place*, *habitation*, in use with anti-pollution. Eco-drink contains the fresh ingredients, many

benefits for human-being, and the ingredients and the wastes are harmless to the environment (friendly environment).

This paper discusses the traditional drinks that are prepared by the Sundanese tribe in Indonesia. Most of these traditional drinks mentioned are made of the tropical fruits, such as coconut fruit, avocado, jack-fruit, and *kolang Kaling* which are combined with local culture's snacks. The local culture's snacks are fermented black sticky rice (*tape ketan*), fermented cassava (*tape singkong*), mung-bean pudding (*hunkwe*), and sago pearl (*sagu mutiara*). The Sundanese uses palm sugar as flavour enhancer of the drinks.

The Sundanese people live in the region of Jawa Barat province and they speak Sundanese language for their local language. According to Gonda in Ekajati (1995) the word 'Suddha' is a loanword from Sanskrit means bright, clean, bright which became the name of the mountain in Jawa Barat area, *Sunda Mountain*. However, the word *Suddha* was pronounced differently by the native inhabitants of Jawa Barat became *SUNDA* and the inhabitants who live in that area of Sunda Mountain are called Sundanese (Ekajati, 1995).

At the moment, the land around Jawa Barat area is a fertile land, because of the growth of many mountains. It was easier for the people to grow many kinds of fruits and vegetables in the slopes of the mountain, at that time. Long time ago most of the Sundanese worked as farmers and they also planted fruits and vegetables besides the rice. Therefore, many Sundanese traditional eco-culinary are made of fresh vegetables, such as *lalapan* and *karedok* (Sundanese salad with peanut sauce). *Lalapan* is one of the most popular side-food in Indonesia. *Lalapan* consists of fresh vegetables, such as fresh cabbage, cucumbers, tomatoes, eggplants, and boiled chayotes (*labu-siam*). These fresh vegetables are usually consumed together with *sambal*, the palm-sugar paste mixed with some cayenne pepper. The Sundanese consumes *lalapan* and *sambal* for their meals. Other Sundanese eco-culinary which is similar to a salad is *karedok*, slices of many kinds of fresh vegetables, such as cabbage, cucumber, eggplant that mixed with peanut sauce.

The drinks made of vegetables or fruits are provided not only in Jawa Barat but also in other parts of the world, such as Europe and Asia. It was reported that a non-alcoholic drinks, such as a drink made of pumpkin, a yellowish round, and seedy fruit, has been liked by many people (Stepanova et al., 2022). He also reported that the pumpkin puree and chicory could be the ingredient of functional hot drinks latte type. The benefits of pumpkin are among others wound healing, antimicrobial, anti-oxidative. Other researcher, Lopes et al. (2019) asserted that drink such as milk lately has been declining to choose, soy is less popular than cow milk and legume-based beverage today is more preferable instead of soy beverages (Lopes, Duarte, Nunes, Raymundo, & Sousa, 2019). Later, Purkiewicz and Pietrzak-Fiecko (2021) noted that fruits and vegetable beverages on whey are considered to be an innovative and functional product in view of the technological process (Purkiewicz & Pietrzak-Fiecko, 2021).

Besides the Sundanese eco-drinks, there are several kinds of eco-drinks from other parts of Indonesia, for examples, the traditional

drink from Sumatra Barat and Lombok Island. One of the local drinks from Sumatra Barat is made of the coffee-leaves. It is a traditional drink obtained from the processed of coffee-leaves and drink as 'tea'. The fumigation process of the coffee leaves is done in a bamboo-stick, the stick is put near a fireplace for several days. After the leaves are dry, crushed them into powder and brewed it (Fibrianto, Muthifalyza, & Yuwono, 2021).

Not only Sumatera Barat has a traditional drink, but also *Sasak* tribe. The *Sasak* tribe lives in Lombok Island located in the '*Lesser Sunda Region*', Nusa Tenggara Barat province, Indonesia. The traditional drink is called *Ai'Sepang*, a *Sasak* traditional spicy drink (Sukenti, Hakim, Indriyani, & Purwanto, 2019).

The Sundanese people have several traditional drinks that can be considered as the eco-drinks. The traditional Sundanese drinks are the non-alcoholic drinks made of fresh-mixture of several ingredients, such as coconut milk, slices of young coconut meat (the white flesh inside the coconut), palm sugar, lime fruit, avocado, jack-fruit, mung-bean pudding, fermented sticky rice, and others.

