

# Innovation of Foxtail Millet (*Foxtail Millet (Fotan)*) Products as Culinary Tourism Products: Development of Finger Food and Dessert in Caraubalu Village, Viqueque Municipality

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**Abstract** - This research explores the innovation of Foxtail Millet (*Fotan*) (pearl millet), a traditional food product from Caraubalu Village, Viqueque Municipality, Timor-Leste, transforming it into modern culinary tourism products, including finger foods and desserts. Using qualitative descriptive methods, data was collected through observation, interviews with local communities, agricultural directors, chefs, and academics. The study demonstrates that Foxtail Millet (*Fotan*), traditionally prepared as katupa, sasoro, and with coconut milk, can be successfully innovated into international standard products, such as Foxtail Millet (*Fotan*) bread, bruschetta canapés, guacamole canapés, caramel pudding with lemon sauce, and mousse cheesecake. Findings suggest that product innovation necessitates attention to presentation, portion control, taste preservation, and effective marketing strategies. This research contributes to preserving cultural heritage while creating economic opportunities for local communities through culinary tourism development.

**Keywords** - Foxtail Millet (*Fotan*), Product Innovation, Culinary Tourism, Finger Food, Dessert.

## I. INTRODUCTION

Tourism encompasses activities of individuals or groups traveling from one place to another and staying at destinations for various purposes (World Tourism Organization). Richardson and Fluker (2004) define tourism as comprising activities of people traveling to and staying in places outside their usual environment for not more than one consecutive year for leisure, business, and other purposes. An essential component of the tourism experience is culinary tourism, where visitors seek to taste and experience local traditional foods. Culinary tourism products represent integrated offerings that include local food, transportation, accommodation, and entertainment prepared by companies to meet tourist needs (Burkart and Medlik, 1986). These products encompass both tangible and intangible elements within travel packages, designed to provide tourists with memorable experiences. Traditional food serves as a crucial identity marker for nations, requiring innovation and development to attract both domestic and international visitors.

Foxtail Millet (*Fotan*) represents an ancient traditional food in Timor-Leste, particularly in Viqueque Municipality. Inherited from ancestors and continuously consumed by communities, Foxtail Millet (*Fotan*) possesses unique characteristics including good taste, distinctive aroma, and nutritional benefits. Traditionally, communities prepare Foxtail Millet (*Fotan*) as katupa (wrapped in palm leaves), cooked with coconut milk, mixed with corn, and as porridge (sasoro). However, with limited development and innovation, this traditional product risks being forgotten by younger generations. Caraubalu Village in Viqueque Municipality, consisting of seven sub-villages (Mamamuk, Mane Haat, Lamak Laran, Wesa, Has Abut, Sira Lari, and Kabiraoan), maintains Foxtail Millet (*Fotan*) cultivation traditions. The agricultural-based community continues producing Foxtail Millet (*Fotan*), though the product has not been fully developed professionally for restaurant businesses or

tourism markets. This research addresses the need to innovate Foxtail Millet (Fotan) into modern culinary products while preserving its traditional essence and cultural significance. The objective of the study is to understand the traditional production process of Foxtail Millet (Fotan) in Caraubalu Village, Viqueque Municipality, and to develop innovations transforming Foxtail Millet (Fotan) into culinary tourism products (finger food and dessert) in Caraubalu Village, Viqueque Municipality

## II. LITERATURE REVIEW

### A. Product Innovation

Innovation represents a mechanism for industries to adapt to dynamic communities, enabling companies to create new plans for producing new products (Hurley and Hult, 1998). According to Tijiptono (2002:95), a product is something producers create to offer consumers through efforts that fulfill company objectives and meet consumer needs through planning and observation, ensuring their production can compete with other products. Traditional food innovation aims to provide advantages to both tourists and local communities.

