

Godok Obuih as Intangible Cultural Heritage: A Systematic Literature Review of Minangkabau Traditional Culinary Culture

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Abstract

Traditional culinary heritage plays an important role in preserving cultural identity and transmitting local knowledge across generations. Among the traditional foods of the Minangkabau community, Godok Obuih represents a unique culinary tradition that reflects cultural values, collective memory, and community identity. However, studies discussing Godok Obuih remain limited and fragmented. Therefore, this study aims to examine the role of Godok Obuih in preserving Minangkabau intangible cultural heritage through a Systematic Literature Review (SLR). The review followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) 2020 guidelines. Relevant literature was collected from academic databases, official government publications, and cultural heritage documents, and then analyzed using thematic analysis. The findings indicate that Godok Obuih contributes to cultural preservation through five interrelated dimensions: traditional culinary practices, community participation, cultural communication, collective memory, and local wisdom. These dimensions collectively strengthen cultural identity and support the sustainability of intangible cultural heritage despite contemporary social changes. This study also proposes a conceptual framework illustrating the relationships among these dimensions and demonstrates that Godok Obuih should be understood not only as a traditional food but also as a living cultural practice that continuously transmits cultural knowledge and social values. The findings provide practical insights for cultural preservation initiatives and contribute to a broader understanding of traditional culinary heritage as an essential component of sustainable cultural development.

Keywords: *Cultural Sustainability; Godok Obuih; Intangible Cultural Heritage; Minangkabau; Systematic Literature Review*

A. Introduction

Traditional culinary heritage is increasingly recognized as an important element of intangible cultural heritage because it embodies historical knowledge, cultural identity, and the collective values of local communities. Unlike tangible heritage, traditional culinary practices are transmitted through social interaction, cultural participation, and intergenerational learning, enabling communities to preserve their identity while adapting to social change. In Indonesia, the diversity of traditional cuisines reflects the cultural richness of numerous ethnic groups, each possessing distinctive food traditions that function not only as sources of nutrition but also as cultural symbols embedded in rituals, ceremonies, and everyday life. One of these traditions is Godok Obuih, a traditional culinary heritage originating from the Minangkabau community in West Sumatra. Beyond

its role as a local delicacy, Godok Obuih represents a cultural practice through which community members express local wisdom, strengthen social relationships, and preserve customary values across generations.

The preservation of traditional culinary heritage has attracted increasing academic and practical attention in recent years. From an academic perspective, studies on traditional food contribute to broader discussions concerning intangible cultural heritage, cultural identity, collective memory, and cultural sustainability. Traditional cuisine provides valuable evidence of how communities construct, negotiate, and transmit cultural meanings through everyday practices. From a practical perspective, safeguarding traditional culinary heritage supports cultural preservation, strengthens community identity, promotes sustainable tourism, and contributes to local economic development. International organizations, including UNESCO, have emphasized that safeguarding intangible cultural heritage requires maintaining living cultural practices rather than merely documenting historical artifacts. Consequently, understanding the cultural functions of traditional cuisine has become increasingly important for developing sustainable heritage management strategies in rapidly changing societies.

Previous studies have explored traditional culinary heritage from various disciplinary perspectives. Research has demonstrated that traditional food contributes to regional identity, community cohesion, and cultural tourism (Bessière, 1998; Everett & Aitchison, 2008; Timothy, 2015). Heritage scholars have further argued that intangible cultural heritage should be understood as a living social practice rather than a static historical object (Smith, 2006; UNESCO, 2003). Other researchers have highlighted the importance of collective memory in sustaining cultural continuity (Halbwachs, 1992; Assmann, 2011), while anthropological studies have emphasized that food serves as an important medium for transmitting cultural knowledge and social values (Geertz, 1973; Mintz & Du Bois, 2002). Within the Indonesian context, previous research has documented various traditional culinary practices as representations of local identity and indigenous knowledge. However, studies specifically examining Godok Obuih remain limited and are predominantly descriptive, focusing on historical background, preparation techniques, or cultural symbolism without providing an integrated explanation of its contribution to the sustainability of intangible cultural heritage.

