

### **Nutritional content of fresh moringa leaves**

Moringa oleifera leaves belong to the family of dark green leafy vegetables, a food group particularly rich in nutrients. In particular, Moringa oleifera leaves are a good source of proteins, calcium, iron,  $\beta$ -carotene (converted to vitamin A in the human body), vitamin C and vitamin E.

In addition, Moringa oleifera leaves have a high dry matter content (around 20-25%) compared to most other plant food sources (generally around 10%). This makes it even more beneficial as a fresh vegetable since 100 grams of fresh leaves will bring twice as much nutritive material as 100 grams of most other vegetables.

### **Indeed, 100 grams fresh Moringa oleifera leaves are enough to cover:**

- 30 to 100% of the daily recommended intake of calcium (30 to 50% for teenagers, 40 to 60% for adults, children and pregnant and breastfeeding women, 80 to 100% for young children below 3 years old)

- 25 to 80% of the daily recommended intake of iron (25% for pregnant women, 40-60% for teenagers and women, 50 to 100% for men and children).

As for vitamins, the recommended daily intake for vitamin A varies from 400  $\mu$ g retinol equivalents (young children) to 1,000  $\mu$ g retinol equivalents (breastfeeding women).

Therefore, 100 grams of fresh Moringa oleifera leaves could theoretically cover 100% of daily needs, but this is highly variable depending on storage conditions and how they are eaten, as vitamin A degrades over time and when exposed to light or heat.

Similarly, 100 grams of fresh Moringa oleifera leaves could cover 100% of the vitamin C requirements, for which the recommended daily intake varies from 60 mg (young children) to 130 mg (breastfeeding women), but this vitamin degrades quickly with time and during cooking.

For optimal nutrient retention, it is advised to consume fresh leaves shortly after harvesting and to cook the leaves for a short time (a few minutes only), or even eat them raw if they are young and tender.

### **Nutritional content of dry moringa leaf powder**

Another way of consuming Moringa oleifera leaves is to dry them and reduce them into powder, making it easier to store and use at any time. To ensure the good nutritional and microbiological quality of the leaf powder, its water content has to be lower than 7%, the drying time should be as short as possible and the drying temperature not too high (no more than 50-55°C).

Even if a large amount of the vitamins are lost during drying and storage, the leaf powder still constitutes a very rich nutritional supplement, since it is a concentrate of the leaves.

## **Moringa Recipes – 1001 ways to eat and cook**

Almost all the entire moringa tree can be eaten. You can eat the Moringa leaves, flowers, pods and even the Moringa seeds (don't eat too many seeds)

## **Moringa Juice**

Mix moringa in a juice, milkshake. Honey works well to mask the taste.

Add only half a teaspoon of Moringa to juice to prevent spoiling the taste.

## **Moringa Salad**

Sprinkle your Moringa over wet salad – you won't notice it.

## **Moringa in Cooked Meals**

Sprinkle Moringa powder over the food just before serving. You can stir it in, but DON'T COOK Moringa powder, it diminishes the nutritional value.

## **Moringa Tea**

You can add Moringa powder to hot water to create a tea. Do not boil the Moringa, add it to a pot with pre-boiled water and let it brew for 3-5 minutes. Moringa tea has less nutrients than taking the powder.

## **How to cook and eat Moringa**

There is endless ways to incorporate Moringa fresh leaves and Moringa leaf powder into the diet.

Moringa leaf powder can be used as a tea, added to beverages, sprinkled on food or taken in capsules. Moringa leaf powder can be used in cooking or salads.

## **Moringa Recipes**

### **MORINGA LEAVES GULAY\***

Ingredients:

- 1 c. coconut milk diluted with 1 c. water
- 1 c. dried fish (boiled, flaked, and fried in 1 T. cooking fat)
- 2 garlic cloves, minced
- 1 medium onion, sliced
- 1/8 tsp. salt
- 6 c. moringa leaves, washed and sorted
- 4 pieces chili peppers, crushed

Preparation: Boil coconut milk, dried fish, garlic and onion for 10 minutes. Season with salt, stirring the mixture continuously. Add moringa leaves and crushed chili peppers. Cook 5 minutes longer. Serve hot.  
Serves 6.