Sugiyono (2011:407) defines innovation as a method used to achieve important product results, testing effectiveness through the product itself. Innovation methods vary depending on creativity, building upon ancestral knowledge passed down through generations. Hendro (2011) identifies quality aspects of product innovation frequently used to achieve success:

1. Product innovation itself, viewed from taste, quality, and packaging, including presentation methods, logos, colors to attract people, and systems used to open to the public
2. Marketing innovation through promotional and sales channels and distribution methods in markets, creating service lines
3. Process innovation through creating new products according to consumer needs and market technology processes
4. Technical innovation through design techniques, control techniques, and service techniques
5. Administrative innovation through data management, including product production and data collection

### B. Culinary Tourism

According to the International Culinary Tourism Association (ICTA), culinary tourism encompasses unique food and beverage activities conducted by both local and international visitors who taste foods and beverages different from other tourism products, including culture and environment that can also serve as tourism promotion to attract visitors. Culinary tourism can also be called premium tourism products, encouraging communities to promote unique traditional foods from various locations.

Hall (2003:9) defines food tourism as "a need to differentiate between tourists who consume food as a part of the travel experience and those tourists whose activities, behaviors and event, destination selection is influenced by an interest in food." This definition emphasizes that culinary tourism involves travel where the main objective is to taste traditional food at destinations, creating memorable experiences for tourists. Bondan Winarno (2008) suggests that the culinary industry has extensive potential for development according to tourism destinations for international and local tourists, due to the variety of natural foods and beverages at affordable prices that help visitors feel satisfied with reasonable costs.

### C. Finger Food

Finger food represents a preparation method for food that can be tasted with hands, as well as food served using forks, spoons, or chopsticks, and traditional materials such as spoons made from coconut shells or bamboo leaves. Finger food can be categorized as snacks consumable during travel or family gatherings and can be given to babies starting from 7-9 months old, appropriate for their age, so children or babies can eat independently, holding with their own hands.

Finger food functions to increase nutrition, with nutritional value reaching up to 30% consumable in one day, containing approximately 165 calories (Prof. Dr. Ir. Ali Khomsan, MS, 2017). Examples of simple finger food menu production include selecting vegetable leaves and fruits that can be produced as finger food by steaming or grilling methods, such as sweet potato varieties and vegetable leaves.

#### **D. Dessert**

Dessert represents the final dish after the main course, also called a palate cleanser, with a sweet texture and varied tastes according to individual production methods. Dessert quality varies depending on creativity, representing the final offering in dinner service. In modern culinary development, dessert has become an inseparable part of breakfast, lunch, and dinner menus. According to Ekawatiningsih (2008:317), dessert is a dish offered or served after the main course as a closing dish or palate cleanser, with a sweet and cold taste, though some feel acidic depending on the combination. Dessert functions include:

- a) Neutralizing between dishes or serving as a refreshing dish after heavy previous dishes
- b) Serving as food with a distinctive taste (Indonesian menu)
- c) Allowing consumers to taste the flavor differently from the first course

Ekawatiningsih (2008:317) categorizes desserts into two parts:

- a) Cold dessert: Including bread pudding, choux paste (pastry made with liquid dough using a wooden spoon), mousse (dessert with soft, smooth texture made with egg whites and whipped cream). Cold dessert is served at a cold temperature, though processed by cooking before serving and storing in a refrigerator.
- b) Hot dessert: Served at a hot temperature, requiring hot preparation processes and hot materials. Products include flambéed banana, soufflé, apple pie, and bread pudding.

#### **E. Foxtail Millet (Fotan)**

Foxtail Millet (Fotan), internationally known as pearl millet, represents a grain crop receiving attention as an alternative food, particularly due to its capacity to thrive in dry land. Currently, Foxtail Millet (Fotan) can be found in nations worldwide as people cultivate it in dry areas. Although Foxtail Millet (Fotan) serves as a grain and staple food crop in dry areas during drought times in Africa and India, this crop has become widely recognized.

According to Johnson and Croissant (2002) and Maman et al. (1999), the commercialization of Foxtail Millet (Fotan) cultivation has expanded more broadly, with Asia becoming the center for developing hybrid Foxtail Millet (Fotan) with good and very high results surpassing the original Foxtail Millet (Fotan) quality in India and Africa. According to Haryanto and Yoshida (1996), Foxtail Millet (Fotan) is a product thriving in subtropical climates, dry land, and deserts, frequently cultivated at 600 meters above sea level. Foxtail Millet (Fotan) (jawawut/millet) grows during sunny times and can be cultivated during rainy seasons with normal temperatures of 25°-35° Celsius, with minimum temperatures of 17.5°-25° Celsius.

