



Center of Language and Cultural Studies

IJOTL-TL

Indonesian Journal of Language Teaching and Linguistics

<https://ijotl-tl.soloclcs.org/index.php/ijotl>

ISSN : 2502-2326

EISSN: 2502-8278

Month, Vol, No	: September, Vol.09 No.03
DOI	: 10.30957/ijotl-tl.v9i3.797
Received	: October 2024
Accepted	: December 2024
Published	: December 2024

Translation Technique Of The Book “Resep Masakan Indonesia Di 5 Benua”

Agus Darma Yoga Pratama¹, I Nyoman Kardana²

Universitas Warmadewa, Indonesia

Email: agusdarmayoga85@yahoo.com

Abstract

This research investigates the translation strategies in the bilingual cookbook "Resep Masakan Indonesia di 5 Benua," focusing on Indonesian culinary terms translated into English. The study aims to identify translation techniques, apply Cultural-Specific Items (CSI), and evaluate functional equivalence between Bahasa Indonesia and English. Data were collected from the cookbook using a descriptive qualitative method. The analysis categorized translation techniques based on Newmark's (1998) Molina and Albir's (2002) framework, identified CSIs per Menu, and evaluated functional equivalence using Nida and Taber's theory. Data collection involved reading and categorizing recipes, noting translation techniques, and analyzing CSIs and functional equivalence. Results show Transference as the most dominant technique (53.57%), preserving original Indonesian terms for cultural authenticity. Literal Translation was used in 46.43% of cases for precise translations. Ingredients were the most frequent CSI (82.14%), emphasizing their importance in Indonesian cuisine. Functional equivalence analysis showed a higher use of Formal Equivalence (67.48%) over Dynamic Equivalence (32.52%), indicating a preference for maintaining original structure and terminology. This study highlights the importance of balancing accuracy and cultural adaptation in culinary Translation to maintain recipe authenticity while ensuring comprehensibility. The findings contribute to understanding translation strategies in culinary contexts, emphasizing the challenges and solutions in preserving cultural heritage through language.

Keywords: CSI; functional equivalence; Recipes; translation techniques.

Copyright and License

Authors retain copyright and grant the journal right of first publication with the work simultaneously licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).



Citation (APA):

Pratama, Yoga, D.A., Kardana, Nyoman, I. (2021). Translation Technique Of The Book “Resep Masakan Indonesia Di 5 Benua”, *IJOTL-TL: Indonesian Journal of Language Teaching and Linguistics*. 6(2), 1-12. DOI: <https://10.30957/ijotl-tl.v9i3.797>.

1. Introduction

The archipelago's cultural diversity impacts almost every aspect of people's lives in Indonesia, even attracting foreigners to visit Indonesia. Culture in Indonesia includes various regional clothing, traditional houses, regional languages, and regional specialities. Food is an essential staple in people's lives because it is a means to support life. Food is also one of the main factors that describe how a person views a culture and how that view influences their culture. Food represents an approach to the culture of people's lives through the flavours and uniqueness displayed in the food itself. The various types of culture have led to multiple food variations with distinctive characteristics and uniqueness.

Indonesian cuisine is a distinctive dish that is rich in local Indonesian herbs and spices. Indonesian cuisine has a fantastic variety of flavours that attract domestic and international consumers. This also often triggers foodies, chefs, Indonesians, and foreign tourists to want to cook or make Indonesian dishes, especially dishes that still need to be well-known in Indonesia. In this case, foreign tourists who want to learn the necessary ingredients in the cooking process to cook Indonesian dishes need a special guide or guideline in cooking, namely a cookbook that has been translated into English.

The translation of recipe texts is a specific category of translation that has yet to receive much interest from translators. In fact, recipe texts are highly needed by culinary enthusiasts, chefs, Indonesians, and foreign tourists who want to cook Indonesian specialities, especially for dishes yet to be known in Indonesia. This particular translation requires the expertise of a translator with a good command of both languages and knowledge of cooking techniques and local culture. In translating a recipe text, the translator must deeply understand culinary terminology, ingredients, and cooking methods and steps. In addition, understanding the local culture is also very important so that the recipe can be adapted to the flavours and eating habits of the country.

Research on recipes and cakes has been conducted by Susetyo (2015), who focused on translation methods in a German cake recipe book into Indonesian entitled "Lieblingsgerichte der Deutschen". The results showed that the translation of cake recipes from German to Indonesian used various translation methods oriented to the Original Source Language (BSa). In this case, the translator is German, and the target audience is Indonesian. In addition, it isn't easy to find the correct equivalent in Indonesian, so the translator cannot maintain the form of the source language.

Rizki (2021) examines Translation techniques and the Quality of Translation Accuracy of Cultural Terms in the culinary book "Indonesian Cuisine Recipes in 5 Continents" by Aslida Rahardjo. The study results stated that the cultural terms found in the book's culinary texts are related to ecology, which is grouped into flora and fauna, food materials, and organization, which is grouped into activities and concepts. This study found that the most cultural terms were food materials, while the least were organizational cultural terms.

The research conducted by Susetyo (2015) provides an understanding of the translation method in a cake recipe book from German to Indonesian and also pays attention to the level of difficulty in finding the proper equivalent from the source language to the target language while Rizki (2021) provides an overview of the quality of the accuracy of the translation of cultural terms in the culinary book "Indonesian Cuisine Recipes on 5 Continents". Both of these studies can provide insights for translators and readers regarding the challenges and strategies associated with translating recipes and cultural terms in a culinary context.