## **DRUMSTICK CURRY WITH ONIONS**

Ingredients»2-3 onions finely chopped»1 tbsp tamarind extract or»1 tomato chopped»1 twig of curry leaves

Seasoning»1/2 tsp mustard seeds»2 red chilis broken into pieces»2 tbsp cooking oil

Preparations

Cut drumsticks into 1"-1 1/2" long pieces. Heat oil in a pan and add the seasoning ingredients. When mustard seeds stop spluttering, put the chopped vegetables except tomato and sauté'. Add salt and turmeric powder. Cover the pan and allow it to cook on a low flame. Keep stirring in between till done. Add chili powder and tamarind extract / chopped tomato. Cook for some more time. Serve hot with rice.

## **DRUMSTICK WITH RICE AND COCONUT (Mulaga kaada Pindi koor)**

Ingredients»4 or 5 drumsticks»1/2 cup rice soaked for 4 hrs»1/2 coconut»4 red chilies "salt to taste

Seasoning»1 tsp black gram»1/2 tsp mustard seeds»1 red chili broken into bits»1 or 2 twigs of curry leaves

Preparations

Wash and soak rice in just enough water. Grate coconut and grind it into not too fine a paste along with the red chilies and the soaked rice. Add salt and turmeric powder and dilute it by adding two to three cups of water. Cut drumsticks into 4 inch long pieces and cook them with a pinch of salt. Remove when done. Heat oil in a pan and add black gram, mustard seeds and chili pieces. When mustard stops crackling, put in the curry leaves and the liquid. Allow it to cook on a low flame, stirring all the time. Make sure that no lumps are formed. When done (check to see that the ground rice is cooked), add the cooked drumsticks and mix carefully so as not to mash the drumsticks. It goes well with rice.

Note: The contents should be well cooked. Test by tasting. Add more water if necessary and cook till properly done

## **Drumsticks cutlets**

Ingredients»10-12 large fleshy drumsticks, unpeeled, cut into 3" fingers»1 cup roasted gram, whole»5 slices green chilies, sliced coarsely»1/2 cup fine bread crumbs for coating»3-4 flakes garlic, grated»1" piece ginger, grated»3-4 green chilies, sliced

minced»1 large onion, coarsely grated, sprinkle with a little salt»1 tbsp. coriander leaves finely chopped»1/2  
powder “salt to taste “oil for deep frying  
Preparations

Boil drumsticks in plenty of water. Remove.  
Scrape out inside flesh carefully, with a blunt knife, or back of a spoon.  
Cool, run in a mixer till smooth.  
Toast whole gram lightly on griddle till light golden.  
Powder gram in mixer till fine, keep aside.  
Press out all excess water from salted onions.  
Heat one tbsp. oil  
Add grated garlic, ginger, chilies, onions.  
Stir till onions are tender.  
Add drumstick pulp, salt, garam masala, coriander leaves  
Cool a little.  
Add ground gram, crumbled bread, mix into a lump.  
Make small oblong cutlets with mixture, roll in breadcrumbs.  
Chill for 10 minutes, reroll in breadcrumbs.  
Fry in hot oil, till crisp and golden.  
Serve hot with sauce, tamarind chutney, or green chutney.  
Making time: 30 minutes  
Makes: 15 cutlets  
Shelflife: Unfried, refrigerated, 1 day . After frying, Best fresh