#### **F. Food Quality**

Food quality refers to food good for nutrition, providing strength for people to live and carry out daily tasks. Quality food is not viewed as expensive food alone, but as food containing vitamins. According to Potter and Hotchkiss (2012, p.1), food quality represents quality characteristics of food that we accept and consume, serving as measurement and form, consistent texture, and food's own taste, attracting people's hearts. Fresh-tasting food plays an important role in competing with other foods, making food quality a good method to interest people in business because well-prepared food brings benefits.

According to West Wood and Harger (2006), Gaman and Sherrington (1996), and Jones (2000), important lines of food quality include the following dimensions:

1. Color: Food colors from ingredients must have appropriate combinations so people viewing them do not dislike them, and the colors are not dull, as color combination is very important to first attract consumers
2. Presentation: Food must be good when placed on plates, serving as an important factor. When viewed, it appears fresh and clean, with the offered food serving as an important example influencing good food presentation and exposure to visitors
3. Portion: In complete food preparation, always establish standard portion sizes beforehand. Standard portion size defines the quantity of items that must be offered according to the prepared items
4. Size/Shape: Each food's size plays an important role in attracting people's eyes. Attractive food size

varies through cutting products variously.

5. Temperature: Consumers feel attracted by temperature variations obtained from one food to another, as temperature can influence food taste
6. Texture: Various methods exist for food texture, such as soft or not tough food, and solid or liquid according to existing texture.
7. Aroma: Aroma represents a food reaction that will attract clients before consumers eat, with good food aroma attracting consumers to want to taste and eat
8. Result of Cooked Food/Maturity Level: The result of food will influence food texture; for example, meat cooked for too long will become tough. Therefore, food like steak will follow each person's individual taste
9. Taste/Flavor: When tasting food's taste from human tongues, the ability to detect from taste buds' senses sweet, sour, salty, and bitter. Within food, taste combinations can become one when tasting its unique taste, thus attracting visitors

According to Ryu and Han (2010), food quality serves as an important attribute of service quality and has a positive relationship with satisfaction for client loyalty. When food quality always goes together with service, clients feel the food's taste.

According to Qin et al. (2009), product quality in food and beverage is viewed from four dimensions:

1. Freshness: Fresh food is frequently categorized as food connected with texture, taste, and food aroma itself
2. Presentation: Food presentation is a method to give more value to food, so consumers, when consuming, can feel how food composition can follow their orders or desires, also increasing their willingness to eat
3. Well Cooked: Food to be served to consumers must first be prepared before cooking, and food must be hygienic, so consumers or clients feel secure to consume it
4. Variety of Food\*\*: Food in restaurants with various varieties and designs placed in menu items with different offerings from restaurants to their clients for consumption

### III. RESEARCH METHODOLOGY

This research was conducted in two locations: first, in Viqueque Municipality, Viqueque Vila Administrative Post in Caraubalu Village. This research utilized qualitative data, which consists of data in word or figure form (designs). Data that researchers directly collect or gather from data sources through observation and interviews with communities in Caraubalu Village, chefs, and agricultural directors. According to Sugiyono (2014), the technique researchers used to identify samples is the purposive sampling technique. Purposive sampling means questions will be directed through people who know or have knowledge about traditional food, especially Foxtail Millet (Fotan) traditional food in Caraubalu Village, Viqueque Municipality. With this, researchers selected five (5) people as sample representatives for this research.

Two (2) community elders who always use Foxtail Millet (Fotan) products, One (1) Municipal Agricultural Director, One (1) Chef, One (1) Academic. Data collection techniques aim to obtain relevant, accurate, and reliable information. Methods used include Observation and Interview. Data analysis can be called data processing or interpretation. Data analysis represents activity grouping, systematization, academic, and scientific work. This research will use a qualitative descriptive data analysis technique, meaning the research can describe data and design to give images to phenomena or relationships between phenomena systematically, accurately according to facts, characteristics, and relationships between identified phenomena, according to Kusmayadi and Sugiarto (2000:29).