Eco-drink is described as a non-alcoholic drink, made of the fresh, sweet fruits and other ingredients. It is possible, that some of the ingredients are taken from the people's own garden. These eco-drinks are also described as friendly environment, it is not harmless for the environment. The Sundanese traditional drinks can be considered as the eco-drinks for the reason that the drinks are made of the fresh fruits, consist many benefits for human's health, and the wastes of the ingredients are harmless to the environment.

Related to the friendly environment, long time ago the ancestor of the *Sundanese* tribe made a big-hole in their garden for throwing the waste away. They threw away the fruit skins and vegetable wastes into the hole, after that, they covered the hole with the soil. Several weeks later, the wastes become compost fertilizer. Compost fertilizer is usually used to provide nutrients to soil, plants, flowers, and vegetable (Anacan, 2022).

Nowadays, people are trying to do the same as the Sundanese ancestor does. Recently many of the Sundanese are living in the towns or cities because of their jobs. Big houses with wide gardens in the towns and cities are so expensive. Many of them have to live in small houses, nevertheless, some of them can still have small gardens. However, the Sundanese people can still dig some holes in their garden or make a compost bin for throwing away the wastes.

In the recent years, the organic waste can be thrown away to the small-holes dug in the garden which called *Bio-pores*. *Bio-pores* are almost similar to the hole that was made by the *Sundanese* ancestor to throw away the organic wastes. Bahagijo (2018) explained the benefit of bio-pores that it can diminish organic waste, it could compost the soil, it can prevent the flood and increase the groundwater, and it also can reduce the puddles forming (Bahagijo, 2018).

## METHODS

This research is conducted in Bandung, the capital city of Jawa Barat province.

The Sundanese traditional eco-drinks can be found in Bandung. The method uses a qualitative research. Creswell and Creswell (2018) define a qualitative research is a means for exploring and understanding the meaning individuals or groups ascribe to a social or human problem (Creswell & Creswell, 2018). The data selected based on the description of eco-drink, good system in preparation, healthy ingredients, and the wastes are being categorized as friendly environmental. The objectives are to identify the names of the traditional Sundanese eco-drinks linguistically and to describe the preparation of the drinks, including the ingredients, and the wastes which harmless to the environment called the friendly environment.

## RESULT AND DISCUSSIONS

There are many kinds of Sundanese traditional drinks that can be categorized as eco-drinks. However, this research focuses at several of them. The traditional Sundanese eco-drinks are divided into two types: A. the cold eco-drinks and B. the hot eco-drinks. The cold eco-drinks are *Jeniper*, *Lahang*, *Es Doger*, *Es Goyobod*, *Cingcau Ice*, and *Es Cendol* while the hot eco-drinks are *Bajigur*, *Bandrek*, and *Sakoteng*.

### A. The Cold Eco-drinks

#### 1. *Jeniper*

*Jeniper* is a mixture of lime drink from Kuningan District, it is one of the districts in Jawa Barat province. Lime fruit is a round fruit just like a small orange that comes from the tree called *Citrus Aurantifolia Swingle*. This eco-drink has a unique name, *Jeniper*, which comes from the combination of several letters and first-syllable of each word of the words from the Indonesian language *Jeruk Nipis Peras* (squeezed lime).

The name *Jeruk Nipis Peras* consist of three words. *Jeruk Nipis* is the name of the fruit 'Lime', and the word *Peras* means squeezed or pressed. The word formation-process uses in these words is the combination of the 'first syllable' of the first and second word are *je-ruk ni-pis*. However, there is an addition of the letter [r] in the first syllable of the third-word *pe-ras* becomes *per-as*. Thus the combination of the words *Jeruk Nipis Peras* becomes *Jeniper*. In English Morphology, the combination of the syllables or letters called the word formation process of blending. Blending is a word that combine two or more words into one, deleting material from one or both of the sources words (Plag, 2002). The word brunch, for example, comes from the word breakfast and lunch, which taken just several letters *br*, and lunch, which taken the letters *unch*, brunch. It is very easy to prepare *Jeniper*, the lime is cut into two parts. Then, each part of the lemon is squeezed or pressed. After obtaining the lemon juice, adds it with some cold water or hot water. Originally *Jeniper* is the mixture of lime juice, water, and a little bit of sugar or honey. However with the development of culinary innovations are now served in bottles of syrup, with tea leaves, ginger, and yogurt. *Jeniper* is also known as a drink that harmless to the environment (friendly environment). The wastes of

the fruit-skins and seeds can be thrown away into the biopores. However the fruit skins have to be cut into small pieces before throwing it away into the bio pores. After several weeks, the waste will turn into compost fertilizer.