According to Bacon (1996), translating a recipe text involves more than just understanding the Source Language (BSu) and Target Language (BSa). A translator must have extensive knowledge of cooking techniques in both languages, be familiar with the

names of ingredients and spices used in BSa, and understand the typical food culture. The translator's knowledge of the world of cooking is much more critical than just mastering the BSu. Therefore, translating cooking recipe texts is generally better if the translator has in-depth cooking knowledge. When translating recipe texts, errors often occur when using cooking terms or naming ingredients. The translation of food recipe texts is also closely related to cultural issues, as suggested by Saleh (2011). In this case, the translation of recipe texts can be categorized as a specific scientific book translation. As with other scientific books, translating recipes requires a deep understanding of the subject, including cooking techniques, names of ingredients and seasonings, and equipment used.

When translating recipe texts, there are often errors in using cooking terms or naming ingredients used. For example, in some translation examples from the research data source that translates cooking ingredients, the term fish paste is translated into shrimp paste and not literally into fish paste. Similarly, the English translation of young beans into green beans is not translated literally into young beans. The same thing also happens with the way of making dishes. The translation of the cooking process is to cut all the fruits into small pieces, which indicates that the phrase cut into pieces can be equivalent to into small pieces in English. In this case, translators need to know the proper technique in translating the ingredients and the cooking process so that foreign learners can still understand recipes with Indonesian cultural concepts.

In addition to translation techniques, using CSI aspects is indispensable for translators who must provide recipes. It considers the element of acceptability of terms and meanings from the source language into the target language can be understood well. On the other hand, functional equivalence in translation also emphasizes the importance of achieving similarity in language and function. A translation must convey the same meaning as the source text and elicit the same response from the target reader. This involves considering the cultural and linguistic differences between the source and target languages to ensure that the translated text has the same communicative function as the original text. For example, in the source language, it is mentioned that all the spices are ground and mixed except bay leaves, galangal, and lemongrass. It is then translated into Blend all the spices except bay leaves, galangal, and lemongrass. This indicates a difference in functional equivalence in the words 'mashed' and 'mixed', translated into Blend, resulting in a loss of functional equivalence in the translated text. The difference in sentence structure from the source language to the target language is also seen in this example. The source language uses passive sentence structure, while the target language uses active sentence structure. Translating recipes is not just a word-for-word transfer; the translator must have a broad understanding of cooking techniques, cultural terms, and functional equivalence in the culinary world. Thus, recipe translation combines language skills, knowledge of the world of cooking, and understanding of different culinary cultures. The translation must produce a meaningful text that can be followed well by the target readers while maintaining the original essence and characteristics of the recipe.

2. Review of Literature

Some studies have been conducted on the translation of cooking and gastronomy recipes, but only on translation techniques and strategies. Hence, the translation techniques, the use of CSI (Culture Specific Item) aspects, and the functional equivalence used in the translated recipes are things that have yet to be done much in the field of research. This research is based on two theories. First, the theory of translation technique by Newmark (1988) states that translation technique is a method used to transfer messages from BSu to BSa, applied at the level of words, phrases, clauses, and sentences. Several translation techniques are described: literal translation, transference, naturalization, cultural equivalent,

functional equivalent, descriptive equivalent, synonymy, through-translation, shifts or transpositions, modulation, recognized translation, compensation, paraphrase, and adaptation. The second is the translation of Culture-Specific Items (CSI) by Feng (in Yingmin & Malini. 2021: 20), which is used in translating culture-specific items in food, namely, to answer which CSI is the most widely used and in what order in translating the archipelago cuisine menu in several restaurants in Indonesia. Thirdly, the functional equivalence theory by Nida & Taber (1982) is used to analyze the functional equivalence of the source language into the target language, which includes the importance of ensuring that the translated text has the same function or communicates the same effect in the target language as the original text in the source language. This requires careful attention to the cultural and linguistic differences between the source and target languages, thus ensuring that the translated content serves the same communicative purpose as the original.

2.1. Translation Technique

Peter Newmark is one of the leading figures in translation studies. In his book "A Textbook of Translation" (1988), Newmark introduced several essential translation techniques for translators to understand and apply. These techniques provide a clear framework for transferring meaning from the source language (BSu) to the target language (BSa) by considering various linguistic and cultural aspects. The following is a summary of some of the translation techniques introduced by Newmark.

1. Literal Translation This technique translates the text word for word according to its original order in BSu. This technique is often used when the grammatical structures of BSu and BSa are similar, for example, translating the sentence "She is reading" into "She is reading."

2. Transference (Borrowing) This technique moves a word from BSu to BSa without changing its form. It is usually used for names of people, places, brands, and some technical terms, e.g. "computer" remains "computer" in Indonesian.

3. Naturalization This technique adapts the borrowed word from BSu to the rules of BSa phonology and morphology. For example, the word "computer" in English becomes "computer" in Indonesian.

4. Cultural Equivalent This technique replaces the BSu cultural element with an equivalent cultural element in BSa. For example, translating "Thanksgiving" from American culture with "Hari Raya" in the Indonesian cultural context.

5. Functional Equivalent This technique replaces words or phrases in BSu with words or phrases in BSa that have the same function or meaning. For example, translating "baccalaureate" from English into "bachelor" in Indonesian.

6. Descriptive Equivalent This technique replaces the term in BSu with a description in BSa to give a more precise understanding. For example, translating "samurai" with "ancient Japanese warriors who wield swords."

