Moringa Recipes

Many of these recipes call for the use of “drumsticks” which is/are the immature green pods of the tree. They are generally prepared in a similar fashion to green beans and have a slight asparagus taste. The seeds are sometimes removed from more mature pods and eaten like peas or roasted like nuts. The flowers are edible when cooked, and are said to taste like mushrooms.

Cooking Recipes with Moringa:

Basic Moringa leaf sauce

Ingredients:
- 4.5 grams (2 c) fresh Moringa oleifera leaves
- 2.25 grams (1 c) water
- 1 onion, chopped
- Salt and Butter to taste

Preparation:
Wash the leaves and steam them for a few minutes in water.
Add chopped onions, salt, butter and any other season according to tastes.

Sautéed Pigeon Pea or Congo Pea, Papaya, Moringa, and Winged Bean with Liver

Ingredients:
- 2 handfuls of Pigeon Peas or Congo Peas
- 1 small piece of liver
- 3 pitchers water
- 3 heaping spoonfuls of salt
- 1 scant cup of cooking oil
- 2 “cups” water
- 4 cloves of garlic
- 2 handfuls of winged bean
- 1 small papaya
- 1 large tomato
- 2 handfuls of Moringa leaves

Preparation:
Boil peas until cooked. Set aside.
Sauté 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.
Corn with Moringa Leaves

Ingredients:
Corn from 2 fresh cobs
1 small sponge gourd (luffa)
2 cloves garlic
1 handful Moringa leaves
1 onion chopped
3 “cups” water
Salt to taste

Preparation:
Sauté garlic and onion in medium fry pan.
Add water and let it boil.
Then add corn, stirring often to avoid burning.
When cooked, add gourd and Moringa.

Moringa Leaf Powder Sauce

Ingredients
200 grams (1/4 c) peanut butter
1 liter (4 ¼ c) water
500 grams (2 c) of meat
25 grams (2T) Moringa leaf powder
1 medium onion, chopped
2 cloves garlic
Salt, pepper and red pepper

Preparation
Put the water into the pot, add the meat and bring to a boil.
Boil for 10 minutes,
Add peanut butter.
Boil this mixture over high heat for 15 minutes with the pot uncovered.
Add Moringa leaf powder and boil for 15 more minutes.
Add onion, garlic and spices.
Cover pot and simmer sauce over a low heat for 15 minutes.
Serve over rice or millet couscous

Peccadillo* with Moringa

Ingredients:
30 grams (2 T). cooking fat
1 liter (4 c) of water
1 clove garlic, minced
2 dashes of salt
½ of a small onion, sliced
1 dash pepper
1 tomato, chopped
1 big “cup” ground beef, cooked
3 big handfuls of Moringa leaves, washed and sorted

Preparation:
Sauté garlic, onion, and tomatoes in large frying pan
Add ground beef. Cover and simmer 5 minutes over low heat
Add water and bring to a boil
Season with salt and pepper
Add Moringa leaves.
Cook 5 minutes longer
Serves 6

**Moringa Leaves Gulay**

**Ingredients:**
1 “cup” coconut milk diluted with 1 “cup” water
1 small dried fish
2 garlic cloves, minced
1 medium onion, sliced
dash of salt
6 handfuls 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 5-6 people

**Mixed Vegetable Embotido**

**Ingredients:**
1-1/2 handfuls pigeon or Congo peas,
Meat from ½ unripe coconut boiled and mashed
1 red pepper
1 handful Moringa leaves
Meat from 1 squash, grated
3 beaten eggs
1 carrot, grated
1 onion, chopped
½ stick of butter
1 small handful of winged beans
1 head garlic, chopped – or garlic to taste
pepper and salt to taste

**Preparation:**
Mix all ingredients above.
Wrap in plastic bags, and tie both ends.
Steam for 45 minutes
Pigeon Pea or Congo Pea with Pork and Banana Blossom

Ingredients:
1 handful peas
1 handful winged bean
1 banana blossom
Scant handful of Moringa leaves
1 leg of pork
1 small spoonful of ginger, grated
1 handful of a leafy vegetable
Salt to taste