### **Drumsticks in Red Gravy**

Ingredients»5 drumsticks, scraped, cut in 2"-3" pieces»3 ripe firm tomatoes, grated»1 onion grated»2 flake  
piece ginger, grated»1 stalk curry leaves»1 tsp. coriander leaves finely chopped»1 tbsp. coconut, finely sc  
powder»1 tsp. coriander seed (dhania) powder»1/4 tsp. turmeric powder»1/4 tsp. garam masala powder»2  
powder»1/2 tsp. sugar “salt to taste»1/2 tsp. each cumin & mustard seeds»1 tbsp. oil

### **Preparations**

Heat oil, add cumin & mustard seeds, asafetida  
Allow to splutter.  
Add ginger, onion, garlic, stir-fry till oil separates.  
Add drumsticks, stir, cover and simmer till half done, stirring occasionally.  
Add tomato, curry leaves, coconut, stir  
Cover and cook till drumsticks are almost done.  
Add all dry masalas, sugar, salt, 1/4 cup water.  
Cover and cook till drumsticks are tender to touch.  
Pour into serving bowl, garnish with coriander leaves.  
Serve hot with thin phulkas, puris or steamed rice.  
Making time: 30 minutes

Makes: 4-5 servings

Shelflife: Best fresh, refrigerated-2 days

### **Drumstick sabzi with gramflour**

Ingredients»5 long fleshy drumsticks»1 tomato finely chopped»1 small capsicum finely chopped»1" piece green  
curry leaves»2 green chillies, slit in half»1 tbsp. coriander leaves finely chopped»2 tsp. thick tamarind pulp  
tsp. red chilli powder»1/2 tsp. coriander seeds (dhania) powder»1/4 tsp. garam masala powder»3-4 pinches  
sugar»salt to taste»1/2 tsp. each cumin & mustard seeds»2 tbsp. oil

#### **Preparations**

Clean, scrape, cut into fingers size pieces

Boil drumstick pieces in 5 cups water, till tender.

Remove, drain, save water and keep aside.

Open fingers into vertical strips, usually 3 a piece.

Heat oil in a large heavy pan

Add cumin, mustard seeds, allow to splutter.

Add curry leaves, chillies, ginger, asafoetida, stir.

Add tomato, capsicum, drumsticks, stirfry for 2 minutes.

Add all dry masalas, salt and sugar to drained drumstick liquid.

Add gramflour, mix to a thin paste, adding more water if required.

Stir so no lumps are left.

Pour into simmering drumsticks, stir well till it starts boiling.

Cover, simmer till gravy becomes thick and bubbly.

When oil starts separating a bit, remove, pour into serving dish.

Garnish with coriander leaves, serve hot with parathas or phulkas.

Making time: 30 minutes

Makes: 5 servings

Shelflife: Best fresh

### **Drumstick-Aloo sabzi**

Ingredients»6 drumsticks, peeled cut in fingers»3 potatoes, cut in chunks»1 onion finely chopped»1 tomato  
stalk curry leaves»1 tbsp. coriander leaves finely chopped»1 tsp. chilli powder»1 tsp. coriander seed powder  
powder»1/4 tsp. garam masala powder»1 tsp. Maharasthrian black masala (kaala masala)»salt to taste»1  
tsp. mustard seeds»3-4 pinches asafoetida»3 tbsp. oil

Grind Together»1 small onion»5 garlic flakes»2" piece ginger»2 red chillies»1/2 tsp. cumin seeds»1 tsp. se  
cashews»2 long tamarind strips»1 stalk mint leaves, plucked»1 tbsp. curds

#### **Preparations**

Heat 1 tbsp. oil, fry ground paste till oil separates

Keep aside.

Meanwhile, heat remaining oil in another large pan.

Add mustard seeds, curry leaves, asafoetida, allow to splutter.

Add potato and drumsticks, stir, sprinkle a little water, cover to cook.  
Sprinkle water frequently, stirring each time, to cook evenly.

When potatoes are soft to pressure

Add all dry masala powders, salt, tomato, onion.

Stirfry till onions turn soft.

Add ground paste, half cup water, stir and cook further 2-3 minutes.

Sprinkle wheat flour, stir immediately to blend

Take off fire after a minute.

