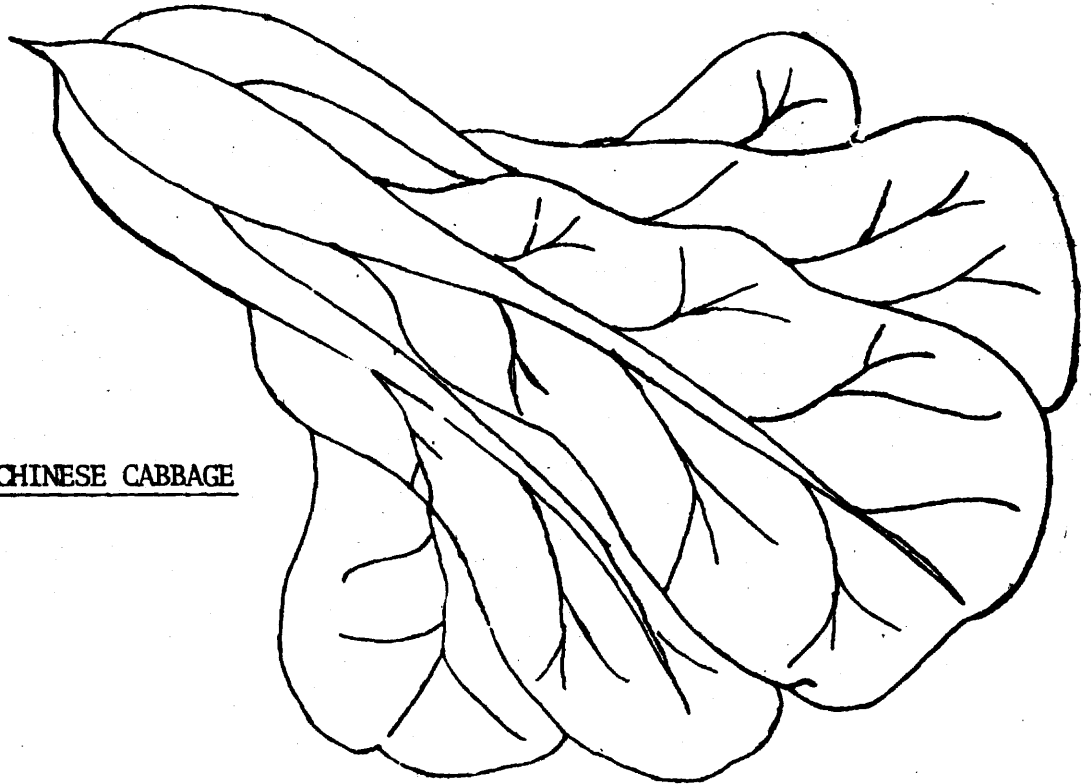


If you are adding aibika leaves to a coconut cream soup it is a good idea to partly boil them to remove the gluey substance that can come out of them.

To use these leaves as part of a European type meal cook the whole leaves in boiling water for 2 minutes, turn and cook for another 2 minutes. Serve with coconut cream or butter. Do not overcook or they will become slimy.

SEASONINGS: basil, oregano, rosemary, tarragon

TOK PISIN: AIBIKA



CHINESE CABBAGE

Chinese Cabbage: (*Brassica chinesis*) Use the green tender leaves and firm white stalks. Prepare by removing the tough lower parts of the stalks and tough outer leaves. Wash well.

Use whole or chop into diagonal strips. Chinese cabbage can be boiled in salted water or coconut cream, used in soups or stews, sauted lightly or served raw in salads.

To serve as part of a western type meal; remove leaf from stalk and cut the leaves and stalks into diagonal strips. Boil stalks 3 to 4 minutes in salted water. Add leaves and boil for a further 2 to 3 minutes. Drain and season with butter.