### IV. RESEARCH RESULTS AND DISCUSSION

#### A. History of Viqueque

The word Viqueque originates etymologically from the Tetun Terik language from two words: We (Be) and Keke (Kelu). According to history, since ancient times, two groups of people lived in this land called Komando

Bibiutu and Komando Luka. These two groups carried out their lives in their respective areas with their own liurai (traditional kings). The two liurai came from Webiku Wehali from Timor/West Timor to East Timor in Luka Aularan land, coming from Suai Camanasa, Same, Betanu, Alas, and Manatuto (Barique Natarbora). According to history, the Webiku and Wehali people heard that their ancestors came from Wekeke. When Liurai Nai Lu Leki sent his soldiers to fight these people, they felt thirsty while traveling and sought water. They asked a woman to draw water for them, and soldiers drank all of it. When their commander (Assuwain Bere Mauk) drank last, he firmly held the woman's hand and cut off the hand holding the dipper or keke. They quickly brought this to face and inform liurai Nai Lu Lei. The woman's hand they baptized at Hali Lali.

### ***B. Climatic Conditions in Viqueque***

Generally, the climate in the Viqueque District resembles most other parts of Timor-Leste. The climate in Viqueque divides into two seasons: dry season and rainy season. The dry season runs from July to September. Registration in precipitation shows that the maximum temperature in October reaches 31.350°C and the minimum in September 11.750°C. The rainy season runs from November to June. However, with "Climate Change" conditions occurring in recent years, prediction is difficult. Throughout the territory, the dry season lasts longer than the rainy season. For example, in 2012, the dry season started early in May, and rain fell in December.

Climate change strongly affects the Viqueque District. During long dry times, the hot land in coastal areas affects less water preservation, dry land, and flooding occurs during the rainy season. Erosion in the Viqueque District is classified as very high. The climate in mountain and hilltop areas is generally cool, while coastal areas are hot. Viqueque Municipality is in the eastern part, bordered by Manatuto, Baucau, and Lautem Municipalities.

### ***C. Languages in Viqueque Municipality***

Populations in Viqueque Municipality speak four languages: Tetun Terik, Makasae, Naueti, and Kairui. Viqueque Municipality is a small city with natural passages very attractive to visitors with tourism sites among five (5) Administrative Posts: Viqueque Vila, Uatu-Karbau, Lakluta, Ossu, and Uatu-Lari.

### ***D. History of Foxtail Millet (Fotan) in Viqueque Municipality***

Foxtail Millet (Fotan) is a traditional food species thriving in dry land from Caraubalu Village, Viqueque Municipality. Foxtail Millet (Fotan) has existed since ancestral times as traditional food that ancestors consumed in their time continuing until today. Foxtail Millet (Fotan) has good taste and aroma, providing strength when consumed. From ancestral times until today, communities know how to produce Foxtail Millet (Fotan) as katupa, cooked with coconut milk, mixed with corn, and as porridge. Foxtail Millet (Fotan) production follows seasons, once per year during the rainy season and the dry season.

According to Mr. Pinto, Foxtail Millet (Fotan) is a traditional food that has existed since ancestral times and has been left to us. Customarily, they consume it daily for breakfast, lunch, and dinner when rice is unavailable. Cooking methods include making porridge, cooking with coconut milk, and during visits from authorities and cultural ceremonies, such as entering sacred objects into sacred houses, and during funerals and Christmas. According to history, Foxtail Millet (Fotan) food served as the first food to be offered to authorities. Equipment used for cooking in ancestral times included clay pots, and new generations continue consuming them. Communities there always cultivate Foxtail Millet (Fotan), which also provides strength. Using various ingredients, they can make katupa, cook with coconut milk, and make porridge.

Planting time for Foxtail Millet (Fotan) products is in March, from March to May. Harvest time is in June. Planting method mixes Foxtail Millet (Fotan) with soil, and when placing seeds in soil, seeds cannot be too many, so when seeds sprout, there won't be too many. When seeds begin to fruit, care is needed so chickens cannot eat them, as Foxtail Millet (Fotan) also serves as food for free-range chickens. He views Foxtail Millet (Fotan) product as a traditional food that can benefit community daily life. He has begun sharing seeds with other community members to expand and multiply Foxtail Millet (Fotan) products to help local government develop better ancient products that are starting to decrease. According to Viqueque Municipality Agricultural Director Mr. Pinto at his office building, Foxtail Millet (Fotan) product enters the ancient product category because this

product is unique, left by ancestors with three varieties: Foxtail Millet (Fotan) waik, Foxtail Millet (Fotan) belit, and Foxtail Millet (Fotan) busa ikun for new generations. However, as Timor progresses, this product is starting to decrease because seeds are starting to be lost and difficult to obtain; most communities no longer cultivate it. He stated that Foxtail Millet (Fotan) product has entered government plans for development, but they cannot obtain the referred product. Therefore, their part will make efforts to follow communities cultivating Foxtail Millet (Fotan) products so they can create service lines to preserve existing seeds to share with other communities. They will also make efforts to promote the referred product. Therefore, collaborative work with the nutrition department is needed to know that this Foxtail Millet (Fotan) product truly has good nutritional quality for communities when consumed.