7. Synonymy This technique uses synonyms or words of similar meaning in BSa when exact equivalents are unavailable. For example, translating "happy" into "pleased" or "delighted."

8. Through-translation: This technique translates words or phrases literally and directly from BSu to BSa. An example is the translation of "United Nations" to "United Nations."

9. Shifts or Transpositions This technique changes the grammatical structure from BSu to BSa. For example, changing the verb form in BSu to the noun form in BSa, such as "He is a student", translates to "He is a student."

10. Modulation This technique changes the point of view or perspective of the original text in BSu to suit the BSa perspective better. For example, translating "It is not difficult" into "It is easy."

11. Recognized Translation This technique uses an accepted and recognized translation in the target language, e.g. "The Holy Bible" is translated into "The Bible."

12. Compensation This technique replaces elements of information or stylistic effects that cannot be translated simultaneously in the BSu text to the target language. For example, if a poem loses rhyme in translation, the rhyming effect can be achieved in other parts of the poem.

13. Paraphrase: This technique elaborates the original text's meaning with other words in BSa to explain or clarify the meaning. For example, translating "He is in hot water" to "He is in big trouble."

14. Adaptation This technique replaces cultural elements in BSu with relevant cultural elements in BSa. For example, it translates "snow" in the context of children's stories from Western culture to "rain" in the context of Indonesian culture.

Newmark emphasizes that no technique can be considered the best in all situations. Translators should choose the most appropriate method based on the context, the purpose of the translation and the target audience. By understanding and applying these various techniques, translators can produce more accurate, cohesive and comprehensible translations.

2.2 Culture-Specific Item (CSI)

Feng, in Yingmin & Malini (2021:20), states that Chinese names involve many complex things, such as ingredients, cooking techniques, proper names, seasonings, metaphors, shapes, allusions, colours, and flavours. Many items on the Chinese menu may be new or challenging to understand for the target audience with Western food culture. The following is an explanation of each composition.

1. Ingredients

According to the Big Indonesian Dictionary (2016), an ingredient is something that can be used or needed for a specific purpose. In this case, the word refers to food in the form of food ingredients, staples, food preparations, and food preparations.

2. Cooking Techniques

Cooking means preparing (food or dishes) by combining and heating ingredients in various ways, while technique means a particular way of doing something. So, cooking techniques are methods/ways to prepare food or dishes (Oxford Languages, 2023).

3. Proper Name

According to the Oxford English Dictionary (2023), a name is a word or phrase that is an individual designation used to name, refer to, or address a particular person or thing.

4. Seasoning

KBBI Online (2016) states that "seasonings are various types of plant products that smell fragrant or delicious, such as ginger, turmeric, galangal, nutmeg, pepper used to flavour dishes".

5. Metaphor

A metaphor uses a word or group of words not with their actual meaning but as a description based on similarity or comparison (KBBI, 2016).

6. Shape

Shape is the outer edge or surface of something; an example of something that has a particular form (Oxford Learner's Dictionary, 2023). In the case of food, the composition and shape of the food listed in the menu from the source language are transmitted into the target language.

7. Allusion

Allusions are some cultural elements that require an understanding of the culture of the source language and are transmitted to the target language according to the translator's understanding of the allusion.

8. Color

Colour is the eye's impression of light reflected by objects and shades, such as blue and green (KBBI, 2016). Translating colour in food is done so that the translation is easy to understand in the target language.

9. Flavor

The term "flavor" in KBBI (2016) refers to the characteristics or sensations that arise when food is consumed and includes elements such as sweet, sour, salty, bitter, spicy, or a combination of some of these elements.

2.3 Functional Equivalence

Nida and Taber (1982) highlight that imitating style at a formal level may not provide equivalence; functional equivalence is essential, whether it refers to content or stylistic level. Functional equivalence ensures that the translated text serves the same function or communicates the same effect in the target language as the original text in the source language. This requires careful attention to cultural and linguistic differences between the source and target languages, thus ensuring that the translated content serves the same communicative purpose as the original.

1. Formal Equivalence

Formal equivalence focuses on the message itself, both in form and content. Formal equivalence, often called 'literal' or 'word-for-word' equivalence, emphasizes presenting a literal representation of the source text. The aim is to provide a literal translation, maintaining the grammatical and syntactical structure of the source text as closely as possible. Sentence structure, word order and grammatical features are preserved as much as possible. Formal equivalence tends to prioritize cultural neutrality, aiming to present the text in a way that is less influenced by the target culture.

2. Dynamic Equivalence

Dynamic equivalence prioritizes the source text's functional meaning in a natural and culturally appropriate way to the target language. Dynamic equivalence goes beyond strict linguistic equivalence by adapting the message for maximum communicative impact. Cultural adaptation is the main emphasis in dynamic equivalence. Translators are encouraged to consider the cultural context of the target audience and present the source text in a way that is linguistically and culturally appropriate for readers in the target language. This approach allows for naturalness and idiomatic expressions, which allows the translator to reorder, rephrase or use idiomatic expressions to convey meaning in a way that feels natural to target language speakers.

2.4. Review of Previous Studies

Ko (2022), in his research entitled 'Translation Techniques in Translating Cookbook Texts', revealed that out of 18 translation techniques, seven techniques are used in translating cookbook texts, namely adaptation technique, amplification technique, transposition technique, reduction technique, borrowing technique, description technique, and particularization technique. Thus, in the translation of the recipe texts: Sweet & Sour Sauce, Bakwan Tauge Udang, Lettuce Wrap, Bangkuang Dumplings, the adaptation technique is the most frequently used technique by translators to translate the This technique is the most important because it can translate terms that are nuanced in the target culture, making it easier for readers to understand the recipe texts.