Pour into serving dish, garnish with chopped coriander.

Serve hot with rotis, phulkas, jowar or millet chappatis.

Making time: 45 minutes

Makes: 5 servings

Shelflife: 2 days

### **Drumstick leaf korma**

Ingredients»2 cups tender plucked leaves of drumstick tree»1/2 cup split green gram with skin, washed so  
water»1 carrot peeled, chopped»5-6 French beans chopped»1 potato, scrubbed, washed, grated»3-4 green  
ginger grated»1 stalk curry leaves»2 pinches asafoetida powder»1/4 tsp. turmeric powder»1/2 tsp. each cu  
seeds»salt to taste»2 tsp. lemon juice»2 tbsp. oil

### **Preparations**

Chop, wash, drain drumstick leaves.

Heat half oil in a pressure cooker.

Add carrots, drained gram, beans, 1 chopped chilli

Stirfry for 2-3 minutes.

Add potatoes, leaves, ginger, stir, add two cups hot water.

Add turmeric, salt, mix well.

Put lid, cook for two whistles.

Cool cooker, remove lid.

Add salt and lemon juice to taste

To temper:

Heat remaining oil in small pan, add seeds

Allow to splutter.

Add curry leaves, asafoetida, remaining chillies (halved)

Pour into while sizzling, into korma.

Stir gently, serve hot with jeera rice, or steamed rice.

Making time: 25 minutes

Makes: 3 servings

Shelflife: 1 day

### **Drumstick flower chutney**

Ingredients»1 cup fresh drumstick flowers, washed, drained»3-4 green chillies»2 stalks mint leaves, plucked  
curry leaves, plucked, cleaned»1/4 cup split dry roasted chickpeas (phutana)»1/4 cup fresh coconut grated  
garlic»1/2 tsp. ginger grated»salt to taste»2 tsp. lemon juiceTo temper»2 tsp. oil»1/2 tsp. urad dal»1/2 tsp.  
mustard seeds»2 pinches asafoetida»1 stalk curry leaves, plucked»5-6 drumstick flowers, cleaned»1 tbsp.

### Preparations

Grind all ingredients together to a fine chutney.

Check salt and lemon juice to taste

Pour into dish.

To Temper

Heat oil in a small pan.

Add dal, seeds, asafoetida, allow to splutter.

Add curryleaves, flowers, water

Pour into chutney while sizzling.

Stir gently, serve with any snacks, dosas, vadas, or as an accompaniment to meals.

Making time: 15 minutes

Makes: 2 cups chutney

Shelflife: 2 days refrigerated

Note: If phutana is not available, one may use for every 1/4 cup phutana, 1 tbsp. bengal gram, soaked for at least one hour.

Variation: One may use drumstick leaves in addition with the flowers, for taste and colour enhancement. One may also use red chillies instead of green.

### **Drumstick Thoran**

Ingredients»5-6 drumsticks peeled, chopped like fingers»2 onions finely slivered»1/2 tsp. mustard seeds»1  
dry red chillies broken in half»2 tbsp. oil»salt to tasteGrind to a paste»3/4 cup fresh coconut grated»1/2 tsp.  
flakes garlic»2 green or red fresh chillies»2-3 pinches turmeric powder

### Preparations

Wash and put drumsticks to boil in 2 cups water.

Allow to cook covered in a pan till tender, then remove lid.

When almost all water has evaporated, empty and keep aside.

Put ground paste in same pan, cover with boiled drumsticks.

Sprinkle some salted water, cover and cook till steam is given out.

Stir gently, sprinkle some more water, cover and keep aside.

Heat oil in a small pan, add rice and mustard seeds.

Allow to splutter, add chillies and onions.

When onions are transparent, pour over drumstick mixture.

Simmer again, stirring gently, till all water is evaporated.

Serve hot with rice, chappati, etc.

