

Revealing A Traditional Nutritious Cuisine *Mangholat*, An SFL Approach (A Case Study of *Angkola* Language Transitivity in Cooking Verb)

Husniah Ramadhani Pulungan*¹, Riyadi Santosa², Djatmika Djatmika², Tri Wiratno²

*¹Linguistics Postgraduate Program, Universitas Sebelas Maret, Indonesia
husniah.ramadhani@um-tapsel.ac.id

²Faculty of Cultural Science, Universitas Sebelas Maret, Indonesia
riyadisantosa@staff.uns.ac.id, djatmika@staff.uns.ac.id, tri_wiratno@staff.uns.ac.id

ABSTRACT

The pandemic COVID-19 encourages people to consume high nutritious food. We know that many traditional cuisines with high nutritious ingredients is passed from generation to generation verbally. We also can discover traditional cuisine with a linguistic approach. However, there are still no studies that explicitly use Systemic Functional Linguistics (SFL) to identify local wisdom related to high nutritious cooking. We propose SFL to identify words that contain both processes and goals (conflated verb) through transitivity analysis. Here, we study *Angkola* language to show how SFL reveals cuisine that is represented by a conflated verb. The analysis focuses on the transitivity of the SFL approach uses linguistically limited to *mangholat* verbs only coupled with health-wise with literature studies related to the health efficacy of food. The result exhibits that *mangholat* verb is part conflated verb of the material process that consists of two constituents (process and participant goal) in one word. The process constituents in the form of the morpheme {*Mang-*} 'make' shows a cooking process. The constituents of the participant goal of a *holat*, a noun word, is the cuisine name in *Angkola* language. We analyzed the word *holat* for the ingredient breakdown used in cooking the food e.g., *Balakka* (*Phyllanthus emblica L.*) which is proven to improve human health. The SFL transitivity analysis is able to identify high nutritious cuisine of local wisdom. We expect our result to be a starting point for further study of the linguistic approach in discovering local wisdom related to nutritious cooking for humans.

Keywords: SFL, conflated verb, *mangholat*, traditional nutritious cuisines

Correspondence:

Husniah Ramadhani Pulungan
Linguistics Postgraduate Program, Universitas Sebelas Maret, Indonesia
Email: husniah.ramadhani@um-tapsel.ac.id

INTRODUCTION

The pandemic COVID-19 encourages people to consume high nutritious food. We can see from several studies that discuss food during this pandemic, such as food safety (1); foods, food ingredients, and their balanced consumption (2); notwithstanding the limitations of traditional urban farming activities, innovative and disruptive solutions and short food supply chains of fresh agricultural products might play a positive role in lessening uncertainties from global systemic risks (3); food supply chains and supply chain resilience (4); and so on. A lot of attention from experts from the various fields related to food.

We know that many traditional cuisines with high nutritious ingredients is passed from generation to generation verbally. We also can discover traditional cuisine with a linguistic approach. Several literature reviews related to traditional foods consist of the Mediterranean diet between traditional foods and human health (5); the diversity of plants used for the traditional dish sarma in Turkey (6); Betawi traditional cuisines (7); meat in traditional Serbian cuisine (8); traditional cuisine from Saibatin community in West Pesisir Regency, Lampung, Indonesia (9); Culinary diagnosis of traditional cuisine in the state of Hidalgo (10); and so on.

Analysis related to traditional foods above has also received worldwide attention. However, there are still no studies that explicitly use SFL to identify local wisdom related to high nutritious cooking. *Mangholat* verbs can use to reveal the properties contained in its ingredients that are good for health, especially during the COVID-19 pandemic, through a review of SFL, which is a case study

of transitivity in *Angkola*. The flow of this article, the following will introduce a brief overview of SFL, transitivity, and the *Angkola* language.