Putri (2018) researched the translation of cultural elements in Indonesian recipes into German. The research problem raised is how the translator of this book translates cultural elements into the translation, what techniques are used in translating the cultural elements, and what shifts occur in the translation. The recipe titles in Indonesian and German are

described based on their meaning components to find out what translation techniques the translator uses to translate Indonesian food titles into German. In addition, it is also to find out what shifts occur when translating the recipe titles in this book. The results show that three of the four data use the Equivalent Term translation technique. Although the cultures of Indonesia and Germany are very different, translators still try to find cultural equivalents or equivalent terms in translating the cultural elements contained in the recipes' titles. In addition, this study also proved that the No Translation and Omission techniques interfere with readers' understanding. Despite using the Equivalent Term technique, shifts in the translation still occur.

Rizki (2021), in his research 'Analysis of Translation Techniques and Quality of Translation Accuracy of Cultural Terms in the Culinary Book of Indonesian Recipes in 5 Continents by Aslida Rahardjo' stated that out of 174 cultural terms found in the recipe book, there are three categories of cultural terms consisting of 59 data of ecological culture category, 85 data of material culture category, and 30 data of organizational culture term category. Second, there are ten translation techniques used to translate cultural terms consisting of adaptation as much as 12 data, amplification as much as 15 data, description as much as 2 data, generalization as much as 7 data, literal as much as 66 data, standard equivalent as much as 43 data, natural borrowing as much as 5 data, pure borrowing as much as 12 data, reduction as much as 10 data, transposition as much as 2 data. Third, the average score of translation quality in terms of accuracy is 2.81. This shows that the translation of cultural terms in the culinary text of the book Indonesian Recipes on 5 Continents is accurate. Susetyo (2015), with his research 'Translation Analysis of German Cake Recipes into Indonesian', conducted a study focusing on translation methods in a German cake recipe book into Indonesian entitled *Lieblingsgerichte der Deutschen*. The results show that translating German cake recipes into Indonesian uses various BSA-oriented translation methods. It was found that the translator is German and the target audience is Indonesian, making it challenging to find the correct equivalent in Indonesian and resulting in the translator needing help maintaining the source language's forms.

Pratiwi (2021), in her research 'Analysis of Reduction and Addition Translation Techniques in Restaurant Menu Books on Traveloka Sites' revealed that there were 9 data on noun reduction, three noun phrase reduction, nine adjective reduction, three adverb reduction, 11 noun additions, six noun phrase additions, 18 adjective additions, and nine conjunction additions. In addition, the restaurant menu book on the Traveloka website experiences the action of subtraction-addition, but the subtracted or added words have different characteristics.

Sudiansyah (2021), in his research 'The Analysis of Formal Equivalence and Dynamic Equivalence In Little Women Movie Subtitle,' analyzes the equivalence of the meaning of translated cultural words in Little Women movie subtitles. This study uses Nida's theory to analyze the types of equivalence in translation. From the analysis, this study found no dynamic equivalence for ecology. The cultural words in the formal equivalence translation are translated using the existing terms in the target language and have the same meaning as the source language. Cultural words in dynamic equivalence translation are translated using natural expressions in the target language that have the same meaning as the source language.

3. Methods

Qualitative Approach

3.1. Design

This research refers to qualitative descriptive research whose purpose is to understand descriptively the phenomena experienced by the subject. This research was conducted with

several stages including data collection methods, data analysis methods and data presentation methods. The explanation of each stage is as follows.

3.2. Data and Sources of Data

This research focuses on Indonesian recipes documented in a bilingual book entitled "Indonesian Recipes on 5 Continents". The book contains various Indonesian recipes spread across five continents, namely Asia, Africa, America, Australia and Europe. Each continent has recipes that represent Indonesia's culinary richness. The book features recipe adaptations with local ingredients on each continent. In addition, the book combines Indonesian culture with local influences to produce unique dishes. There are also recipes that have been interpreted with a European twist. This book illustrates Indonesia's culinary diversity that has spread throughout the world.

3.4. Data Collection

Data was collected by downloading and purchasing the book "Indonesian Cuisine Recipes in 5 Continents". This was followed by reading the list of recipes and their translations and taking notes to categorize them according to the theory of translation techniques. In this case, one Indonesian recipe with various translation techniques was analyzed to compare methods close to the closest Indonesian food equivalent in the target language.

3.5. Data Analysis

The collected data is then continued with the data analysis process using the predetermined theory. The first analysis refers to the translation technique of Indonesian recipes using the theory proposed by Molina and Albir (2002), followed by an analysis of the CSI aspects stated by Feng in Yingmin & Malini (2021: 20), and continued by analyzing the functional equivalence expressed by Nida & Taber (1982).

4. Findings and Discussion

This chapter presents the findings that have been found in the research. As explained earlier, this study focuses on the translation strategies used in translating archipelago cuisine menus in several restaurants in Indonesia. The translation strategies applied vary and are adapted to the cultural context and the types of ingredients in the recipes. In this study, the use of translation strategies identified by Newmark (1988) includes several techniques such as transference, functional equivalent, and descriptive equivalent. In addition, this study also examines the translation of Culture-Specific Items (CSI) and functional equivalent, and how these strategies are applied in the Indonesian culinary context. Thus, the adaptation and application of appropriate translation strategies become the main focus in the analysis of the cuisine menus presented in this chapter. The categories of translation strategies used are functional equivalence, descriptive equivalence, and transference as listed in the following table:

4.1 Translation Technique

The following table presents the menu names of Indonesian specialties and the translation strategies used to translate these names into English. The translation strategies used include Transcription and Literal Translation. Transference is used when words or phrases from the source language are retained in the target language to maintain authenticity and cultural nuances. In contrast, Literal Translation translates words or phrases directly according to their literal meaning in the target language.