Making time: 30 minutes

Makes: 6 servings

Shelflife: 1 day

### **THORAN**

Drumstick (Muringakkai) 12»Onion ½ cup cut into small pieces»Green chilli 3 cut fine»Garlic 4 pods»Coco

(grated)»Turmeric powder ½ teaspoon»Jeera powder One pinch»Oil 2 table spoon»Curry leaves»One spr

Cut drumstick lengthwise into two halves and take out the inside fleshy part

with a spoon. Cut it into small pieces. Mix it with green chilli, garlic, onion, grated coconut, jeera, turmeric, curry leaves and salt. Mix well and keep it for 30 seconds.

Heat oil in a separate pan, splutter mustard and put the mixture into it and mix with oil. Cover it with a lid and cook it using low flame for 6 minutes. When it is cooked stir well again for 2 minutes and remove from the flame.

### **DRUMSTICK SAMBAR**

Drumstick (Muringakkai) 12»Onion (small) – 1/4 kg»Tomato – 4 nos»Thuar Dhal – 1/2 kg»Chilly powder –

powder – 2 tsp»Mustard -1 tsp»Tamarind – lemon size»Green chillies – 4 nos

Preparations

Cook mashed dhal. Tamarind to be kept soake in water for 10 mts. Take puree. Put mustard in 1 tsp oil and allow it to split. Add chopped onions green chillies, tomato, turmeric powder, chilli powder, coriander powder and fry it for 2 seconds.

Add salt to taste. Allow it to boil for 10 mts Remove from fire and serve hot. Garnish with chopped coriander leaves and curry leaves.

### **SHRIMP SUAM\***

Ingredients:

2 T. shortening 1-1/2 tsp. salt

1 tsp. minced garlic 5 c. water

2 T. sliced onion 12 fresh shrimp, trimmed

1 T. ginger, cut into strips 2 c. moringa leaves, washed and sorted

1 T. fish sauce

Preparation: Saute garlic, onion and ginger in shortening, in large fry pan. Add fish sauce, salt and water.

Bring to a boil, and add shrimp. Cover and cook 10 minutes longer. Serve at once, Serves 6.



### **MUNG BEAN STEW**

#### Ingredients:

4 T. cooking fat 1/2 c. shrimp juice  
1 tsp. minced garlic 1/2 c. pork broth  
2 T. sliced onion 3 c. water  
1/2 c. sliced tomatoes 4-1/4 tsp. salt  
1/2 c. sliced boiled pork dash of pepper  
1/2 c. sliced shrimp 3 c. moringa leaves, washed and sorted  
1 c. dried mung bean, boiled

Preparation: Saute garlic, onion and tomatoes in large fry pan. Add pork and shrimp. Cover and cook 3 minutes. Add mung bean, shrimp juice, pork broth and water. Cover and bring to a boil. Season with salt and pepper, then add moringa leaves and cook 5 minutes longer. Serves 6.

### **DINENGDENG II\***

#### Ingredients:

1/2 c. dried pigeon pea or 2 large tomatoes, sliced  
Congo pea boiled in 1 1 medium-size fish cut into slices and boiled  
c. water 10 young okra, cut into 1" lengths  
3 c. water 1/4 c. fish paste  
2 c. cowpea or yard-long  
bean cut into 2" lengths  
2 c. moringa leaves  
1/2 medium onion, sliced

#### Page 6 Moringa Recipes

Preparation: Add water to cooked pigeon pea or Congo pea in large saucepan. Boil, and add cowpea or yardlong bean. Cover and cook 3 minutes. Add fish paste, onion, tomatoes, fish and okra. Cover and boil 2 minutes. Do not stir vegetables. Add moringa leaves, cover, and cook 5 minutes longer. Serve hot. Serves 6.