SFL & Transitivity

Systemic Functional Linguistics (SFL) is a school of linguistics that was introduced by Michael Alexander Kirkwood Halliday in the early 1960s. He is a linguist who was born in Leeds, England, in 1925 and died in Sydney in 2018. Furthermore, the system in the word systemic refers to the system of choice. It means that paradigmatically the use of language is in the choice of form. For example, in a communication event, language users are faced with a choice of clauses, whether declarative or indicative, and whether they are active or passive. Then, the functional word implies that language is in the context of use, and the language forms carry out a function. Therefore, SFL is a linguistic problem that questions how to choose language forms in the context of using language as text (11).

It further explains that in general, SFL influences the development of thought in descriptive linguistics, typological linguistics, and applied linguistics. SFL, which is a linguistic theory built on the description of authentic language use in society, is found in descriptive linguistics. Furthermore, proven SFL can be used to describe several languages in the world, including English, Chinese, Spanish, German, French, Japanese, Tagalog, Indonesian, and many more in typological linguistics. Then, SFL which can not only be applied to various fields with specific (applicable) objectives but can also solve the various real or applicable problems as well as applied linguistics (11).

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Based on the above statement, it can be stated that SFL can be used as an approach to analyze the target language. Confirming that SFL has researched the various studies, there are some literature reviews from 2015 until 2019 can be seen as follows. SFL research in identifying absolute subjects (12); genre pedagogy (SFL GP) in a tertiary EFL writing context in Indonesia (13); the conversational structure of an Indonesian spontaneous dialogue (14); sociolinguistic and sociological conception: possibilities and limits of theoretical framework (15); macro linguistic complex systems in Zimbabwean political news reports (16); the appropriate and inappropriate use of cohesive devices in the text of the academic by students (17); thematic structure in press conference of Barack Obama (18); the state of the art in China today (19); a critical review of literature on English language teaching textbook evaluation (20); a pickax of textual investigation (21); systemic functional linguistics exploring choice (22); cohesion and coherence in written nursing care reports (23); the notion of abstraction (24); literacy in an engineering communication course (25); promote a situated view of academic writing among EFL pre-service teachers (26); investigating teachers' professional competence (27); text complexity in senior high school English textbooks (28); qualitative interview analysis (29); the conceptualization of genre (30); doctor-patient interaction (31); clause complexing-towards an alternative description (32); understanding experiential meaning- making in Chinese adolescent L2 writing (33); an analysis the recount text of the student (34); pedagogical implication based on writing analysis of student (35); seeing recount: sine qua non attributes (36); Persian new year messages of Rouhani and Obama (37); the language styles of mass media (38); study of modalities in the text of the presidential and vice presidential debate in the 2014-2019 presidential election and its relevance to the learning of discourse in schools (39); Iran foreign language policy document of the perceptions of Iranian policymakers as articulated in (40); until about embodied meaning (41). Per the explanation above, the study shows that SFL analysis is quite interesting to analyze a language problem.

In SFL, there are lexical grammatical at the clause level. It looks at the clause system or structure in realizing ideational meaning, namely experiential. Then, there is the grammar that realizes the clause structure that represents ideational meaning who has the experiential. The experiential is called transitivity. This structure realizes the meaning of experience, which in reality has three constituents consisting of the process, the participant, and the circumstance. Then, in reality, the processes are the core of what happens in experiences. There are physical, mental, verbal, behavioral, relational, or existential experiences. Also, at the symbol level, the process is realized into groups of verbs, participants are present with noun groups, and circumstances are express through adverb groups (42).

Meanwhile, one type of process contained in the transitivity is a material process that is a purely physical process without mental or behavioral elements. Then, this process divides into happening and doing. Doing is consists of creative, namely making something, such as (make, develop, design) and dispositive, which is influencing something, such as: send, pick, kick). The constituents contained in this material process consist of: actors, namely participants who carry out the process, goals, namely participants who are affected or affected by

the process, range, which is more of scope or expansion of the process itself, and beneficiaries, namely participants who receive goals as goods or services. Besides, there is a circumstance, namely the environment, both physical and non-physical, in the event (42); (43); (44); (45); (11).