This limitation reveals several important research gaps. First, previous studies have rarely integrated perspectives from cultural communication, collective memory, local

wisdom, and cultural sustainability into a single analytical framework. Second, existing literature tends to examine Godok Obuih as a traditional food rather than as a dynamic cultural practice that continuously reproduces social values and cultural identity. Third, although community participation has frequently been mentioned in previous studies, limited attention has been given to explaining how participatory culinary practices contribute to the long-term sustainability of intangible cultural heritage. Addressing these gaps is important because traditional culinary heritage continues to face challenges associated with globalization, urbanization, changing lifestyles, and declining intergenerational transmission. This study therefore contributes by synthesizing existing knowledge and proposing a conceptual framework that explains the relationships among traditional culinary practices, community participation, cultural communication, collective memory, local wisdom, and cultural sustainability.

Based on these considerations, this study aims to examine the role of Godok Obuih in preserving Minangkabau intangible cultural heritage through a Systematic Literature Review (SLR). Specifically, the study synthesizes previous scholarly publications to identify the cultural values embedded within Godok Obuih, analyze its contribution to cultural identity and heritage sustainability, and develop an integrated conceptual framework explaining the mechanisms through which traditional culinary heritage is maintained across generations. The unit of analysis consists of scholarly publications, official cultural heritage documents, government reports, and relevant academic literature discussing Godok Obuih, traditional culinary heritage, and Minangkabau culture.

The remainder of this article is organized into four sections. The next section reviews the theoretical literature concerning intangible cultural heritage, traditional culinary practices, collective memory, cultural communication, and local wisdom. The following section explains the research methodology employed in conducting the Systematic Literature Review. The subsequent section presents the findings and discussion, including the synthesis of previous studies and the proposed conceptual framework. Finally, the article concludes by summarizing the main findings, highlighting theoretical and practical implications, acknowledging research limitations, and suggesting directions for future studies.

B. Research Methodology

This study adopted a Systematic Literature Review (SLR) to investigate the role of Godok Obuih in preserving the intangible cultural heritage of the Minangkabau community. The SLR approach was considered appropriate because it provides a systematic, transparent, and replicable procedure for identifying, evaluating, and synthesizing existing knowledge from previous studies. Compared with a traditional literature review, an SLR minimizes researcher bias through explicit selection criteria and a structured review process. The review was conducted following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) 2020 guidelines to ensure methodological rigor and transparency.

The research was conducted within the context of cultural heritage and traditional culinary studies. Rather than involving human participants, the target population comprised published academic literature discussing traditional culinary heritage, intangible cultural heritage, Minangkabau culture, local wisdom, collective memory, cultural communication, community participation, and cultural sustainability. Therefore, the units of analysis were scholarly publications, including peer-reviewed journal articles, books, conference proceedings, official government publications, UNESCO reports, and other credible academic documents relevant to the research topic.

A purposive sampling strategy was employed to identify literature that directly addressed the objectives of the study. This sampling technique was selected because it allowed the inclusion of publications that contained substantial theoretical or empirical discussions related to Godok Obuih and the broader context of Minangkabau traditional culinary heritage. Unlike probability sampling, purposive sampling does not aim to generalize findings statistically to a larger population. Instead, it seeks to obtain information-rich sources capable of providing comprehensive insights into the phenomenon under investigation. Consequently, this approach was considered the most suitable for a systematic literature review.

The literature search was conducted using multiple academic databases, including Scopus, Google Scholar, Crossref, Directory of Open Access Journals (DOAJ), and Garuda, complemented by official publications from UNESCO, the Ministry of Education, Culture, Research and Technology of Indonesia, and the Central Bureau of Statistics (BPS). To ensure comprehensive coverage of relevant studies, combinations of predefined keywords were used, including *Godok Obuih*, *Minangkabau traditional food*, *traditional culinary heritage*, *intangible cultural heritage*, *collective memory*, *cultural communication*, *local wisdom*, *community participation*, and *cultural sustainability*. Reference lists of selected articles were also examined to identify additional relevant publications that might not have appeared during the initial database search.

