
Moringa Oleifera Recipes

Adapted From Traditional Cooking Recipes

Voice of Eden • 2012 •



Table of Contents



Moringa Leaf Powder Sauce	3
Peccadillo with Moringa	4
Moringa Leaves Gulay	5
Curried Onions	6
Shrimp Suam	7
Mung Bean Stew	8
Jambalya Camp	9
Moringa Corn	10
Mixed Vegetable Embotido	11
Chicken and Beans	12
Bean Hamburger	13
Pochero a la Berding Gulay	14
Guinat-An	15
Vegetable Delight	16
Dalag	17
3-In-1 Recipe	18
Vegetable Ukoy	19
Binulay	20

Moringa Leaf Powder Sauce

Ingredients

200 grams (1/4 cup) peanut butter
1 liter water
500 grams of meat
25 grams (3 soup spoons) Moringa leaf powder
1 medium-size 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 the peanut butter
Boil this mixture over high heat for 15 minutes with the pot uncovered
Add the Moringa leaf powder and boil for 15 more minutes
Add the onion, garlic and spices
Cover the pot and simmer the sauce over a low heat for 15 minutes
Serve over rice or millet couscous

Peccadillo with Moringa

Ingredients:

- 2 T. cooking fat
- 4 c. water
- 1 tsp. minced garlic
- 2 tsp. salt
- 1 T. sliced onion dash of pepper
- 1/2 c. chopped tomatoes
- 1 c. ground beef, cooked
- 3 c. moringa leaves, washed and sorted

Preparation:

- Saute garlic, onion, and tomatoes in large fry 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 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.

Curried Onions

Ingredients:

2-3 onions finely chopped
1 tbsp tamarind extract or
1 tomato chopped
1 twig of curry leaves
1 tbsp Moringa Oleifera powder

Seasoning:

1/2 tsp mustard seeds
2 red chilis broken into pieces
2 tbsp cooking oil
salt to taste

Preparations:

Heat oil in a pan.
Add the seasoning ingredients.
When mustard seeds stop spluttering, put the chopped vegetables except tomato and saute'.
Add salt, turmeric powder, and Moringa Oleifera 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.

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 T moringa powder

1 T. fish sauce

Preparation:

Saute garlic, onion and ginger in shortening, in large fry pan.

Add fish sauce, moringa powder, salt and water.

Bring to a boil, and add shrimp.

Cover and cook 10 minutes longer. Serve at

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 T moringa powder
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, moringa powder and water.

Cover and bring to a boil.

Season with salt and pepper.

Let cook 5 minutes longer.

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
2 T moringa powder
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)

Preparation:

In a bowl combine winged bean, ground pork, and pea seeds.

In a large saucepan heat oil over high heat with onion, pepper, carrot and celery, 3 minutes.

Add garlic, tomatoes, moringa powder, oil and fish sauce.

Stir in rice and slowly add water.

Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally, about 15 minutes.

When rice is just tender add bean and pork mixture and clams.

Cook until meat is done, about 10 minutes more.

Season to taste with salt and pepper.

Serves 4.

Moringa Corn

Ingredients:

2 c. grated young corn
1 small sponge gourd (luffa)
2 cloves garlic
1 T moringa powder
1 head onion
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.
Stir and serve hot over rice.

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 T moringa powder
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.

Chicken and Beans

Ingredients:

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

Preparation:

Saute garlic, onion and tomato.
Add sliced chicken, boiled peas,
Boil for 20 minutes.
Add papaya and winged beans.
Boil another 10 minutes.
Add Accent and salt to taste.
Stir in moringa powder before removing from heat.
Serve hot.

Bean Hamburger

Ingredients:

1 c. boiled peas, mashed
1/2 c. papaya, chopped
1/2 c. string beans, chopped
1/2 c. flour
1/4 c. moringa powder
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 and moringa.
Mix with beaten eggs.
Cook as a normal hamburger.

Pochero a la Berding Gulay

Ingredients:

1 c. peeled & sliced unripe papaya
3 stems green onions
1/4 c. moringa powder
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, stir in the moringa powder.
Remove from heat when done, and serve while hot.
Serves 8.

Guinat-An

Ingredients:

3 pieces of tomato
8 pieces 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 pieces garlic
1/4 c. moringa powder
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.
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
2 T moringa powder
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.
Add 1 c. pure coconut milk, winged beans, pigeon or Congo peas, yellow sweet potato, fish, and ginger.
Let it boil until half done.
Add bell peppers and tomatoes.
Season with salt and crushed pepper.
Add the rest of the coconut milk and moringa.
Boil for 5 minutes
Serve.

Dalag

Ingredients:

1 c. tilapia (roasted fish)
1 onion
4 c. coconut milk
1 small ginger
2 c. water
1 piece papaya
1 T moringa powder
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
Add the moringa powder.
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 pieces green pepper
1/2 papaya, unripe, cut into strips
3 T moringa powder
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 powder.
Cook 5 minutes longer. Serve hot.
Serves 6.

Vegetable Ukoy

Ingredients:

1 c shredded green papaya
1 or 2 eggs, beaten
1 T green onion leaves, chopped
2 T moringa powder
1 T sweet pepper
Vegetable oil to fry
1/2 c pigeon or Congo pea, boiled & mashed pepper to taste

Preparation:

Mix all ingredients. Drop by spoonful into hot oil. Fry until brown.

Binulay

Ingredients:

1 c ground beef and pork
1/2 c flour
2 tsp salt
1 tsp white pepper
1 tbsp full onion
1 egg, unbeaten
1/2 c winged bean, chopped
1/4 c carrots
1/4 c papaya
1/2 c pigeon or Congo pea

Preparation:

Mix thoroughly all the above ingredients.
Wrap in banana leaves (or other food wrap such as parchment paper)
Steam until cooked.
Let it cool
Slice thinly.
Then fry.