The following are some transitivity forms found from 2016 to 2018. This study starts from the transitivity in *Takepan Serat Menak Yunan's* text translation and its contribution to Indonesian text-based learning material in junior high school (46); analysis of the relationship between the transitivity system and the context of the situation in the political speech of Hatta Rajasa (47); stylistics: protest through animal proverbs in Bole Butakes and Palm Wine Will Flow (48); The first television debate of Hillary Clinton and Donald Trump (49); analysis in an English textbook for the student in Indonesia (50); ecological discourse analysis of a UN environmental story in terms (51); femininity and female sexual desires in *The Lang Women* (52); process & ideological construction of Donald Trump's speeches (53); Ahok's campaign speech at the 2017-2022 DKI Jakarta governor election (54); a review of the Sydney and Cardiff models (55); up to framing on online news articles (56). Based on some of the research reviews above, it shows that studies related to disclosing the nutritious of food using the transitivity analysis of SFL are still limited. Why should an SFL? It is because, in descriptive linguistics, it is clear that SFL is a linguistic theory that builds on the description of authentic language use in society (11). Per the explanation above, the study shows that transitivity analysis is still limited about cooking verb. The verb of cooking produces food and cuisine.

Furthermore, related to food and cuisine, there are several literature reviews as follows. Previously, we will first explore literature reviews related to cuisine, including Gordon Ramsay's politeness strategies in *MasterChef Junior US* (57) and the construction of masculinity in the reality show *MasterChef US* season five (58). By the explanation, it can state that the study that has to investigate is politeness strategies and the construction of masculinity.

Besides, after remembering various cooking techniques that can produce a variety of delicious dishes, this cooking verb is quite desirable to study. Some recent studies relating to cooking can see as follows. The analysis starts from the effectiveness of mastery learning strategies in learning vegetable cooking skills for the blind (59); cooking method with sous vide technique in making beef rendang food products: organoleptic approach (60); interior design of cooking club for kids (61); the implementation of learning the skills to make tamarind candy in mild retarded children in some exceptional schools (62); improve children's fine motor skills through cooking (cooking) in groups of children in a kinder garden school (63); representation of Sundanese cultural identity in cooking utensils and traditional tableware made of bamboo in a traditional village (64); improve the skills of making cassava leaves jerky through mastery learning strategies for deaf children (65); the effect of different ways of cooking on the levels of protein, fat, cholesterol and taste of Balinese beef (66); the impact of the cooking skills basic on the life skills of children aged 5-6 years in kindergarten (67); socialization and cooking demonstrations on food processing around the yard (68). Based on the explanation above, various types

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of cooking skills, interior club cooking, cooking utensils, and other processing of food, had been studied. Furthermore, if it is analyzed linguistically, the studies relating to cooking verbs include the verb cooking research in Balinese (69). This cooking verb in Balinese has the review in a manner natural semantic metalanguage revealed three categories, namely cooking with fire, cooking with water, and cooking with oil and without oil. Based on the analysis above, this article still has the opportunity to reveal the cooking analysis verb but from the variants of cooking verbs with different forms.

The Angkola Language

Given that SFL can use for various languages, this time, the language to be analyzed is *Angkola*. The choice of

language *Angkola* made because it is one of the regional languages in Indonesia that is still has active speakers today. Besides, the *Angkola* language as a the regional language is protected by the state in the 1945 Constitution Chapter XIII Education and Culture, Article 32 paragraphs 1 and 2 (70). It shows that the existence and maintenance of regional languages. one of them is the *Angkola* language, which includes the attention of the state. It is the appreciation and support for the preservation of the wealth of the archipelago. Then, the *Angkola* language has been the strange symptoms in its transitivity analysis, making the writer more motivated to explore this language. When viewed on the map, the *Angkola* language is in the area, shown in Figure 1 below.



