

FOOD OF YESTERDAY

Every time my hubby and I visit Jogjakarta, we have one small disagreement on food. I want to eat gudeg and he always say a big NO on gudeg.

Come on.. Who does not want to taste gudeg in Jogja, the very origin of all gudeg dishes in the entire universe? Imagine a set of dishes called gudeg. A long and slow cooked jack fruit, guaranteed can be found in Jogja only. The tasty and hot melt-in-your-mouth 'krecek', the yummy full flavored tender chicken, the seasoned hard-boiled egg with brown cracked pattern... and many other condiments...

I like gudeg. Part of the reason is because it reminds me to my old days when I lived in Jogja. At that time, the financial situation of my parents - like many other parents - was limited. A quarter of hard-boiled egg and some pieces of chicken meat were considered luxurious. Now the economic situation is different and I am sure we can eat as many whole eggs and chicken as we can!

My hubby has a good reason why he does not like gudeg. He said that gedeg is food of yesterday. There is no freshness at all in gudeg. No fresh equal to less nutritious.

He has a good point.

In fact, many Indonesian dishes are categorized as 'food of yesterday', including rendang, dendeng, abon, salted duck egg, opor, sambal goreng ... These are all original dishes of Indonesia, invented by our great-great grandparents, cooked in such a way so they preserved well, without any refrigeration needed. By the way, do you know that 'rendang' has been selected as the most delicious food number 11 in the world?

As I grow older, my tummy has some difficulty with certain 'food of yesterday'. My hubby and I now preferred 'food of today' – a fresh food, especially vegetables. Dishes like fresh fruit salad, freshly picked vegetables and fresh meat/fish (such as sushi) became our alternative. For you information, sushi ranked number four on the list of most delicious food.

Unfortunately we still worry about 'the food of today'.

Do you think there is no pesticide residue in the fruits and vegetables we brought from the local market? Do you think the fresh-looking fish we eat are free of dangerous toxic substances such as mercury and lead? A friend of my hubby does not want to consume fish anymore once he observed that fishes he has been working with (he has a business in marine fish trading, by the way) have been preserved in formalin before the fishes arrived the landing seaports!

Oh my! We truly live in a dangerous world...