Preparation:
Brown pork
Remove from heat, and cut into bite size cubes
Boil peas and pork leg until tender.
Add ginger and salt to taste. Add banana blossoms and winged beans.
When tender, add leafy vegetable and onions

Chicken with Pigeon or Congo Pea, Papaya, Moringa, and Winged Bean

Ingredients:
1 medium size chicken
1 onion
1 large handful Pigeon or Congo peas, boiled
1 tomato
2 pieces green medium size papaya
3 cloves garlic
1 handful winged beans
Dash of salt
1 handful Moringa leaves

Preparation:
Sauté garlic, onion and tomato in a pan
Add chicken, boiled peas, and boil for 20 minutes
Add papaya and winged beans, boil another 10 minutes
Add salt
Add Moringa leaves before removing from heat.
Serve hot.

Pigeon Pea or Congo Pea, Papaya, Moringa, and Winged Bean Hamburger

Ingredients:
1 handful boiled peas, mashed
1/2 papaya, chopped
1/2 string beans, chopped
1 small handful flour
1 small handful Moringa leaves
2 eggs
1 large onion
2 cloves garlic
oil to fry; salt to taste

Preparation:
Sauté garlic, onions and tomatoes in a pan
Add mashed peas, papaya, winged beans, and set aside.
Beat eggs and add flour
Add Moringa leaves and mix with beaten eggs

**Pochero A La Berding Gulay**

Ingredients:
1/2 peeled & sliced unripe papaya
3 stems green onions
1 small handful of Moringa leaves
1 small piece ginger (thinly sliced)
1 handful green beans or winged beans
1 large spoonful of cooking oil
3 ripe tomato
5 black peppercorns, whole
3 pieces ripe banana
3 “cup” water
1 dried minnow salt to taste
1 clove of garlic

Preparation:
Sauté 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 7-8 people

**Masquadillia Torta***

Ingredients:
1 small handful Moringa leaves
3 eggs, beaten
1 handful of winged bean pods
3 tomatoes, chopped
1/2 papaya, shredded
1 small squash, shredded
1/2 small onion, sliced
very small handful of powdered mung bean
5 cloves of garlic
1 dried minnow, powdered
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. Deep fry in oil until golden brown
Garnish with sliced tomatoes, onions and a piece of citrus fruit if available
Serves 7-8 people

Vegetable Delight

Ingredients:
1 1/3 “cup” pure coconut milk
1 small piece of ginger
3 bell pepper, green & red, quartered
5 pieces fish, preferably tilapia
1 small handful of Moringa leaves
1 onion sliced
1-2 large spoonfuls of cooking oil
1 head of garlic, crushed
1 dash of black pepper
3 tomatoes, quartered
1 small handful of Pigeon or Congo peas
3 large handfuls winged or string beans
1 cubed yellow sweet potato

Preparation:
Sauté garlic in oil until brown
Add onion.
Transfer to unglazed cooking pot, add 1 “cup” pure coconut milk, winged beans, pigeon or Congo peas, yellow sweet potato, fish, and ginger. Let for a couple of minutes.
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.

Pinamilit Na “Haluwan” (Dalag)

Ingredients:
1 small tilapia (roasted fish)
1 onion
4 “cups” coconut milk
1 piece small ginger
2 “cup” water
1 papaya
1 handful 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, and then add the Moringa leaves.
Cook for 5 minutes more.
Remove from heat.
Serve hot.
Serves 4 people

Dinengdeng

Ingredients:
1 small handful of Pigeon or Congo peas, boiled
1 large spoonful of fish paste or salted fish in pieces
1 green papaya, sliced
1 piece ginger
1 large handful Moringa leaves
2 medium tomatoes, sliced
1 handful winged beans, sliced into strips
1 roasted catfish or mullet

Preparation:
Boil 2 “cups” water in a casserole.
Add the fish paste, ginger, and roasted fish - cook for 15 minutes.
Add the previously boiled peas, green papaya, and winged beans. Cook until tender.
Add the Moringa leaves
cook 2-3 minutes
Add a pinch of salt to taste.
Serve hot.
Serves 4