Figure 1. Linguistic Map of North Sumatra (71)

Based on Figure 1. above, it can be explained that the boundaries of the *Angkola* area are east and south bordering the *Mandailing* region, west bordering *Tapanuli Tengah* Regency, north bordering the *Toba* region. Then, the term *Batak* used when referring to all the sub-ethnic groups of *Batak*. Then, the terms of *Karo*, *Pakpak-Dairi*, *Simalungun*, *Toba*, and *Angkola-Mandailing* use when referring to a group as on the linguistic map of North Sumatra above. It proves that this language exists and exists in the province of North Sumatra, Indonesia. Furthermore, the *Angkola* language has had a high literacy since time immemorial. Unfortunately, the *Angkola* language has limited written language documentation because it is generally passed down orally from generation to generation. Related to this research, the writer will only refer to the first type of *Angkola* language, namely *hasomalon* language or the language used every day because it considers representing the background knowledge of the *Angkola* people in seeing the world.

Then, the *Angkola* language has various local wisdom. One of the local wisdoms in the *Angkola* language can trace from the cuisine. Considering that the food contains a variety of ingredients, here the selected dishes are limited to dishes that have good properties to maintain endurance. This is important because, during the COVID-19 pandemic, good nutritional intake from cooked food is needed so that health is well maintained.

When talking about nutritious foods, it presented with several literature reviews from 2012 to 2020 relating to this matter. However, before that, it is better if some literature reviews have examined the properties of food ingredients as follows. Starting from the intake of fruits and vegetables on existing dietary guidance (72); for anticancer, anti-obesity, anti-constipation, colorectal health promotion, probiotic properties, cholesterol reduction, fibrolytic effect, antioxidative and antiaging properties, brain health promotion, immune promotion, and skin health promotion are functionality of kimchi for health (73); be an excellent source of proteins, vitamins, minerals, and one of the most biologically active foods consumed by humans is yogurt (74); for kidney function and health consume watermelon (75); one of the plants which have antimicrobial activity is *Citrus aurantifolia* (76); from the fin waste of *Channa pleurophthalma* fish the charcoal was obtained (77), with oregano currently, there have been some related reports on the preventive effects on chronic diseases such as cancer and heart diseases (78); until the research about consider as source of probiotic which resistant to pathogens and antibiotics is red passion fruit (79).

Following the literature review above, both related to the *mangholat* verb and the ingredients of *holat*, it is still limited to do. Therefore, the concludes that this *mangholat* verb is one of the cooking processes whose cooking is including in local wisdom in *Angkola*, North Sumatra Province, Indonesia, in SFL research, and

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transitivity are also still limited, especially about food research. Food still needs to be developed, and in the term of health can provide the information on the properties of the ingredients used. To be precise, the research gap in this study is an effort to reveal the health nutritious of foodstuffs are traced from *mangholat* verbs using transitivity analysis from the SFL approach. Thus, the things will analyze in this article namely, how is the use of the verb *mangholat* on transitivity in *Angkola* can reveal the nutritious of ingredient for health?

METHODOLOGY

This research method is descriptive qualitative. The location of this research is in the *Angkola* area, North Sumatra Province, Indonesia. The data source, for *mangholat* verbs, was taken from interviews with informants from *Angkola*, while the nutritious of the ingredient's food taken from a literature review. The data is in the form of a single sentence containing the verb *mangholat*. The data analysis used transitivity analysis with the SFL approach to parsing the *mangholat* verbs so we can find the information on ingredients that is nutritious for health. Furthermore, data presentation techniques are descriptive and argumentative.

RESULTS AND DISCUSSION

Results

The use of the verb mangholat on transitivity in Angkola can reveal the nutritious of ingredient for health with identification of the SFL approach

The verb *mangholat* is an example of a cooking verb from the conflated creative material doing the process. Conflated is one of the strange forms of symptoms of transitivity in the *Angkola* language. In this study, conflated was included as part of the constituent process. Furthermore, the conflated verb was found in *Angkola* will be compared with examples of Indonesian data that contain simulfix. Simulfix (N) is a linguistic noun which means an affix that is not in the form of a syllable and which is added or dissolved in the base; for example, *n in ngopi* (the basic of coffee) (80). It can explain as follows.

