



AIBIKA

Aibika Leaves: Aibika, tapioca and pawpaw leaves all have a general maple leaf shape. Only aibika are eaten in PNG. Sometimes Aibika leaves may have a slight red tinge on them especially on the stalks. As aibika is a very popular green it's almost always available in the markets.

Use only the young top leaves which are fresh and green. Prepare by removing the tough stalk and the old tough leaves.

Aibika leaves are used in coconut soups and as part of mumued dishes as well as for edible wrappings for many dishes.