Table 1 Translation Technique Resep Masakan 5 Benua

No	Menu	Translation Technique
1	Arsik Ikan (Fish Arsik)	Tranference

2	Asam Padeh (Beef Asam Padeh)	Tranference
3	Pepes Tahu (Tofu Pepes)	Tranference
4	Tekwan (Tekwan Fish Soup)	Tranference
5	Kue Hunkwe Rasa Coklat Kopi (Coffee Chocolate Mung Bean Dessert)	Literal Translation
6	Cendol	Tranference
7	Serundeng Sayap Ayam (Chicken Wing Serundeng)	Tranference
8	Ayam Taliwang (Taliwang Chicken)	Tranference
9	Ikan Bakar Colo-colo (Grilled Fish Colo-colo)	Tranference
10	Rujak Bumbu Kacang (Mix Fruit Dessert)	Literal Translation
11	Sate Ayam (Chicken Satay)	Literal Translation
12	Gado-gado Padang	Tranference
13	Soto Ayam (Chicken Soto)	Literal Translation
14	Telur Pindang (Pindang Egg)	Literal Translation
15	Udang Paprika Saus Mentega (Sauteed Prawn and Paprika with Butter)	Literal Translation
16	Wingko Babat	Tranference
17	Gudeg Kol Ungu (Purple Cabbage Gudeg)	Tranference
18	Ikan Woku (Woku Fish)	Tranference
19	Kalio Ayam (Chicken Kalio)	Tranference
20	Nasi Kuning (Yellow Rice)	Literal Translation
21	Sayur Lodeh Cabe Ijo (Mixed Vegetables in Coconut Oil)	Literal Translation
22	Tumis Udang Labu Siam (Prawn Kohlrabi)	Literal Translation
23	Rendang Daging (Beef Rendang)	Tranference
24	Lontong Komplit	Tranference
25	Opor Ayam (Chicken in Coconut Milk)	Literal Translation
26	Sambal Goreng Krecek (Spicy Beef Skin)	Tranference
27	Wedang Jahe (Hot Ginger Drink)	Literal Translation
28	Nasi Goreng Kampung (Traditional Fried Rice)	Literal Translation

- **Tranference:** This strategy is used for menus such as Arsik Ikan, Asam Padeh, Pepes Tahu, Tekwan, and others with cultural elements and unique ingredients that are difficult to translate without losing their meaning and uniqueness.
- **Literal Translation:** This strategy is used for menus such as Coffee Chocolate Flavored Hunkwe Cake, Rujak Bumbu Kacang, Chicken Satay, and others where a direct translation can provide a clear meaning and is easily understood by the target language reader.

Table 2 Frequency Translation Technique

Translation Technique	Total	Percentage (%)
Tranference (Peminjaman)	15	53.57
Literal Translation	13	46.43

The transference technique dominates in translating Indonesian food menu names with a total of 15 or 53.57%. This strategy is used when words or phrases from the source language are retained in the target language. The main reason for using this strategy is to preserve the dish's authenticity and unique cultural nuances. Many Indonesian dishes have cultural elements, ingredients, and cooking techniques that are very specific and difficult to translate without losing the original meaning. Therefore, borrowing allows words or phrases from the source language to be retained to give readers or consumers from other cultures a more authentic understanding of the cuisine. Examples of menus that use this strategy are "Arsik Ikan", "Asam Padeh", and "Rendang Daging".

The Literal Translation technique translates words or phrases directly according to their literal meaning in the target language, comprising 13 or 46.43%. This strategy is used when the direct translation can provide a clear meaning and is easily understood by the target language reader without reducing the dish's essence. Examples of menus that use this strategy are "Coffee Chocolate Mung Bean Dessert", "Rujak Bumbu Kacang" (Mix Fruit Dessert), and "Nasi Goreng Kampung" (Traditional Fried Rice).

4.2 Cultural Specific Items

The following table presents various dishes, including the types of Cultural-Specific Items (CSIs), translation strategies used, ingredients used in the original and translated recipes, and cooking methods. The analysis includes concrete examples showing how ingredients and cooking instructions are translated to retain the target language's original meaning and cultural context.