In the *Angkola* language, conflated is taken from several examples of data from *Angkola* informants with the data name Conflated Creative Doing Material Process (PMDKConf) as follows.

- Umak ni si Linda mambubur di tatarang.* 'Linda's mother **makes porridge** in the kitchen.' (Data PMDKConf 1a)
- Si Dawanun manauco sannari.* 'Dawanun **makes tauco** now.' (Data PMDKConf 2a)
- Si Kotnida mangholat di horja i.* 'Si Kotnida **makes holat** at the party.' (Data PMDKConf 3a)
- Umak ni si Sarnida mangarondang di borngin ni arirayo i.* 'Sarnida's mother **makes rendang** on that holiday night.' (Data PMDKConf 4a)
- Oppung ni si Parulian mangalame di siang i.* 'The Parulian's grandmother **makes dodol** in this afternoon.' (Data PMDKConf 5a)
- Uda ni si Parlin mangalomang di kobun Sibarung.* 'Parlin's uncle **makes lemag** in Sibarung's garden.' (Data PMDKConf 6a)

- Etek ni si Tigor manape sadarion.* 'Aunt the Tigor **makes tape** today.' (Data PMDK 7a)
- Si Lanti mangarabar dohot dongan-dongannia.* 'Si Lanti **makes a salad** with her friends.' (Data PMDK 8a)

The data above indicates by words in bold. There is consist of *mambubur* 'makes porridge'; *manauco* 'makes tauco'; *mangholat* 'makes holat'; *mangarondang* 'makes rendang'; *mangalame* 'makes dodol'; *mangalomang* 'makes lemag'; and *manape* 'makes tapai'. Then, in the material process, doing, creative is indicated by the verb marker with the morpheme {MaN- 'MeN-'} as the constituent of the process and added with the constituent of the goal participant. It constructs from the verb ↓ event (an event which is realized by a verb) means to add a noun ↓ (an object that is realized by a noun), such as *bubur* 'porridge'; *tauco* 'tauco'; *holat* 'holat'; *rondang* 'rendang'; *alame* 'dodol'; *lomang* 'lemang'; and *tapai* 'tape'. In Indonesian, conflated is taken from the following examples.

- Ibu mau nyoto buat makan siang.* (81) 'Mother wants to make **soto** for lunch.'
- Bii... bibiii... besok mau nyayur apa'aan... mau gua siihhh nyayur lodeehh yeee biiii.....* (82) 'Tyy... Auntyyy... cook what **vegetables** for tomorrow... I want to **cook vegetables** lodeehh yeee aunty....'
- Ngerujak yuk.* (83) 'Let's make a **salad**.'
- Tadi aku nyambel dulu.* (84) 'I **made sambal** first.'

The conflated found from the Indonesian data above are indicated by words in bold print, which consist of: *nyoto* 'makes Soto'; *nyayur* 'cooks vegetables'; *ngerujak* 'makes rujak'; and *nyambel* 'makes sambal'. Furthermore, in the material process, doing, creative is indicated by the appearance of the simulfix. This simulfix (N) is a process constituent that was added with the goal of participant constituents. This is constructed by verb ↓ events (events which are realized by verbs) which means to make; cooking is added with objects ↓ noun (objects that are realized by nouns), such as *soto*, *satay*, *vegetables*, *salad*, and *sambal*.

Based on the explanation above, it can seem that what distinguishes between the conflated process and goals in the material process, doing, creative lies at the beginning of the process constituents. In the *Angkola* language, it starts with a verb marker with a verb {MaN-kon 'MeN-kan'} while in Indonesian, it begins with a simulfix (N). Besides, the appearance of this conflated when viewed from the sample of data tends to be the process associated with making or cooking food. However, this does not rule out a deep exploration of future research to reveal other forms. In accordance with the explanation above, the limitation of data analysis as a case study is only on data containing *mangholat* verbs, namely in the following PMDKConf 3a data.