#### 2. *Lahang*

Another traditional Sundanese eco-drink is called *Lahang*. *Lahang* is the liquid for making palm sugar obtained from sapping the stems of the sugar palm tree. Originally, *Lahang* is the name of the liquid obtained from the male flower of sugar palm (*Arenga Pinata*). It is not easy to sap the liquid or juice from the male flowers. Long time ago, the farmers had to go very early in the morning to sap the juice from the flowers. However, if it is too late, the juice will have a fermentation process and turns into a palm wine.

Before the farmer does the sap, the farmer has to clean the male flower from the dry leaves and fibers. Furthermore, he has to prepare the jar for the juice of the flower. Traditionally, the juice has to be put inside a stick of bamboo *Betung* (*dencrocalamus asper*) a kind of bamboo tree that has a big hole inside its stick, the Sundanese called it *LODONG*. The hole inside the bamboo stick has to be cleaned neatly before it is used. During sapping, the juice will run into the hole inside the bamboo. *Lahang* in the bamboo stick or *Lodong* is poured into several cups. *Lahang* is ready to drink, *Lahang* has a sweet taste. *Lahang* is known as a healthy drink since it is rich from vitamin C. The Sundanese people also like *Lahang* is mixed with ginger. The ginger should be crushed before boiled, then mixed it with *Lahang*. Some benefits of the mixture of *Lahang* and ginger water are as a sedative, overcoming constipation, and reducing fever. However, at the moment it is difficult to find *Lahang* seller around the big cities, as the result of the decreasing of sugar-palm trees around the areas.

The wastes of the male-flower of the palm-tree, the leaves, and the stalks can also be thrown away to the bio-pores. When the wastes ready to be thrown away, cut into small parts and throw them away into the bio-pores. After several weeks, the wastes will turn into compost fertilizer.

#### 3. *Doger Ice*

*Doger Ice* is also categorized as one of the famous traditional eco-drink of the Sundanese people. Originally, *Doger Ices* comes from Cirebon, a district in the North of Jawa Barat province. The Cirebonese people likes *Doger Ice*, the eco-drink is a cold and refreshing drink. In order to sell the drink around the town, the seller puts the mixtures of *Doger Ice* into a wooden-box, which puts on the top of a wooden-cart. The seller pushes the wooden-cart around the town. The word *Doger* is taken from two-words in Indonesian language *dorong gerobak* means 'to push a cart'. The word *dorong* means to push, and *gerobak* means a wooden cart. The word formation process of blending is also found in the word *doger*. According to Lieber (2009) a new word could be combined by the morphemes, the process is called blend (Lieber, 2009). The word *doger* comes from 'the word formation process' by combining the first syllable of the word *do-rong* 'do', and three letters from the beginning of the word *gerobak* 'ger'.

*Doger Ice* usually serves in a drinking glass. The mixtures of *Doger Ice* are half glass of coconut milk, some scraps of young coconut meat, a spoon of fermented black sticky-rice (*tape-ketan hitam*), small cuts of fermented cassava (*tape singkong*), small cuts of boiled *kolang-kaling* (*Arenga Pinnata*), small slices of avocado, and several slices of jackfruits. On the top of the drink is spread with some grated ice-cubes and drips of condensed milk.

Jackfruit is a tropical fruit, according to Ranasinghe et al. (2019) the fruit is a rich source of nutrients such as carbohydrates, proteins, vitamins, minerals, dietary fiber, and phytochemicals (Ranasinghe, Maduwanthi, & Marapana, 2019).

The fermented sticky rice and fermented cassava have to be prepared several days before serving. To make fermented black sticky-rice is easy, a handful of black sticky rice have to be steamed first, after it is cold mix it with some yeast. In 3 days, the fermented black sticky-rice is ready. The fermented cassava is done similar to sa the fermented black-sticky rice. The cassava has to be boiled, after it is cold spread it with yeast. The fermented cassava is ready to be served in two or three days.