Table 3 Culture Specifics Items

No	Menu	The Culture Specific Items
1	Arsik Ikan (Fish Arsik)	Ingredient, Cooking technique
2	Asam Padeh (Beef Asam Padeh)	Ingredient, Flavor
3	Pepes Tahu (Tofu Pepes)	Ingredient, Cooking technique
4	Tekwan (Tekwan Fish Soup)	Ingredient, Cooking technique
5	Kue Hunkwe Rasa Coklat Kopi (Coffee Chocolate Mung Bean Dessert)	Flavor, Ingredient
6	Cendol	Ingredient
7	Serundeng Sayap Ayam (Chicken Wing Serundeng)	Ingredient
8	Ayam Taliwang (Taliwang Chicken)	Proper name, Ingredient
9	Ikan Bakar Colo-colo (Grilled Fish Colo-colo)	Cooking technique, Ingredient, Seasoning
10	Rujak Bumbu Kacang (Mix Fruit Dessert)	Ingredient
11	Sate Ayam (Chicken Satay)	Ingredient, Cooking technique
12	Gado-gado Padang	Ingredient, Proper name
13	Soto Ayam (Chicken Soto)	Ingredient
14	Telur Pindang (Pindang Egg)	Ingredient
15	Udang Paprika Saus Mentega (Sauteed Prawn and Paprika with Butter)	Cooking technique, Ingredient, Seasoning
16	Wingko Babat	Ingredient
17	Gudeg Kol Ungu (Purple Cabbage Gudeg)	Color, Ingredient
18	Ikan Woku (Woku Fish)	Ingredient, Seasoning
19	Kalio Ayam (Chicken Kalio)	Ingredient, Cooking technique
20	Nasi Kuning (Yellow Rice)	Color, Ingredient
21	Sayur Lodeh Cabe Ijo (Mixed Vegetables in Coconut Oil)	Ingredient

22	Tumis Udang Labu Siam (Prawn Kohlrabi)	Ingredient
23	Rendang Daging (Beef Rendang)	Ingredient, Cooking technique
24	Lontong Komplit	Proper name, Ingredient
25	Opor Ayam (Chicken in Coconut Milk)	Proper name, Ingredient
26	Sambal Goreng Krecek (Spicy Beef Skin)	Proper name, Ingredient
27	Wedang Jahe (Hot Ginger Drink)	Proper name, Ingredient
28	Nasi Goreng Kampung (Traditional Fried Rice)	Proper name, Ingredient

In the 5 Continents Cookbook, there are 28 menus summarized in the table above along with their Csi. In 1 Menu, there can be more than 1 Csi in naming the title which is dominated by Ingridient with a percentage:

Table 4 Frequency CSIs

CSI	Total	Percentage (%)
Ingredient	23	82.14
Proper name	8	28.57
Cooking technique	8	28.57
Seasoning	3	10.71
Flavor	2	7.14
Color	2	7.14
Total Menu	28	100.0

Based on the calculation of total data and the dominant types of Cultural-Specific Items (CSI) from a total of 28 menus analyzed, it was found that the most dominant CSI was "Ingredient", with 23 out of 28 data or 82.14%. Other types of CSI, such as "Proper name" and "Cooking technique", appeared in 8 data each (28.57%), showing the importance of traditional cooking techniques and the use of local names in Indonesian cuisine. "Seasoning" was present in 3 data (10.71%), while "Flavor" and "Color" only appeared in 2 data (7.14%) each. From this recapitulation, it can be concluded that "Ingredient" dominates with the highest percentage, at 82.14%, followed by "Proper name" and "Cooking technique" at the same percentage, at 28.57%. "Seasoning" ranks third with 10.71%, while "Flavor" and "Color" have only 7.14% each. This highlights the importance of typical ingredients in Indonesian cuisine, cooking techniques, and local names that contribute to the uniqueness of traditional cuisine.

4.3 Functional Equivalence

Functional equivalence is a concept in translation studies that seeks to preserve the original function or meaning of the source text in the target text, even though the structure may differ. The theories of "formal equivalence" and "dynamic equivalence" were developed by Eugene Nida, an expert in translation studies. Formal equivalence focuses on faithfulness to the source text's form and content, aiming to preserve the source text's grammatical structure and vocabulary as far as possible in the target text. This approach emphasizes word-for-word translation and sentence structure similar to the source text, making it suitable for texts that require high precision, such as legal or technical texts. On the other hand, dynamic equivalence, later known as functional equivalence, focuses on producing the same effect on

the reader of the target text as that produced on the reader of the source text. This approach seeks to ensure that the readers of the target text can adequately understand the meaning and message of the source text by adjusting the language and structure to fit the norms and culture of the target text. Dynamic equivalence is more flexible in its application of language structures. It is more suitable for texts that require cultural and contextual adjustments to achieve better understanding, such as literature or marketing materials. Nida introduces these concepts to help translators understand that there are different approaches to translation.

4.3.1 Ingredient

The ingredients section of the 5 continents Indonesian cookbook data is described in the following table.

Table 5 Data Functional Equivalence

No.	Menu	Formal Equivalent	Dynamic Equivalent
1	Soto Ayam (Chicken Soto)	8	4
2	Telur Pindang (Pindang Egg)	6	0
3	Udang Paprika Saus Mentega (Sauteed Prawn and Paprika with Butter)	9	1
4	Wingko Babat	9	0
5	Gudeg Kol Ungu (Purple Cabbage Gudeg)	7	4
6	Ikan Woku (Woku Fish)	10	3
7	Kalio Ayam (Chicken Kalio)	9	2
8	Nasi Kuning (Yellow Rice)	5	1
9	Sayur Lodeh Cabe Ijo (Mixed Vegetables in Coconut Oil)	7	5
10	Tumis Udang Labu Siam (Prawn Kohlrabi)	5	5
11	Rendang Daging (Beef Rendang)	8	3
12	Arsik Ikan (fish arsik)	6	7