Si Kotnida mangholat di horja i. 'Kotnida **makes holat** (a typical Tabagsel dish consisting of goldfish grilled and mixed with rattan, *balakka* fruit & skin, and other spices that produce a sour, fresh, and savory taste) at the party' (Data PMDKConf 3a). The details can be seen in figure 2 as follows.

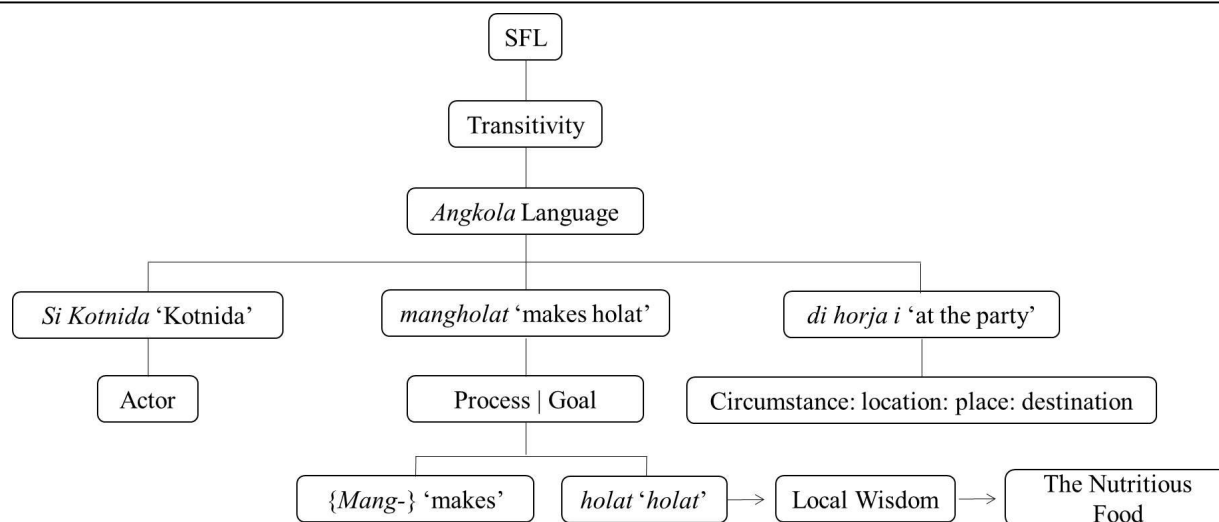


Figure 2. *Holat* Name Discovery Analysis

Based on figure 2 above, it can explain that SFL is orient towards the development of a model in which language, life, nature, and everything else see as a semiotic communication framework (11). To reveal the experiences of containing in the sentence the data, a transitivity analysis is needed. The transitivity analysis that will use is in the *Angkola* language. *Angkola* language data containing *mangholat* verbs were analyzed per constituent. The verb marker *mangholat* 'makes *holat*' as process conflated with the goal above is in between *si Kotnida* 'Kotnida' as an actor and *di horja i* 'at the party' as circumstance, location, place, destination. Furthermore, the process integrated with this goal can be parsed and found the type of morpheme {*Mang-*} that is associated with the meaning of making that is acts as a process plus the noun *holat* that is the acts as a goal. So, we can find that *holat* is the name of food and *mangholat* is the making of food *holat* or making *holat*. This *holat* will reveal the properties contained in it for health. According to this transitivity analysis, it proves that when a sentence phenomenon containing the verb *mangholat* is

found and then it is analyzed by transitivity using the SFL approach, it can be revealed that the name of a dish contained in the combination of the process with the goals. This is of course very interesting because it can be used as a starting point for finding and breaking down other nutritious local problems through SFL analysis. Because this, it can be stated that this *holat* is a local dish that needs to be explored again. Then, one of Indonesia's intangible cultural heritages from North Sumatra in 2017 is *holat*. *Holat* is a complete dish typical of Padang Bolak. The name of this dish comes from the word *holat* which means chelate, which is the taste of the main 'spice' for the broth, pakkat pieces or chelated rattan shoots. The main seasoning for *Holat* comes from the inner skin of the *balakka* plant (*Phyllanthus emblica L.*) which is thinly shaved and then soaked in warm water and then squeezed out two or three times to get a 'broth' which is called *holat* (85). This food has nutritious for health. The following will describe the ingredients and the cooking process (86) as table 1 follows.