To keep the healthy environment, the wastes of *Doger Ice*'s ingredients, such as the fruit skins and seeds are cut into small pieces and throw them away into the bio-pores. The fruit skin of Jackfruit is big, so it should be cut into small pieces to throw it away to the bio-pores. After several weeks, the wastes may turn into compost fertilizer. However, the jackfruit seeds sometimes are consumed by the Sundanese, the seeds are boiled for several minutes then it can be consumed. The wastes of the coconut shells are created into many kinds of crafts.

#### 4. *Goyobod Ice*

*Goyobod Ice* is a drink found in 1930. The drink comes from *Garut*, a town in the Southern area of Jawa Barat province. The etymology of *Goyobod* comes from Sundanese language. *Goyobod* is a tapioca pudding which is cut in cubes size and before it is consumed, the drink is added with melted palm-sugar. Nowadays, *Goyobod Ice* is very popular in *Garut* and around Jawa Barat province. At the moment, *Goyobod Ice* is known as one of the favourite drinks from Jawa Barat province.

*Goyobod Ice* prepared by the Sundanese people are the mixture of cold coconut milk (which has been boiled before), several small cubes of mung-bean flour pudding (*hunkwe*), slices of Avocado (*Persea americana*), scraped of young-coconut meat, and some sago-pearl (*sagu mutiara*). All the ingredients are put in a drinking glass, coconut milk and a little bit of water poured into the drinking glass. On the top of the drink sprinkled some grated ice-cubes and melted palm-sugar to give the flavour and the freshness of the drink. Mung-bean flour pudding is easy to make, the flour is boiled with some water then put it in a dish. After solidify, the pudding can be cut into small cubes. *Kolang-kaling* and the sago-pearl (the pearl size made of sago flour) can be bought in the market.

*Goyobod* eco-drink has many benefits for human-body, it contains many vitamins that come from the ingredients. Avocado, loaded with nutrients, such as vitamin C, vitamin K, vitamin B, vitamin E,

vitamin A, and potassium. The waste of the ingredients of *Goyobod Ice*, such as avocado skin, jack-fruit skin, and the waste of grated-coconut can be thrown away into the bio-pores.

#### 5. *Cingcau Ice*

Grass Jelly Ice is a green colour grass jelly that can be found in Bandung, which also is categorized as an eco-drink from the Sundanese tribe. The Sundanese called this drink as *Cingcau*, the word is a loanword from a Chinese word *chhin-chhau*. Loanwords are words absorbed from other language, it happens by people who did a language contact. Language contacts, in turn, will inevitably make the national language absorb foreign words from other languages (Xiao, 2020). The word *chhin-chhau* is a loanword from Hokkien Chinese language refers to the plant called *platostoma* which produces *Black cingcau*. However, the Sundanese prepares the green *Cingcau* for their Grass Jelly drink. Grass Jelly drink is also popular in the East Asia and South East Asia, but every region has a different kind of mixtures of the drink. Grass Jelly drink or *Green Cingcau* made of the extract leaves of the vines called *Cylea berbata Myers*, besides that vines it is also possible to use the leaves of the shrubs called *Prema Oblongifolia*.

It is very easy to make jelly from these leaves. Several leaves are taken from the plant and then cleaned them with running water. The leaves are squeezed softly for several times, let the extract leaves flows into a bowl, then adds some water into the bowl. In several days the extract liquid will turn into jelly. The Grass Jelly can be cut into several cube size. The green Grass Jelly is ready to serve in a glass of water, adds some coconut milk, grated ice-cubes, and melted palm sugar.

In Jawa Tengah, especially the Javanese tribe uses the leaves of *Mesona Palustris* to prepare for the Grass Jelly. However, this kind of Grass-Jelly produces black Grass Jelly. Nowadays, green *Cingcau* or black *Cingcau* are both preferred by the Indonesian.

The waste of the squeezed leaves can be thrown away to the bio-pores. The leaves should be cut into small pieces then throw them away into the bio-pores. After several weeks the waste will be changed into compost fertilizer.

#### 6. *Cendol Ice*

*Cendol* Ice is a traditional drink from Sundanese tribe. It has been consumed since the colonialism era. The word *cendol* is a loanword from Sundanese word 'Jendol'. *Cendol* texture is similar to the form of the swollen of one's hand bumped into a hard object.

