

Taro Leaves: (Colocasia Antiquorum)  
(Dalo Leaves)

Choose young leaves with green stems. Old leaves and those from certain purple stemmed varieties, contain oxalate crystals which can irritate the mouth and throat. It's best to cook taro leaves for ten minutes on each side to avoid itchiness.

Finely chopped, young taro leaves can give a lift to food in the same way as chopped garlic is used in cooking.

To prepare wash well and remove the tough lower stem; scrape on the outside and soak in water with cover for 30 minutes.

Taro leaves can be boiled in coconut cream or used as edible food wrappings when steaming, baking or boiling.

As part of a western type meal, boil in salted water or bake in the oven and serve with butter or thick coconut cream.

SEASONING: basil, dill, parsley, tarragon

TOK PISIN: Lip Taro



TULIP