### **SAUTEED MORINGA PODS**

#### Ingredients:

2 c. fresh moringa pods 2-1/2 c. shrimp juice from pounded heads of shrimp  
2 T. shortening 2 T. shrimp paste  
1 tsp. minced garlic 1 tsp. salt  
2 T. sliced onion 1 c. fresh lima or butter bean seeds, peeled  
1/2 c. sliced tomatoes 1 c. green cowpea or yard-long bean pods cut into 1-1/2" lengths  
1 c. boiled pork, diced

1/2 c. shrimp, shelled  
and sliced lengthwise

Preparation: Cut moringa pods lengthwise into 4 pieces. Slice white pulp including tender seeds. Discard

outer covering. Cut pulp into 1-1/2 inch lengths. Saute garlic, onion, and tomatoes. Add pork and shrimp.

Cover, and cook 2 minutes. Add shrimp juice, and boil. Season with fish paste and salt. Add lima or butter

beans, and cook 3 minutes. Add moringa pulp and cowpea or yard-long bean. Cover, and cook 10 minutes.

Serves 6.

### **JAMBALYA CAMP**

Ingredients:

1 c. rice 1/2 c. winged bean, blanched

1 onion, chopped 1 carrot, sliced thinly

3 T. oil 1 green pepper, sliced thinly

1 c. ground pork 1/2 c. pigeon or Congo pea seeds

3/4 c. tomatoes, chopped 1/2 c. moringa leaves

1 T. finely chopped celery 3 T. fish sauce

1/2 c. small fresh-water  
clams (no shell)

3 c. water (soup of boiled clams)

### **CORN WITH MORINGA LEAVES**

Moringa Recipes Page 7

Ingredients:

2 c. grated young corn 1 small sponge gourd (luffa)

2 cloves garlic 1 c. moringa

1 head onion 1-1/2 Accent or MSG

3 c. water salt to taste

Preparation: Saute garlic and onion in medium fry pan. Add water and let it boil. Then add the corn, stirring

often to avoid burning. When cooked, add the gourd and moringa.

### **MIXED VEGETABLE EMBOTIDO\***

Ingredients:

1-1/2 c pigeon or Congo peas, 1 c. meat from unripe coconut  
boiled and mashed 1 red pepper

1 c. moringa leaves or fruit 1 green pepper

1 c. squash, grated 3 beaten eggs

1-1/2 c carrots, grated 1 onion, chopped

4 T. margarine 1/2 c. winged beans  
1 head garlic, chopped pepper and salt to taste  
Preparation: Mix all ingredients above. Wrap in plastic bags, and tie both ends. Steam for 45 minutes.

### **SAUTED PIGEON PEA OR CONGO PEA, PAPAYA, MORINGA AND WINGED BEAN WITH LIVER**

Ingredients:

1-1/4 c. pigeon or Congo peas 1/2 c. liver  
3 quarts water 3 T. salt  
3/4 c. cooking oil 2 c. water  
4 segments garlic 1-3/4 c. winged bean  
1-1/4 c. tomatoes 2 c. moringa leaves

Preparation: Boil peas until cooked. Set aside. Saute garlic, onion and tomatoes. Add liver. Cover and cook until liver is tender. Season. Add water. Add winged bean and papaya. Cover and cook 10 minutes. Add cooked peas and moringa leaves. Serve hot.

### **PIGEON PEA OR CONGO PEA WITH PORK AND BANANA BLOSSOM**

Ingredients:

1 c. peas 1 c. winged bean  
1 pc banana blossom 1/2 moringa leaves  
1 leg pork ginger  
1 c. roselle salt to taste

Preparation: Brown pork. Remove from heat, and cut into cubes about 2 inches in size. Boil peas and pork leg until tender. Add ginger and salt to taste. Add banana blossoms and winged beans. When tender, add roselle and onions.