According to Mrs. Carvalho, when local government officials descend to socialize with communities to promote Foxtail Millet (Fotan) products, seeds will still exist for future development as culinary products and can also be innovated to help communities improve their economy. Timor-Leste also has a variety of local foods with potential, but if not developed, new generations will not know or consume them. This is why communities seek to promote help and improve the family economy. Related to different interview results with different ideas but one objective: traditional food from our ancestors is important to innovate, to promote and continuously protect culinary wealth like Foxtail Millet (Fotan) products. This product is also cultivated and obtained in Viqueque Municipality, but other municipalities do not yet have it. Perhaps other municipalities have it, but there is no clear data yet.

#### ***E. Traditional Foxtail Millet (Fotan) Production Process in Viqueque Municipality***

The Foxtail Millet (Fotan) production process in Viqueque Municipality generally uses traditional methods that ancestors left until now, viewed from traditional cooking methods with traditional ingredients and traditional harvesting methods. With this, its taste remains original. From ancestral times until now, communities have produced Foxtail Millet (Fotan) in traditional varieties such as making katupa, sedok with corn, and broth.

Because communities prefer cooking with traditional methods so when consuming, they feel its original taste remains. This is why communities in Viqueque Municipality, when cooking Foxtail Millet (Fotan), use traditional methods, also easier and do not take long when using clay pots in traditional ceremonies. The following are ingredients when cooking Foxtail Millet (Fotan) with traditional methods.

#### ***F. Foxtail Millet (Fotan) Harvest and Processing***

Foxtail Millet (Fotan) product is an ancient food from ancestral times until now, but only some communities still care for and maintain these seeds. Previously, our ancestors cultivated, and when ripe, they harvested like harvesting rice. When harvesting Foxtail Millet (Fotan), they first had to prepare a place, such as preparing a house, making a mat to place seeds, and a basket, so when they finished harvesting, they brought it to place in the basket and sun-dried. Then they pounded or threshed to remove the husk, then windowed clean, then continued sun-drying until dry before storing in the hoka (place to preserve seeds).

When taking corn for cooking, they must pound it with corn husks, so the product comes out or falls out from inside the husk. After pounding completely, we must sit while snowing so the product cannot fall out of the mat. Pounding until smooth takes 10 times or more, so we can know it is smooth. The difficulty is that when Foxtail Millet (Fotan) starts ripening, communities often must wait as people wait for rice, because free-range chickens like to eat it. Therefore, when not cared for, chickens start eating until all is gone.

#### ***G. Innovation of Foxtail Millet (Fotan) Products as Culinary Products***

According (Kotler and Armstrong (2008:603-604), change to tastes following technology and competition in the industry is not to rely on existing products but to maintain growth to maintain revenue in an industry. An industry also wants to maintain itself in the market and service lines carried out by innovating existing products in their continuation. Product innovation has activities continuing to improve new products. Therefore, the innovation of Foxtail Millet (Fotan) products into culinary products aims to attract local and international

tourists when they travel to tourism sites; they must also be attracted to local products that communities prepare. Products prepared must also follow standards and good quality, and determined prices.

When becoming culinary products, they must be produced following international standards so consumers can also feel satisfied with products that communities prepare. When a product attracts visitors, viewed from its color, garnish, and existing portion standards. This is why innovation of Foxtail Millet (Fotan) products into culinary products means ancient products that communities frequently consume according to their traditional knowledge, but as Timor progresses, these ancient products can be produced as culinary products at tourism sites.