Originally *Cendol* is made of rice flour, people describe *cendol* as 'the green rice flour jellies' and it usually drink with ice. However, at the moment people make *cendol* with mung-bean flour. To prepare *cendol*, some rice flour is mixed with a little bit of tapioca flour, after that boiled them. When it gets thicken put in *suji-leaves* to make it green in colour, and adds *pandan-leaves* to make it smells nice. The *cendol* is turned into jelly. Then, put the *cendol* jelly into the *cendol-maker*, a tin pan with many small holes. The *cendol* maker will mould the *cendol* texture as caterpillar form. The texture of the *cendol* jelly will run into cold water in a bowl. After that, throw the cold water away. To prepare *cendol*, put some

*cendols* into a glass of water, pour some coconut milk, and adds some melted palm sugar.

The waste of the ingredient of *cendol* is the leftover of grated coconut-milk after it pressed. The coconut milk can be taken from pressing the grated ripen-coconut. The waste of the leftover grated coconut can be thrown away to the bio-pores. The dry palm leaves as the palm-sugar wrapper can also be thrown away to the bio-pores

## B. The Hot Eco-drinks

Besides cold drinks, the Sundanese also creates warm or hot drinks, such as *Bajigur*, *Bandrek*, and *Sakoteng*. The main ingredients of these drinks are coconut milk, water, scraped coconut meat, and palm sugar. The Sundanese gets the coconut milk (juicy water) from pressing grated-ripen coconut meat but takes the scrapes coconut meat from the young-coconut fruit. The young coconut-meat is softer than the ripen coconut meat, however the young coconut meat does not have any juicy water from grated coconut, such as coconut-milk. The palm-sugar is usually wrapped in a palm sugar dry-leaf.

### 7. *Bajigur*

Different from Sundanese traditional ice-drinks, *Bajigur* is a traditional Sundanese hot drink. Etymologically, the word *Bajigur* is from Sundanese language. *Bajigur* is boiled palm sugar with coconut milk, the drink filled with *kolang-kaling*. Long time ago, the Sundanese farmers had to go very early in the morning to the rice-field when the temperature was still very cold. Therefore, they consumed *Bajigur* to warm their body.

Originally the main ingredients of *Bajigur* are the mixture of coconut milk, hot water, and melted palm sugar. Later, extract ginger and *kolang-kaling* (*Arenga Pinnata*) are added to the drink. Sometimes, coffee or cocoa are mixed into *bajigur*. *Bajigur* is a drink that consumed by many Indonesian people. The people can easily prepare it by themselves. Since this drink is very popular, it is also sold in the restaurants, cafes, or hotels with many variations.

Now some of Indonesian people named *Bajigur* as 'Sundanese Coconut Latte'. Latte is an Italian beverage consists of some whisked hot-milk and coffee, but sometimes people change coffee to cocoa. The Sundanese *Bajigur* uses coconut milk instead of cow-milk and uses melted palm-sugar instead of cocoa, so that it looks like Latte, because it has brownish colour similar to Latte.

The waste is only the leftover of grated coconut meat after the coconut being pressed to take the milk. The leftover of the grated coconut can be thrown away into the bio-pores. The wrapped of palm-sugar which is the dry-leaf of sugar palm tree leaf can also be thrown to the bio-pores. People may find *kolang-kaling* in the market, as it is difficult to find any *Arenga Pinnata* tree around the town or cities.

### 8. *Bandrek*

*Bandrek* is another Sundanese traditional hot eco-drink. The etymology of *bandrek* comes from Sundanee language. It means boiled palm-sugar mixed with chilly in order to make the body warmer, the drink is filled with scraped coconut meat. *Bandrek* is

originally the mixture of crushed ginger and hot water. The drink comes from Bandung areas where the temperature is cool during the night. Recently *Bandrek* is a popular drink in the Indonesia, *Bandrek* is served in the restaurants, cafes, and hotels.

The main ingredient of the drink is the extract ginger root and melted palm sugar. The extract ginger is added with some hot water, after that give some melted palm-sugar. The drink is added by the melted palm-sugar, the color of the drink becomes brownish. *Bandrek* is ready to be consumed. The Sundanese often adds some herbs, such as cloves, lemongrass, *pandan* leaves, and cinnamon into the drink. Recently more people prefer to add some scrapes of young coconut-meat into *Bandrek*.