Table 1 The Nutritious Ingredients of *Holat*

The Ingredients	The Scientific Name	The Nutritious
Balakka	<i>Phyllanthus emblica L.</i>	<i>Balakka</i> has excellent properties for people with diabetes or diabetes. <i>Balakka</i> wood is also often used as herbal medicine, which functions to treat colds and make the body more fit. Its characteristic is that it can store ari in the fruit and also has acidic substances in the skin and fruit (86).
The ginger	<i>Zingiber officinale</i>	Ginger has proven properties that ginger has antimicrobial, antifungal, antihelminthic, antioxidative, anti-inflammatory, anti-tumor properties, is immunomodulatory, antilipidemic, analgesic, and has a protective effect on the digestive tract. Then, the most obvious effect of ginger is to relieve symptoms of nausea in pregnant women, prevent nausea after surgery, prevent motion sickness, and pain due to osteoarthritis which can be seen clinically (87).
The red onion	<i>Allium cepa L.</i>	The properties of onion ingredients include it can use to treat or prevent various diseases from mild ones (colds, coughs, stomach ulcers, flatulence, asthma, nosebleeds, constipation, acne, boils), dandruff, hair loss, etc.) to severe/degenerative (heart disease, diabetes mellitus, hypertension, bad cholesterol, cancer, and others) (88).

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The cayenne pepper	<i>Capsicum frutescens L.</i>	It is useful for regulating blood circulation; strengthens the heart, pulse, and nerves; prevent flu and fever; uplifting in the body (without narcotic effect); as well as reducing the pain of gout and rheumatism caused by the spicy taste of chilies caused by capsaicin (89).
White rice	<i>Oryza sativa L.</i>	The nutritious of white rice, in general, has the main nutritious of being processed into the rice as the most important staple food for world citizens. In addition, rice is also one of the main sources of gluten-free food primarily for dietary purposes (90). However, specifically for <i>holat</i> , this rice should be roasted until it is brittle, then finely ground, then mixed into shaved <i>balakka</i> .
Goldfish	<i>Cyprinus Carpio</i>	The properties of fish include high-quality protein sources (91).
Lime	<i>Citrus aurantifolia</i>	The nutritious of lime contains phytochemicals that have the effect of lowering blood cholesterol (92).
Pakkat (young rattan)	<i>Calamus caesius</i>	Its properties can arouse the appetite (93).
The salt	Sodium chloride (NaCl)	One type of salt is table salt. This kitchen salt contains \pm 0.0016% iodine (94). The nutritious of iodine is one of the essential minerals for children's growth and brain development. Enlarged adenoids and cretin (stunted) occur due to iodine deficiency. However, based on BPS research in 2001, it shows that the primary cause of underdevelopment in children in the world is iodine. Children who suffer from iodine deficiency have IQs 13.5 points lower than those who get enough iodine (95).

Based on table 1 above, we can see that *holat* contains nutritious ingredients. Then, to be able to get all these nutrients at once, we need to know how to cook them. To making *holat*, the ingredients consist of thick-skinned *balakka* wood, roasted goldfish, enough ginger, salt to taste, lime to taste, village rice, shallots, cayenne pepper. The cooking method can describe as following. First, separate the *balakka* skin from the stem. Then, the *balakka* shaved. Next, the red onion and ginger are sliced and mixed with the shaved *balakka* earlier. After that, the village rice is roasted in the pan until it's brittle. Then, the white rice roasted finely ground, then filtered and mixed into the shaved *balakka* beforehand. Next, sprinkle

enough salt, then boiling water is poured into the mixture. The water is not in a boil condition, but the water that is already boiling. Then, the dough is mixed and stirred until evenly distributed. After all the dough is mixed, eat the goldfish that baked into the dough. Then, put lime juice on top. Powdered cayenne pepper can add according to taste. However, making this *holat* looks easy, but if the dosage is wrong, the results will be fatal (86). Generally, people in *Angkola* add *pakkat* (young rattan) to increase their taste in enjoying the *holat*.