### **CHICKEN WITH PIGEON OR CONGO PEA, PAPAYA, MORINGA AND WINGED BEAN**

Page 8 Moringa Recipes

Ingredients:

1 medium size chicken 1 onion  
1-1/2 c. boiled pigeon or Congo pea 1 tomato  
2 pcs green medium size papaya 3 cloves garlic  
1 c. winged beans salt or Accent to taste  
1 c. moringa leaves

Preparation: Saute garlic, onion and tomato. Add sliced chicken, boiled peas, and boil for 20 minutes. Then

add papaya and winged beans, and boil another 10 minutes. Add Accent and salt to taste. Put in moringa leaves before removing from heat. Serve hot.

### **PIGEON PEA OR CONGO PEA, PAPAYA, MORINGA AND WINGED BEAN HAMBURGER**

Ingredients:

1 c. boiled peas, mashed 1/2 c. papaya, chopped  
1/2 c. string beans, chopped 1/2 c. flour  
1/2 c. moringa 2 eggs  
1 big sized onion, chopped 2 segments garlic  
oil to fry; salt to taste

Preparation: Saute garlic, onions and tomatoes. Add mashed peas, papaya, winged beans, and set aside. Beat eggs and add flour. Add moringa leaves to sauted ingredients, and mix with beaten eggs.

### **POCHERO A LA BERDING GULAY**

Ingredients:

1 c. peeled & sliced unripe papaya 3 stems green onions  
1 c. moringa leaves 1 small pc ginger (thinly sliced)  
1 c. green beans or winged beans 1 T. cooking oil  
3 pcs ripe tomato 5 black pepper, whole  
3 pcs ripe banana 3 c. water  
1 c. dried minnow salt to taste  
1 clove garlic

Preparation: Saute the garlic and ginger in cooking oil until slightly brown. Add the water and bring to a boil.

Add the banana, beans and black pepper. Cover, and continue to boil. When half-done add the sliced papaya, dried minnow, tomatoes, green onions, and salt to taste. Lastly, add the moringa leaves. Remove from heat when done, and serve while hot. Serves 8.

### **MASQUADILLA TORTA\***

Ingredients:

1/2 c. moringa leaves 3 eggs, beaten  
1 c. winged bean pods, 3 pcs tomato, sliced  
finely chopped 1/2 c. shredded papaya  
3/4 c. shredded squash 1/2 c. onion, sliced  
1/2 c. powdered mung bean 5 segments garlic

Moringa Recipes Page 9

1/4 c. powdered dried minnow Salt & pepper to taste

Preparation: Mix moringa pods, leaves, shredded papaya, squash, powdered dried minnow, powdered mung bean, tomatoes, beaten eggs, onion, garlic, salt and pepper to taste. Place one piece of 5 x 5 banana leaf on a plate, and pour the mixture on it. Then deep fry in oil until golden brown. Garnish with sliced tomatoes, onions and calamansi\*. Serves 8.

### **PIGEON OR CONGO PEA, PAPAYA, MORINGA, WINGED BEAN CHICKEN GUINAT-AN\***

Ingredients:

3 pcs tomato 8 pcs winged bean  
1 small papaya 1 c. coconut milk  
1 c. boiled pigeon or Congo pea 1 c. palm heart  
2-1/2 c. sliced chicken 3 pcs garlic  
1 c. moringa leaves 1 small ginger  
3 c. water 1 onion

Salt to taste

Preparation: Saute garlic, onions, tomato and ginger in hot oil. Add the sliced chicken and boil with salt. Then add the water, and boil until the chicken is done. Add the papaya, palm heart, winged beans and pigeon or Congo pea. Lastly, add the moringa and coconut milk. Season to taste.

### **VEGETABLE DELIGHT**

Ingredients:

1 c. pure coconut milk 1 small pc ginger  
1/3 c. pure coconut milk reserve 3 pcs bell pepper, green & red, quartered  
5 pcs fish, preferably tilapia 1/2 c. moringa leaves  
1 onion bulb, sliced 1-2 T. cooking oil  
1 head garlic, crushed 1 t. crushed black pepper  
3 tomatoes, quartered 1/2 c. pigeon or Congo peas  
8-10 winged beans or string 1 c. cubed yellow sweet potato  
beans, quartered

Preparation: Saute garlic in oil until brown. Add onion. Transfer to unglazed cooking pot, then add 1 c. pure coconut milk, winged beans, pigeon or Congo peas, yellow sweet potato, fish, and ginger. Let it boil until halfdone. Add bell peppers and tomatoes. Season with salt and crushed pepper. Add the rest of the coconut milk and moringa. Boil for 5 minutes, and serve.