#### ***H. Description of Foxtail Millet (Fotan) Product Innovation as Culinary Products***

Based on interviews with various stakeholders, several key findings emerged:

According to Mr. Pinto (community member), Foxtail Millet (Fotan) is traditional food from ancestors that has been consumed since ancient times using traditional equipment and traditional ingredients available in the land. (Tuesday, 2020)

According to Agricultural Director Mr. Pinto, expanding and develop Foxtail Millet (Fotan) products requires people with human resources, creating good service lines between communities and government. When communities produce products, people need to purchase so they can obtain good income to sustain their families. The government's part seeks to collect local products to reduce imported products entering Timor-Leste. (At MAP Municipal office Viqueque, Friday, 2020)

According to Chef Mifta, product innovation needs promotion to attract local and international tourists, but we need to control standard prices according to hotels or restaurants, how we plate and decorate well. Community contributions are also needed to be active in socializing with friends in Viqueque Municipality. When hotels want to promote and use these products, communities also need to produce much more. Foxtail Millet (Fotan) products can enter international standards. When we innovate, they can become tourism products to sell to tourists. (Friday, 2020) According to Mrs. Fernandes de Jesus as an academic, local products we have need development, especially innovating local products according to hotel standards because it is not easy to discover and create new ingredients, requiring time and study to create according to our creativity. Importantly, measurements must be correct and compare original taste, which must remain. Need to make it into a book so it can open new generation perspectives to appreciate our local products. (Friday, 2020)

Based on interviews, we can conclude that methods to innovate Foxtail Millet (Fotan) products into culinary products are:

1. Foxtail Millet (Fotan) Bruschetta Canape is food categorized as finger food, meaning food prepared in small portions so when we hold it with our hands and place in our mouth, it fits. Foxtail Millet (Fotan) bruschetta canape is a menu item in the international category because food that foreigners frequently consume.
2. Foxtail Millet (Fotan) Guacamole Canape is also a food categorized as finger food, meaning bread we can take with our hands when consuming small amounts, and people must view the avocado.
3. Caramel Pudding with Lemon Sauce and Foxtail Millet (Fotan) Mousse Cheesecake\*\* are categorized as desserts with ingredients using local Foxtail Millet (Fotan) products to innovate according to available time to compete with imported products entering our nation.
4. According to Mr. Pinto, as a community member producing Foxtail Millet (Fotan) products, Foxtail Millet (Fotan) products are an ancient product from products coming to Timor's interior, but when Timor became independent, this product started losing its seeds because communities did not give importance to the referred product. Through various means, he sought Foxtail Millet (Fotan) seeds again and they started growing again, though the local government does not yet have interest in developing.
5. According to Agricultural Director, Mr. Pinto, when Foxtail Millet (Fotan) products want to expand and develop, people with human resources need to create good service lines between communities and local

government. When communities produce, people are also needed to purchase so they can obtain income to sustain their families.

6. According to Mrs. Carvalho, when local government officials descend to socialize, they then discover ancient products that communities cultivate, so they can develop into culinary products.
7. According to Chef Mifta, during food testing at DIT Restaurant, products are good and have taste, but need improvement in plating to attract visitors' eyes. For example, Foxtail Millet (Fotan) bruschetta and guacamole canapes, measurements must be small and bread must be toasted so when eating, a crispy taste can be felt. Desserts also must be plated well with small portions to attract consumers more, especially in garnishes, and standard prices must also be appropriate and not too high.
8. According to Mrs. Saturnina, as an academic representative at DIT Restaurant, local products need development, especially innovating local products according to hotel standards. We also cannot lose the original taste even though we combine ingredients. We also seek to respect each person's effort to create new products according to their own creativity.

Hendro's (2011) theory states that product innovation frequently used by people to achieve success is as follows. Based on research results and theory about product innovation, to innovate Foxtail Millet (Fotan) products requires innovation quality:

1. Product innovation is viewed from taste, quality, and packaging, viewing their presentation methods, logos, colors to attract people, systems they use to open to the public
2. Marketing innovation through promotional and sales channels with distribution methods in markets, to also create service lines

Based on research results and theory about product innovation according to scholars Chandy and Yellis (1998), who say product innovation to obtain new results in markets, innovation can also be about new production that cannot damage ancient products. Radical innovation can also change old existing products. Foxtail Millet (Fotan) products as traditional food from Viqueque Municipality need protection so products continue to flourish to provide income for communities and the nation, so communities can improve their lives.