The literature selection process followed the four stages recommended by the PRISMA 2020 framework: identification, screening, eligibility assessment, and inclusion. During the identification stage, publications were retrieved from the selected databases. Duplicate records were subsequently removed before the remaining publications underwent title and abstract screening. Full-text articles meeting the preliminary criteria were then evaluated for eligibility based on predetermined inclusion and exclusion criteria. Publications were included if they (1) discussed traditional culinary heritage or intangible cultural heritage, (2) examined Minangkabau culture or Godok Obuih, (3) provided theoretical or empirical findings relevant to the research objectives, and (4) were published in Indonesian or English. Publications lacking sufficient academic content, opinion articles, duplicated records, and sources unrelated to the research topic were excluded from further analysis.

Data collection involved extracting relevant information from each selected publication using a structured data extraction form. The extracted information included the author's name, publication year, country or research context, research objectives, methodology, theoretical perspective, principal findings, and contributions to understanding traditional culinary heritage. Employing a standardized extraction procedure ensured consistency throughout the review process and facilitated systematic comparison across studies.

The collected data were analyzed using thematic analysis, which enabled the identification of recurring concepts and relationships across the selected literature. Initially, each publication was read several times to gain a comprehensive understanding of its content. Relevant statements and findings were subsequently coded according to their conceptual similarities. Similar codes were grouped into broader themes through an iterative analytical process. Five major themes emerged from the analysis: traditional culinary practices, community participation, cultural communication, collective memory, and local wisdom. These themes formed the analytical framework used to interpret the role of Godok Obuih in preserving Minangkabau intangible cultural heritage.

To enhance the credibility of the review, the analysis emphasized synthesis rather than simple description. Findings from different publications were critically compared to identify similarities, differences, theoretical gaps, and emerging patterns. This comparative approach enabled the development of a comprehensive conceptual framework explaining

how traditional culinary practices contribute to cultural sustainability through interconnected social and cultural processes.

Despite its methodological strengths, this study has several limitations. The review relied exclusively on published academic literature and official documents, which may have excluded valuable knowledge preserved through oral traditions and undocumented community practices. In addition, scholarly publications specifically discussing Godok Obuih remain relatively limited, requiring the inclusion of broader literature on Minangkabau culinary heritage and intangible cultural heritage. Nevertheless, the systematic search strategy, transparent selection procedures, and rigorous thematic analysis ensured that the findings provide a credible and comprehensive synthesis of current knowledge while establishing a conceptual foundation for future empirical research.

C. Results and Discussion

1. Results

The systematic literature review synthesized evidence from selected publications to examine the role of Godok Obuih in preserving Minangkabau intangible cultural heritage. Following the literature identification, screening, eligibility assessment, and inclusion process, the selected studies provided consistent evidence that Godok Obuih represents more than a traditional culinary product. The findings demonstrated that it functions as a cultural practice through which knowledge, identity, values, and traditions are continuously maintained within the Minangkabau community.

The literature selection process is summarized in Table 1. The review identified publications from academic databases and official institutional documents before applying the predetermined inclusion and exclusion criteria. Duplicate records and studies unrelated to the research objectives were excluded. The remaining publications formed the basis for thematic synthesis and conceptual analysis.

Table 1. Summary of the literature selection process

Review Stage	Number of Publications
Records identified	186
Duplicate records removed	34
Records screened	152

Full-text articles assessed	61
Studies included in the review	37

The selected publications were subsequently examined to identify recurring concepts related to Godok Obuih and traditional culinary heritage. Five dominant themes consistently appeared across the reviewed literature: traditional culinary practices, community participation, cultural communication, collective memory, and local wisdom. These themes constituted the principal findings of the systematic review.

The first finding indicated that traditional culinary practices formed the primary mechanism through which Godok Obuih was preserved. The reviewed publications consistently described the preparation, presentation, and consumption of Godok Obuih as practices inherited across generations. Rather than being limited to food production, these activities reflected cultural routines that maintained historical knowledge and customary values within families and local communities. Most studies emphasized that culinary traditions remained sustainable because they continued to be practiced in everyday life as well as during customary ceremonies and community celebrations.

The second finding highlighted the importance of community participation. Across the selected studies, community involvement emerged as a key factor supporting the continuity of traditional culinary heritage. The literature showed that knowledge concerning ingredients, preparation techniques, and cultural meanings was predominantly transmitted through direct participation among family members and community groups. Traditional events, religious celebrations, and cultural festivals were frequently identified as opportunities for intergenerational knowledge transfer, allowing younger generations to learn culinary practices through observation and participation.