### **PATALBOG\***

#### Ingredients:

- 1 c. sliced papaya 4 c. water
- 1 c. moringa leaves 1 tsp. salt
- 1 c. winged beans ginger and seasoning to taste
- 1 c. pigeon or Congo peas

Preparation: Wash peas and papaya (which have been sliced into elongated pieces). Remove young moringa leaves from stems, and place in a cup. Slice winged beans to desired size, and wash. Pare ginger, and pound.

#### Page 10 Moringa Recipes

Place all ingredients in a casserole accordingly. Cook for 15 minutes or until all vegetables are tender. Serve hot. Serves 4.

### **SAUTED YOUNG PIGEON OR CONGO PEAS**

#### Ingredients:

- 2 c. dried minnow 2 T. oil
- 2 c. moringa leaves 2 tsp. soy sauce
- 1 c. young pigeon or Congo peas 1 medium size onion
- 1/2 c. sliced tomato 3 cloves garlic
- 1 c. sliced squash salt to taste

Preparation: Saute garlic, onions and tomatoes. Add fish, squash and peas, and cover. Cook for 10 minutes.

Add moringa leaves, and continue cooking for 3 minutes. Remove from heat and serve hot.

### **DINENGDENG**

#### Ingredients:

- 1 c. pigeon or Congo peas, boiled 1 T. fish paste or
- 1 c. green papaya, sliced into salted fish
- small pieces 1 pc ginger
- 1 c. moringa leaves 2 medium tomatoes, sliced
- 1 c. winged beans, sliced into strips
- 1 c. roasted walking catfish or mullet

Preparation: Boil 2 c. water in a casserole. Add the fish paste, ginger, and roasted fish for 15 minutes. Then add the previously boiled peas, green papaya, and winged beans. Cook until tender. Add the moringa leaves last, and cook 2-3 minutes more. Add a pinch of Accent or salt to taste. Serve hot. Serves 4.

### **PINAMILIT NA “HALUWAN” (DALAG)\***

Ingredients:

1 c. tilapia (roasted fish) 1 onion  
4 c. coconut milk 1 small ginger  
2 c. water 1 pc papaya  
1 c. moringa leaves black pepper to taste

Preparation: Boil the coconut milk with water. After boiling, mix the fish with the spices for 5 minutes. Add the papaya and let it boil for 5 minutes, then add the moringa leaves. Cook for 5 minutes more. Remove from heat. Serve hot. Serves 4.

### **3-IN-1 RECIPE**

Ingredients:

1/2 c. coconut milk, dilute 1/2 c. shrimp paste  
1 c. dried shrimp 2 pcs green pepper,  
1/2 papaya, unripe, cut into strips (cut into strips)

Moringa Recipes Page 11

3 c. moringa leaves 1 segment garlic & onion, minced

Preparation: Boil coconut milk, shrimp, garlic, and onions for 10 minutes. Season with shrimp paste, and continue stirring. Add cooked peas, papaya, green pepper, and moringa leaves. Cook 5 minutes longer. Serve hot. Serves 6.

### **MSG or Accent**

Preparation: Wash rice and soak in small bowl for 1 hour, then drain. Fry onion in cooking oil until tender, but not brown. Set aside. Fry pork and add tomatoes and fish sauce. Add 3 c. soup of boiled clams. When boiling, stir in rice slowly on low fire. When rice is half cooked add the other ingredients. Cover tightly and cook slowly. Serve hot with sliced papaya. Seves 6.