## V. CONCLUSIONS AND RECOMMENDATIONS

### ***A. Conclusions***

Based on research results in Caraubalu Village, Viqueque Municipality with the topic: Innovation of Foxtail Millet (Fotan) Products as Culinary Products Finger Food and Dessert in Caraubalu Village, Viqueque Municipality, we conclude:

1. Traditional Production Preservation: Foxtail Millet (Fotan) product is a local product existing since ancestral times. Maintaining the traditional Foxtail Millet (Fotan) production process in Viqueque Municipality can also attract new generations. The traditional preparation methods, using clay pots and traditional ingredients, preserve the authentic taste and cultural significance of this ancient food.
2. Innovation Potential: Local products need innovation because Foxtail Millet (Fotan) is a unique product. Therefore, it needs good development to attract visitors from other nations and domestically to taste the referred product, increase community income, and improve their economy. It can become the identity of Caraubalu Village, Viqueque Municipality. The successful innovation of Foxtail Millet (Fotan) into modern culinary products demonstrates that traditional foods can meet international standards while maintaining their cultural authenticity.
3. Economic Impact: Product innovation creates economic opportunities for local communities through culinary tourism development. When properly marketed and standardized, Foxtail Millet (Fotan) products can compete in both local and international markets, providing sustainable income sources for families in Caraubalu Village.
4. Quality Standards: The research demonstrates that local products can be transformed into international standard culinary items through attention to presentation, portion control, taste balance, and hygiene standards. Collaboration between communities, government, chefs, and academics is essential for successful product development.
5. Cultural Preservation: Innovation does not require abandoning tradition. The research shows that

Foxtail Millet (Fotan) products can be modernized while maintaining their original taste and cultural significance, creating a bridge between ancestral knowledge and contemporary culinary practices.

### ***B. Recommendations***

From the above conclusions, researchers have the following recommendations:

#### *a. For Government and State Institutions*

1. Create Cultural Food Fairs\*\*: Establish regular exhibitions or fairs about traditional foods that Timor-Leste has. Through these events, promotion can be made about Timorese cultural identity, attracting tourists or visitors to visit our land and taste traditional foods Timor has, thereby increasing national revenue.
2. Support Product Development Programs: Implement government programs supporting local product innovation through training, equipment provision, and marketing assistance. Allocate budget specifically for preserving and developing traditional food products like Foxtail Millet (Fotan).
3. Establish Quality Standards: Develop national standards for traditional food products entering the tourism market, ensuring food safety while maintaining authenticity.
4. Create Distribution Networks: Establish service lines connecting producers (communities) with markets (hotels, restaurants, tourism sites) to ensure sustainable income for producers.

#### *b. For Local Communities and Authorities*

1. Expand Business Applications: Traditional food like Foxtail Millet (Fotan) should not only be used for cultural ceremonies, but communities can also innovate Foxtail Millet (Fotan) products into culinary products and sell or do business to increase or improve household economy.
2. Seed Preservation Programs: Establish community-based seed banks to preserve Foxtail Millet (Fotan) varieties (Foxtail Millet (Fotan) waik, Foxtail Millet (Fotan) belit, Foxtail Millet (Fotan) busa ikun) for future generations. Share seeds among community members to expand cultivation.
3. Training and Capacity Building\*\*: Organize regular training sessions for community members on: Modern food preparation techniques, Food safety and hygiene standards, Business management and marketing and Product packaging and presentation
4. Youth Engagement: Involve younger generations in Foxtail Millet (Fotan) cultivation and product innovation to ensure knowledge transfer and continued production.

#### *c. For Hospitality and Tourism Sectors*

1. Menu Integration: Hotels and restaurants should incorporate local products like Foxtail Millet (Fotan) into their menus, creating special sections for traditional Timorese cuisine with modern presentation.
2. Culinary Tourism Packages: Develop tourism packages including Foxtail Millet (Fotan) cultivation visits, traditional cooking demonstrations, and tasting experiences in Caraubalu Village.
3. Standard Pricing: Establish reasonable and standardized pricing for Foxtail Millet (Fotan) products that balances affordability for tourists with fair compensation for producers.
4. Chef Training: Provide specialized training for chefs on working with local ingredients like Foxtail Millet (Fotan), emphasizing both traditional methods and modern culinary techniques.

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