Another important finding concerned cultural communication. The reviewed studies suggested that traditional culinary practices functioned as a medium for communicating cultural meanings rather than merely satisfying nutritional needs. Godok Obuih was repeatedly associated with social interaction, hospitality, and communal relationships, enabling cultural values to be shared within and across generations. The findings indicated that food served as an effective cultural symbol through which shared beliefs and traditions were expressed during collective activities.

The fourth finding related to collective memory. Most publications emphasized that traditional foods were closely connected with memories of family, customary ceremonies,

and local history. Godok Obuih was frequently described as a cultural element capable of evoking shared experiences among community members. The review demonstrated that repeated culinary practices strengthened emotional attachment to local traditions and reinforced the continuity of cultural identity over time.

The final theme identified through the literature synthesis was local wisdom. The reviewed studies consistently reported that traditional culinary practices embodied indigenous knowledge regarding natural resources, environmental adaptation, cooperation, and social responsibility. These values were preserved through both the preparation process and the social interactions accompanying food production and consumption. Consequently, Godok Obuih represented not only culinary knowledge but also a practical expression of local wisdom that remained relevant within contemporary society. The distribution of these themes is presented in **Table 2**.

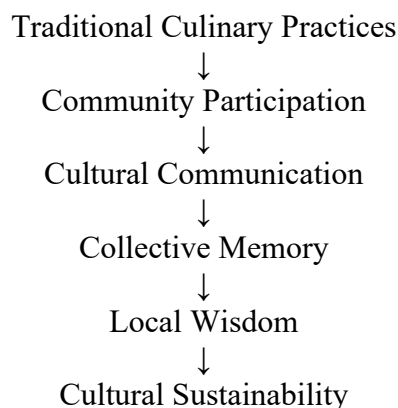
Table 2. Major themes identified from the selected literature

Theme	Main Findings
Traditional culinary practices	Preserve culinary knowledge and cultural traditions across generations
Community participation	Supports intergenerational transmission through active social involvement
Cultural communication	Communicates shared meanings, values, and cultural identity
Collective memory	Reinforces emotional attachment to cultural heritage
Local wisdom	Preserves indigenous knowledge, cooperation, and social values

In addition to identifying these recurring themes, the review revealed a notable pattern within previous publications. Most studies focused primarily on documenting traditional foods, describing preparation techniques, or examining their contribution to tourism and regional identity. Comparatively fewer studies explored the interrelationships among culinary practices, cultural communication, collective memory, and community participation as interconnected processes supporting cultural sustainability. This pattern indicates that existing scholarship has generally approached traditional culinary heritage from isolated perspectives rather than from an integrated cultural framework.

To summarize the relationships identified across the reviewed studies, Figure 1 illustrates the conceptual sequence emerging from the thematic synthesis.

Figure 1. Conceptual relationship identified through the systematic literature review



Overall, the findings demonstrate that the preservation of Godok Obuih extends beyond maintaining traditional recipes. The reviewed literature consistently showed that its sustainability depends on the interaction of culinary practices, community participation, cultural communication, collective memory, and local wisdom. These five interconnected themes emerged as the principal findings of the systematic literature review and provide the empirical basis for the subsequent discussion.

2. Discussion

This study aimed to explain how Godok Obuih contributes to the preservation of Minangkabau intangible cultural heritage by synthesizing evidence from previous studies using a Systematic Literature Review. The review identified five interrelated dimensions—traditional culinary practices, community participation, cultural communication, collective memory, and local wisdom—that collectively sustain Godok Obuih as a living cultural heritage. Rather than functioning independently, these dimensions reinforce one another, demonstrating that the preservation of traditional cuisine depends on continuous social interaction, cultural transmission, and community engagement. This integrated perspective extends previous discussions on traditional culinary heritage by showing that cultural sustainability is achieved through the interaction of multiple cultural dimensions rather than through the preservation of culinary products alone.

