

Wet Season Garden Greens

Kang Kong and Paw Paw flower Stir Fry

Pick fresh male paw paw flowers from the tree. Pull paw paw flowers off their stem, wash and squeeze all the water out.

Pull leaves off kangkong. You can also use some of the soft stems chopped up.

In a wok, fry shallots/onion in a generous amount of oil until fragrant. Add garlic, chilli, stock, blachon and stir until fragrant.

Add paw paw flowers and then kang kong and chicken stock, boil until reduced in size and wilted. Add salt to taste.

Kangkong Leaves



Cassava Leaf

Use only the fresh leaves from the top of the bush. Boil cassava leaf until wilted and soft, approximately 20 minutes. Rinse and squeeze hard into clumps that you can then chop very finely.

In a mortar and pestle, grind spring onion, garlic, thai ginger, turmeric, coriander and cumin seeds.

Fry the ingredients from the mortar and pestle in a hot oil in a wok. Stir until fragrant.

Add coconut cream (you can make your own by soaking desiccated coconut in water for half an hour, then squeezing out the milk.)

Once coconut cream is hot and bubbling, add cassava leaf. Reduce.



Cassava Plant

Crispy Fish with Tomatoes (nice accompaniment to our Greens)

In a hot pan with oil, fry dried fish until crispy. Strain and remove from the oil and set aside. Fry onion/shallots and garlic in oil until fragrant. Add chopped tomato, fried fish and sweet soy sauce.

Paw Paw Leaf

Grind onion/shallots and garlic in mortar and pestle. Cook paw paw leaves with a small bunch of cassava leaves (this takes the bitterness out of the leaf) in boiling water and until wilted but still bright green. Heat oil in a wok (we used the oil from frying the fish to add flavour). Add bachon, stir in. Add salt to taste. Serve on rice.



Medicines

Boil paw paw leaves and drink for urinary tract infection. Good for the skin too.

Boil lemon grass in water until oil comes out. Makes your hair grow longer and stop falling out.