



## 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.

### Sauted 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