The findings indicate that the continuity of traditional culinary practices is the foundation of Godok Obuih preservation. The reviewed studies consistently demonstrate that the tradition survives because it continues to be practiced during customary

ceremonies, family gatherings, and community celebrations. This finding supports the concept of living heritage, which emphasizes that intangible cultural heritage is safeguarded through continuous practice and intergenerational transmission rather than through documentation alone (UNESCO, 2003). Recent studies have reinforced this perspective by arguing that safeguarding efforts should prioritize maintaining cultural practices within communities, allowing traditions to adapt to contemporary social contexts while preserving their cultural meaning (Su, Wall, & Xu, 2020; Zhang & Xu, 2023). The evidence synthesized in this review therefore suggests that Godok Obuih remains culturally relevant because it continues to be embedded in everyday social life rather than being treated solely as a historical artifact.

Another important finding concerns the role of community participation. The literature indicates that knowledge related to preparing, serving, and interpreting Godok Obuih is transmitted through direct participation in family activities, traditional ceremonies, and communal events. This finding is consistent with Wenger's (1998) Communities of Practice Theory, which explains that knowledge develops through participation in shared social practices. More recent research has similarly demonstrated that community engagement is one of the strongest determinants of successful intangible cultural heritage preservation because local communities act as the primary custodians of cultural knowledge (Duxbury, Garrett-Petts, & MacLennan, 2019; Jiang et al., 2024). Unlike several previous studies that primarily viewed participation as a conservation strategy, the present review indicates that participation also strengthens social cohesion, reinforces cultural identity, and facilitates intergenerational learning. Consequently, community participation should be understood not only as a mechanism for maintaining traditions but also as an essential process through which cultural values continue to evolve.

The review further demonstrates that cultural communication plays an essential role in preserving Godok Obuih. Traditional cuisine functions not merely as food but also as a cultural symbol through which communities communicate identity, customary values, and collective experiences. This interpretation aligns with Geertz's (1973) cultural perspective, which views culture as a system of shared meanings expressed through social practices. Recent scholarship on food heritage has reached similar conclusions, emphasizing that traditional cuisine represents an important medium for communicating cultural identity and strengthening social relationships within communities (Bessière, 2013; House et al., 2024). The present findings extend this perspective by showing that repeated culinary

practices enable cultural meanings to be continuously interpreted and reproduced across generations. Therefore, communication through traditional cuisine contributes directly to the long-term sustainability of intangible cultural heritage.

The findings also highlight the importance of collective memory in maintaining traditional culinary heritage. The reviewed literature indicates that Godok Obuih is strongly associated with memories of customary ceremonies, family gatherings, and shared community experiences. Recent studies have argued that collective memory should be understood as an active social process that continuously reconstructs cultural identity through repeated cultural practices rather than merely preserving historical events (Assmann, 2011; Giaccardi & Palen, 2022). Similar findings have been reported in studies of traditional food heritage, which demonstrate that emotional attachment to culinary traditions motivates communities to continue practicing inherited customs despite social transformation (Björk & Kauppinen-Räsänen, 2019). The present review supports these arguments by demonstrating that collective memory reinforces emotional attachment to Godok Obuih, thereby encouraging its continuity across generations.

Another significant dimension identified in this study is local wisdom. The findings reveal that Godok Obuih embodies indigenous knowledge concerning environmental adaptation, resource management, cooperation, and social responsibility. Recent studies on cultural sustainability have similarly emphasized that local wisdom strengthens community resilience by enabling traditional practices to adapt to changing circumstances without losing their essential cultural values (Soini & Dessein, 2016; Wu & Goh, 2025). Unlike previous studies that frequently discussed local wisdom separately from culinary traditions, the present review demonstrates that local wisdom is embedded within the entire process of preparing, sharing, and preserving Godok Obuih. Consequently, culinary traditions preserve not only practical knowledge but also ethical principles and social norms that characterize Minangkabau culture.

Compared with previous research, this study offers a broader conceptual understanding of traditional culinary heritage. Earlier studies generally examined traditional food from specific perspectives, including tourism development (Timothy, 2015), regional identity (Everett & Aitchison, 2008), food anthropology (Mintz & Du Bois, 2002), or cultural documentation (Zahra et al., 2026). While these studies have significantly contributed to understanding the cultural importance of traditional cuisine, they rarely explained how different cultural dimensions interact to sustain heritage over

time. By integrating evidence from multiple studies, the present review demonstrates that traditional culinary practices, community participation, cultural communication, collective memory, and local wisdom operate as mutually reinforcing components of a single cultural system. This integrated framework provides a more comprehensive explanation of how Godok Obuih continues to survive despite rapid social and cultural change.