*Bandrek* are the mixture of fresh ginger root, palm-sugar, and the herbs. The benefits of *bandrek* are to prevent digestive problems and obesity. The organic wastes of the ingredients can also be thrown away into the bio-pores, such as the leftover of ginger and grated-coconut. Therefore, *bandrek* is also categorized as an eco-drink. *Bandrek* is also a friendly environment drink.

### 9. *Sakoteng*

*Sakoteng* is one of Sundanese traditional hot drinks. The word *sakoteng* (the first syllable 'se') is more popular in Indonesia, but the Sundanese writes and pronounces the word *sekoteng* 'SAKOTENG' (the first syllable pronounced 'sa'). *Sakoteng* is a loanword form Chinese-Hokkian language *su ko thung* or *si guo tang* means four kinds of fruit. *Sakoteng* seller uses a wooden cart to put the ingredients of *Sakoteng*. The seller pushes the cart around the town or area during the nighttime when the weather is cooler.

The main ingredient of the *Sakoteng* is the ginger water. The mixture of the *Sakoteng* are *kolang kaling*, mung-bean, peanut, small cubes of white bread and sago pearl. The preparation of ginger is similar to the ginger-water in *bandrek*. The ginger is crushed then boiled. After that, pour the ginger-water into a glass or a bowl. After that the ginger water is added with *kolang-kaling* and boiled mung-bean. Later it is added with roasted peanut, small cubes of white-bread and sago pearl. On the top of it spreads some condensed milk. The *Sakoteng* is ready to drink. *Sakoteng* is also considered as an eco-drink. The wastes of ginger can be thrown away into the biopores.

The traditional Sundanese eco-drinks are the mixture of various ingredients. The ingredients of the drink are the fresh fruits or vegetables which easily find in the region of Jawa Barat. The ingredients also have many benefits for human body. The system in preparing the eco-drinks is in a good system, it is only boiled some of the ingredients. The eco-drinks can be divided into two kinds, those are cold eco-drinks and hot eco-drinks. The main ingredients of the cold eco-drinks called *Jeniper* is the juice of lime fruit, *Lahang* is from the sap of the flower of sugar-palm tree, and *Cingcau* is a Grass Jelly from the leaves of vines called *Cylea berbata Myers*. However, the main ingredients of some others cold and hot drinks of the traditional Sundanese eco-drinks related to the coconut fruit and palm sugar. The main ingredients of the cold eco-drinks called *Doger Ice*, *Goyobod Ice*, and *Cendol* are the coconut milk and the scraped of coconut meat. Those eco-drinks

may also add melted palm-sugar to enhance the flavor. People add some more ingredients when the drinks are ready to be consumed. The main ingredient of hot eco-drink called *bajigur* is also the coconut milk and scraped coconut meat. Unlike *Bajigur*, the main ingredient of *Bandrek* and *Sakoteng* are extract ginger.

Coconut is the fruit of the coconut-palm trees, it is commonly used for coconut water, coconut-milk, oil, and tasty meat of the fruit. Coconut milk is taken by pressing the grated-meat of the coconut fruit. Scraped coconut is usually taken from the young coconut fruit.

Other main ingredient of the eco-drink is palm-sugar. The palm-sugar is made of the juicy water of the sugar-palm tree. It is boiled until it is thickened, then it is put in a small round bowl. After it is solidify, it wrapped by the dry-leaves of the sugar palm tree. When it is going to be prepared, it should be cut into small slices. Later it is melted with some hot water. The palm sugar is ready to add into the drink. Other main ingredient is the ginger root. The ginger should be crushed before boil it with some water.

The waste of the ingredients of the traditional Sundanese eco-drinks are the organic wastes, such us fruit-skins, seeds, leaves, roots and any material that in a bad conditions. The wastes of coconut shells are created as handy-crafts, such as ashtrays, cups, vegetable-scoops, ladles. The traditional Sundanese eco-drinks are harmless to the environment, which is called as friendly environment.

## CONCLUSIONS

Traditional Sundanese eco-drinks are classified into two major classifications, they are cold eco-drinks and hot eco-drinks. The traditional Sundanese cold eco-drinks discussed in this paper are *Jeniper*, *Lahang*, *Es Doger*, *Es Goyobod*, *Cingcau Ice*, and *Cendol* while the hot eco-drinks are *Bajigur*, *Bandrek*, and *Sakoteng*. Both the traditional Sundanese the cold and hot eco-drinks are harmless to the environment since the waste could be processed naturally which is called as friendly environment.

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