13	Asam Padeh (Beef Asam Padeh)	8	4
14	Pepes Tahu (Tofu Pepes)	8	5
15	Tekwan (Tekwan Fish Soup)	8	3
16	Kue Hunkwe Rasa Coklat Kopi (Coffee Chocolate mung Bean Dessert)	6	0
17	Cendol (Cendol)	6	2
18	Serundeng Sayap Ayam (Chicken Wing Serundeng)	10	4
19	Ayam Taliwang (Taliwang Chicken)	6	4
20	Ikan Bakar Colo-colo (Grilled Fish Colo-colo)	8	1
21	Rujak Bumbu Kacang (Mix Fruit Dessert)	6	4
22	Sate Ayam (Chicken Satay)	7	3
23	Gado-gado Padang	11	3
24	Sayur Daun Singkong (Kale With Coconut Milk)	6	5
25	Terong Balado (Balado Aubergine)	6	5
26	Wedang Jahe (Hot Ginger)	7	4
27	Batok Ikan Tuna (Tuna Batok)	8	3
28	Gadon	6	6
29	Nasi Goreng Kampung (Tradisional Fried Rice)	6	5
30	Pancake Sayur (Vegetable Pancake)	6	5
31	Sambal Goreng Kacang Tolo (Minced	7	5

	Meat and Black Eyed Beans with Sambal)		
32	Rujak Serut (Fruit Salad)	7	5
33	Arem - arem Kernet (Corned Beef Arem-arem)	9	4
34	Sate Padang	8	5
Total		249	120

From the data above, it can be seen that the Formal Equivalent is used more frequently than the Dynamic Equivalent in the recipes analyzed. The Formal Equivalent is used to translate ingredients and instructions directly from the source language to the target language by maintaining the same structure and wording. Whereas Dynamic Equivalent is more flexible, allowing adaptation of the translation to better fit the context and culture of the target language.

This table shows that in culinary translation, it is important to strike a balance between accuracy and cultural adaptation, ensuring that recipes remain authentic but can also be understood and followed easily by readers in the target language. The following table shows the frequency and percentage of use of Formal Equivalent and Dynamic Equivalent in various recipes:

Table 6 Frequency of Functional Equivalent

Type	Frequency	Percentage
Formal Equivalent	249	67.48%
Dynamic Equivalent	120	32.52%

The data above show that the Formal Equivalent is used more frequently than the Dynamic Equivalent in the recipes analyzed.

- Formal Equivalent (67.48%): This translation directly translates ingredients and instructions from the source language to the target language by maintaining the same structure and wording. The formal Equivalent is more dominant, ensuring high accuracy and equivalence between the source and target languages, especially in particular contexts such as recipes.

- Dynamic Equivalent (32.52%): This translation is more flexible, allowing adaptation to fit the context and culture of the target language better. Although used less frequently, the dynamic Equivalent is essential for making recipes more accessible for readers in the target language to understand and follow. It provides flexibility in adapting the translation to local norms and customs that may not have a direct equivalent in the source language.

Overall, this table shows the importance of striking a balance between accuracy and cultural adaptation in culinary translation. This ensures that recipes remain authentic and are easily understood by readers in the target language.

4.3.2 How to Cook

In the how to cook section, the functional equivalent contained in the menu is as follows :

No	Nama Menu	Formal Equivalent	Dynamic Equivalent
1	Arsik Ikan (fish arsik)	1	4
2	Asam Padeh (Beef Asam Padeh)	1	2
3	Pepes Tahu (Tofu Pepes)	1	3
4	Tekwan (Tekwan Fish Soup)	1	3
5	Kue Hunkwe Rasa Coklat Kopi	3	1
6	Cendol (Cendol)	1	4
7	Serundeng Sayap Ayam	1	2
8	Ayam Taliwang (Taliwang Chicken)	1	2
9	Ikan Bakar Colo-colo	2	0
10	Rujak Bumbu Kacang	2	1
11	Sate Ayam (Chicken Satay)	4	2
12	Gado-gado Padang	1	2
13	Sayur Daun Singkong	1	4
14	Terong Balado (Balado Aubergine)	2	4
15	Wedang Jahe (Hot Ginger)	1	1
16	Batok Ikan Tuna (Tuna Batok)	2	2
17	Gadon	2	1
18	Nasi Goreng Kampung	1	3
19	Pancake Sayur	0	2
20	Sambal Goreng Kacang Tolo	2	2
21	Rujak Serut	1	2
22	Arem-arem Kornet	2	2
23	Sate Padang	4	1
24	Soto Ayam (Chicken Soto)	3	0
25	Telur Pindang (Pindang Egg)	3	1
26	Udang Paprika Saus Mentega	4	0
27	Wingko Babat	6	0
28	Gudeg Kol Ungu	1	2
29	Ikan Woku	3	0
30	Kalio Ayam (Chicken Kalio)	2	1
31	Nasi Kuning (Yellow Rice)	3	0

32	Sayur Lodeh Cabe Ijo	3	0
33	Tumis Udang Labu Siam	4	2
34	Rendang Daging (Beef Rendang)	4	2

The following table of 34 menus contains 67 Formal Equivalent and 58 Dynamic Equivalent data. Formal Equivalent is used when the translation maintains the same structure and sequence of steps as the original text without much change. Dynamic Equivalent is used when the translation changes some words or phrases to better fit the style of the target language so that the reader can understand it more easily, although there may be changes in structure or additional information.

These results show that the formal Equivalent is used slightly more than the dynamic Equivalent. This indicates that translators maintain the original structure in most cases. However, there are still many instances where the translation is adapted to better fit the target language context.

Functional Equivalence	Frequency	Percentage (%)
Formal Equivalent	67	53.6%
Dynamic Equivalent	58	46.4%
Total	125	100%

Formal Equivalent (53.6%) is used when the translation maintains the original structure, order, and form of the source text. These translations tend to be literal and direct, with little or no changes to the grammar, phrasing, and order of the steps in the recipe.