The review also reveals an important point of contrast with several previous studies concerning modernization. A number of earlier publications suggested that globalization inevitably threatens the continuity of traditional culinary heritage because younger generations increasingly adopt modern lifestyles and food preferences. However, the evidence synthesized in this review suggests that modernization alone does not determine whether a culinary tradition survives. Instead, the continuity of Godok Obuih depends primarily on whether communities continue to create opportunities for cultural participation, intergenerational learning, and social interaction. This interpretation is consistent with recent community-based heritage studies, which argue that active community engagement is a stronger predictor of cultural sustainability than external socio-economic pressures (Su et al., 2020; Jiang et al., 2024). Therefore, preservation strategies should prioritize strengthening community participation rather than focusing exclusively on documentation or commercialization.

Although this study provides a comprehensive synthesis of the available literature, several limitations should be acknowledged. First, the review was based on published academic literature and official documents; therefore, undocumented oral traditions and community experiences may not have been fully represented. Second, empirical studies specifically investigating Godok Obuih remain relatively limited, indicating that this traditional culinary heritage has received less scholarly attention than other Indonesian culinary traditions. Future studies are encouraged to validate the proposed conceptual framework through ethnographic research, interviews with traditional culinary practitioners, and comparative investigations involving other regional culinary traditions. Such studies would enrich current understanding of how traditional culinary heritage adapts to contemporary social change while maintaining its cultural authenticity.

Overall, this study demonstrates that the preservation of Godok Obuih cannot be explained by a single cultural factor. Instead, its sustainability emerges through the interaction of traditional culinary practices, community participation, cultural communication, collective memory, and local wisdom. By integrating these dimensions

into a unified conceptual framework supported by contemporary heritage scholarship, this study contributes to the growing body of knowledge on intangible cultural heritage and provides a stronger theoretical foundation for future research on the preservation of traditional culinary heritage in Indonesia.

D. Conclusion and Suggestion

This study examined the role of Godok Obuih in preserving the intangible cultural heritage of the Minangkabau community through a Systematic Literature Review. The review demonstrated that the cultural significance of Godok Obuih extends beyond its function as a traditional food. The synthesis of previous studies showed that its continuity is closely associated with five interconnected dimensions: traditional culinary practices, community participation, cultural communication, collective memory, and local wisdom. Together, these dimensions illustrate that the preservation of traditional cuisine is fundamentally a social and cultural process sustained through continuous interaction within the community.

An important contribution of this study is the development of an integrated conceptual perspective that connects these five dimensions within a single analytical framework. This perspective provides a broader understanding of traditional culinary heritage by emphasizing the relationships among cultural practices, social participation, and the transmission of cultural knowledge. Consequently, the study contributes to heritage scholarship by offering a more comprehensive explanation of how traditional culinary practices support the sustainability of intangible cultural heritage.

The findings also have practical implications for cultural preservation initiatives. Efforts to safeguard traditional culinary heritage may benefit from strengthening community participation, encouraging intergenerational knowledge transfer, supporting local cultural events, and integrating traditional culinary knowledge into educational and cultural programs. Such initiatives may contribute to maintaining traditional culinary practices as living cultural heritage rather than preserving them solely as historical or tourism assets.

Several limitations should be acknowledged. This study relied exclusively on published academic literature and official documents, meaning that valuable knowledge maintained through oral traditions and community practices may not have been fully represented. In addition, the availability of publications specifically addressing Godok

Obuih remains limited, requiring the inclusion of broader literature on Minangkabau traditional culinary heritage and intangible cultural heritage. These limitations indicate that the proposed conceptual framework should be interpreted as a synthesis of existing knowledge rather than as definitive empirical evidence.

Future research is encouraged to complement this review through empirical studies involving local communities, traditional culinary practitioners, cultural experts, and policymakers. Qualitative approaches such as ethnographic observation, in-depth interviews, and case studies may provide richer insights into how Godok Obuih is practiced and transmitted in contemporary society. Comparative studies involving traditional culinary heritage from other regions of Indonesia may also expand understanding of the similarities and distinctive characteristics of culinary-based intangible cultural heritage. Such studies would strengthen the evidence base for developing sustainable cultural preservation strategies while enriching academic discussions on traditional culinary heritage.

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