

MANAGEMENT • INVESTMENT • ECONOMICS • ENTREPRENEURSHIP • TECHNOLOGY

FIVE IMPORTANT TIPS TO HELP NOVICE
ATHLETES IN SPORTS CONFIDENCE

Turmeric & Coffee

The Suprising Ingredient Generating Short-Pulsed Laser

EMAIL CARBON FOOTPRINT

A SOURCE FOR GREENHOUSE GASES EMISSIONS

Creating Happiness

IN WORK AND LIFE IN SOCIETY: A RELIGIOS PERSPECTIVE

Teknik Pengucapan

BARACK OBAMA

eISSN 2600-9811



9 772600 981003
Publication Date
7 November 2023

WEDANG SECANG

Hastenna Hamdan
Fakulti of Business and Management,
UiTM Cawangan Terengganu
Corresponding email: has@uitm.edu.my

Wedang secang is a traditional Indonesian drink made from secang wood, ginger, brown sugar, and various other ingredients such as pandan leaves or lemongrass. This beverage has a unique and distinct flavor and offers several potential health benefits. The famous Wedang secang from Jogja has a fragrant aroma and the taste of spices is warm in the throat.

According to Keskin and Güneş (2021) traditional drinks, similar to food, have many varieties and benefits. Here is an experience of enjoying wedang secang and some of its potential benefits:

Unique Flavor: Wedang secang has a unique and distinctive flavor derived from secang wood, ginger, and brown sugar. It has a sweet, spicy, and warming taste, making it suitable for consumption in cold weather or when you're feeling under the weather.

Improved Digestive Health: The ginger in wedang secang can help improve digestion. Ginger has anti-inflammatory properties and can help alleviate digestive issues like bloating or nausea.

Warming Sensation: The combination of ginger and secang in wedang secang can help provide a warming sensation, especially when you're feeling cold or shivery. This beverage can help you feel warm from the inside out.

Antioxidant Benefits: Brown sugar and some of the additional ingredients in wedang secang may contain antioxidant compounds, which can help combat cell damage caused by free radicals in the body.

Mental Refreshment: Wedang secang can also help refresh your mind and provide a sense of relaxation. It can be a soothing beverage to enjoy after a long day or when you're feeling stressed.

Warming the Body: The primary benefit of wedang secang is its ability to warm the body. It is a highly popular drink in Indonesia, particularly in regions with colder climates. Drinking wedang secang is a delightful experience, and it's quite simple to prepare and enjoy. Here are the steps to make and drink wedang secang:



Ingredients:

2-3 secang wood chips (or as per your preference)
1-2 slices of ginger
1-2 pandan leaves (optional)
1-2 lemongrass stalks (optional)
Brown sugar or palm sugar (gula merah) to taste
Water

Instructions:

- **Prepare the Ingredients:** Start by gathering all the ingredients you'll need. You can find secang wood chips, ginger, pandan leaves, and lemongrass at most Asian grocery stores.
- **Boil Water:** In a pot, bring water to a boil. The amount of water you use will depend on how many servings you want to make. Typically, you can use about 2-3 cups of water for 2-3 servings.
- **Add Secang Wood:** Once the water is boiling, add the secang wood chips. Allow them to simmer in the boiling water for about 5-10 minutes. This will infuse the water with the secang flavor and give it a reddish hue.
- **Add Ginger:** After the secang has simmered for a while, add the slices of ginger to the pot. Ginger will add a spicy and aromatic element to the wedang secang.
- **Add Pandan Leaves and Lemongrass (Optional):** If you have pandan leaves and lemongrass, you can add them at this stage to enhance the flavor. They will impart a fragrant and herbal note to the drink. If you choose to add them, bruise the pandan leaves and lemongrass slightly to release their flavours.
- **Sweeten with Sugar:** Add brown sugar or palm sugar to taste. The amount of sugar you add is a matter of personal preference, so you

can adjust it to make the drink as sweet as you like.

- **Simmer:** Let the mixture simmer for another 5-10 minutes to allow all the flavors to meld together. Keep an eye on the sweetness level and adjust it if needed.
- **Strain and Serve:** Once the wedang secang is ready, strain it into cups or glasses to remove the solid ingredients. The resulting liquid should have a reddish-brown color and a delightful aroma.
- **Enjoy:** Sip the warm wedang secang slowly and savor its unique and soothing flavours. It's perfect for warming up on a chilly day or for relaxation.

Remember that you can adjust the ingredients and their quantities to suit your taste preferences. Some people like their wedang secang to be stronger in secang flavour, while others prefer a more pronounced ginger or sweet taste. Enjoy your wedang secang!

However, it's important to note that the effects and benefits of wedang secang can vary from person to person, and it should not be consumed in excess. Pay attention to the amount of sugar you add to this beverage, as excessive sugar intake can have negative health effects. If you have specific medical conditions or are unsure about how wedang secang may affect your body, it's advisable to consult with a nutritionist or healthcare professional.

REFERENCES

B. Keskin et al. (2021). Social and cultural aspects of traditional drinks: a review on traditional Turkish drinks. *Int. J. Gastron. Food Sci.*



"Remember that you can adjust the ingredients and their quantities to suit your taste preferences. Some people like their wedang secang to be stronger in secang flavour, while others prefer a more pronounced ginger or sweet taste."



BizNewz 2023
Faculty of Business and Management
Universiti Teknologi MARA Cawangan Terengganu, Kampus Dungun
Sura Hujung, 23000 Dungun, Terengganu, MALAYSIA
Tel: +609-8400400
Fax: +609-8403777
Email: biznewzuitm@gmail.com