Dynamic Equivalent (46.4%) is used when the translation is more accessible, with adjustments needed to make the text more understandable to the target language reader. This can involve changing sentence structure, adding explanations, or adapting cultural terms to make them more relevant.

The use of formal Equivalent is higher (53.6%) than dynamic equivalent (46.4%). This shows translators' tendency to maintain the original form of the text in most cases, although quite a few adjustments are still needed to make the text more comprehensible to the target language reader.

5. Conclusion

The research on translation strategies in the bilingual cookbook 'Indonesian Recipes on 5 Continents' highlights a comprehensive analysis of the various approaches and their effectiveness in conveying the original meaning while making the text accessible to the target audience. The main strategies identified include Transference, Literal Translation, transposition, equivalence, and adaptation. Transference is the most frequently used strategy, accounting for 42% of all translations. This strategy involves retaining original cultural terms, such as "soto," to preserve the flavor and authenticity of the source culture. This strategy helps maintain the cultural identity and uniqueness of the dish. 13% of cases used a literal

translation strategy to ensure the translated text remains true to the grammar and idioms. This strategy is particularly effective when the source and target languages have linguistic and cultural similarities, resulting in a natural-sounding translation that retains the original meaning and structure. Transposition, used in 4% of translations, involves changing the grammatical structure from the source to the target language without changing the meaning. This strategy ensures that the instructions match the target language's sentence structure, thus improving readability and coherence. Equivalence was used in 2% of cases to translate idioms or phrases with the same meaning..

6. REFERENCES

- Bacon, J. (1996). XIVth FIT World Congress (Melbourne, 9—16 February). Theme: New Horizons. Melbourne
- Departemen Pendidikan Nasional. Kamus Besar Bahasa Indonesia-edisi keempat. Jakarta: PT. Gramedia Pustaka Utama, 2008.
- Emzir. Teori dan Pengajaran Penerjemahan. Cetakan pertama. Jakarta: Rajawali Pers, 2015.
- Hartono, R. (2017). Pengantar Ilmu Menerjemah. Jawa Tengah: Cipta Prima Nusantara.
- Hoed, Benny Hoedoro. Penerjemahan dan Kebudayaan. Bandung: PT. Dunia Pustaka Jaya, 2006.
- Ko, Supriatno & Qudsyiah, Almia. (2022). TEKNIK PENERJEMAHAN DALAM MENERJEMAHKAN TEKS RESEP MASAKAN. EPIGRAM (e-journal). 19. 198-205. 10.32722/epi.v19i2.5258.
- Larson, M. L. (1998). Meaning Based Translation: A Guide to Cross Language Equivalence. UK: University Press of America.
- Larson, Mildred L. Penerjemahan Berdasar Makna: Pedoman untuk Pemadanan Antarbahasa. Jakarta: Arcan, 1989.
- Moleong, L.J. (2011). Metodologi Penelitian Kualitatif Edisi Revisi. Bandung: PT. Remaja Rosdakarya.
- Nababan, Rudolf. Teori Menerjemah Bahasa Inggris. Yogyakarta: Pustaka Pelajar, 2008.
- Newmark, Peter. A Textbook of Translation, London: Prentice Hall International (UK) Ltd., 1988.
- Newmark, Peter. Approaches to Translation (Language Teaching Methodology Series), Oxford: Pergamon Press, 1981.
- Newmark, Peter. No Global Communication Without Translation, dalam Anderman, Gunilla & Rogers, Margaret (eds.) Translation Today: Trends and Perspectives. (Clevedon: Multilingual Matters Ltd., 2003), h. 55-67.
- Nida, Eugene A. dan Charles R. Taber. The Theory and Practice of Translation. Leiden: E. J. Brill, 1974.
- Putri., F. A. F. & Pattinasarany, M. S. H.L. (2018). Penerjemahan Unsur Budaya dalam Judul Resep Masakan Indonesia dalam Bahasa Jerman. Proceedings International Young Scholars Symposium on Humanities and Arts. h.235-258.

- Rizki, F.N. (2021). Analisis Teknik Penerjemahan dan Kualitas Keakuratan Terjemahan Istilah Budaya Dalam Buku Kuliner Resep Masakan Indonesia di 5 Benua Karya Aslida Rahardjo. Skripsi. D4 Penerjemahan Bahasa Inggris Jurusan Teknik Informatika dan Komputer Politeknik Negeri Jakarta.
- Saleh, K.A.H. (2011). Translating Restaurants' Menus from English into Arabic: Problems and Strategies (Master Thesis, An- Najah National University, Nablus, Palestine) Retrieved from https://scholar.najah.edu/sites/default/files/all-thesis/kefaya_saleh.pdf. Santosa, R. (2017). Metode penelitian kualitatif kebahasaan. Surakarta: UNS Press.
- Sudiansyah. (2021). The Analysis of Formal Equivalence and Dynamic Equivalence in Translated Subtitle in Little Women Movie. *MEDIOVA: Journal of Islamic Media Studies*, 1(2), 125-137. <https://doi.org/10.32923/medio.v1i2.1916>
- Susetyo, F.A. (2015). Analisis Penerjemahan Resep Kue Berbahasa Jerman Ke Dalam Bahasa Indonesia. Skripsi. Jurusan Sastra Jerman, Fakultas Ilmu Pengetahuan Budaya, Universitas Indonesia, Depok 16242, Indonesia.
- .