DISCUSSION
The Nutritious of Holat



Figure 3 *Holat* (Source by (93))

Acidic substances in *balakka* skin can cure/reduce diabetes. *Balakka* skin also can cure colds, stomach acid, rheumatism, high blood pressure, gout, malaria, and make the body more fit (this information got from sellers and buyers of *holat*). The content of omega-three fatty acids from goldfish can prevent heart disease. Besides, goldfish also contain calories, protein, calcium, phosphorus, vitamin A, vitamin B, and water. The nutritious of a goldfish such as lowering blood pressure, reducing body weight, healthy joint inflammation, healthy eyes (because it contains vitamin A), and stimulates brain work and height growth of children. Based on the explanation above, it can state that the health information (in this case, the properties of food ingredients) can also obtain from cooking verbs from regional languages (in the case *Angkola*). The uniqueness is that this *mangholat* verb has a form that integrates the process constituents with the goal constituents so that the food-making process with the results food can represent just one verb.

The novelty of this research is that it finds in the process of disclosing the properties of *holat* food that is part of the transitivity analysis of *mangholat* verbs in *Angkola*. The difference is previously, food ingredients revealed of certain foods from the name of food. It can see from the food ingredients directly. Then the uniqueness of this analysis is that food ingredients can reveal after breaking down the *mangholat* verb, analyzed, found the process constituents and the goal constituents, found its name in the goal constituent, namely *holat*, and finally, the ingredients can found. Ingredients for cooking the *holat* and its food properties obtain that also has good health for the body. Also, of course, the health information from the result of this dish has properties that are very useful for maintaining the body's resistance to a healthy and productive life. The highlight of this *holat* dish is *balakka*, namely *Phyllanthus emblica* L. that is tastes chelate but is nutritious. This kind of research still needs to be developed, reminding that there are still many local dishes that need to disclose its health properties.

Thus, this analysis has justified that *holat* is a nutritious food that is expressing from the conflated cooking verb analysis, namely *mangholat* verbs from the sentence data of the creative doing material process. One of the popular ingredients for cooking *holat* is *balakka*. It is because *balakka* can use for a variety of applications in health care or herbal medicine, food and beverage, cosmetics, industry, coloring, tanning, and others. The parts used for these benefits are fresh and dried fruit, seeds, leaves, roots, skin, and flowers. Therefore, the use and management of *Logakka* in the future, especially in North Sumatra, need to be improved through research and publication of logistics agency to the largest community (96). Therefore, similar research still has the great potential for further study, namely, to reveal the properties of food or cooks from transitivity analysis using the SFL approach.

CONCLUSION

This article has shown that through the SFL approach with transitivity analysis in *Angkola*, a cooking verb reveals, namely *mangholat*. This verb can identify the name of a food that has become local wisdom called *holat*. It happens because of the transitivity analysis can be revealed that the material doing the creative process with

Angkola language data has a conflated verb form. The conflated blends between process constituents and goal constituents. This goal is the name of the dish that is from the data is *holat*. *Holat* has a variety of nutritious ingredients to cook it. However, the important thing, the ingredient this *holat* dish is known as *balakka*. *Balakka* can use for a variety of applications in health care or herbal medicine, food and beverage, cosmetics, industry, coloring, tanning, and others. The parts used for these benefits are fresh and dried fruit, seeds, leaves, roots, skin, and flowers. This local food can be an alternative cuisine to maintain endurance today. Hopefully, this research can be a starting point to be able to reveal dishes that become local wisdom from various regions in any part of the world by using transitivity analysis with this SFL approach.

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