

Callaloo



3463 – PLU

Description/Taste

Callaloo, also called Amaranth, plants can reach heights of over 2 meters tall with fleshy oval shaped leaves that are sometimes pointed at the tips. The Green variety produces a feathery lime green flower from its central stalk that is packed with seeds. Though the flower buds are edible, once they mature and become bushy they are not palatable and should be avoided. The young leaves are slightly astringent when raw, but are nutty and mild, like spinach. Larger, more mature leaves are best for stewing or braising, similarly to a chard or beet green.

Current Facts

Amaranth is the commonly used name for any one of the 60 different species found in the Amaranthaceae family. The name comes from the Greek amarantos, "one that does not wither," or "the never-fading", alluding to the brilliant bushy flowers that retain color long after harvest. Often regarded as a common weed, one variety is named "pigweed", the plants are commercially cultivated for their edible seeds, leafy greens and decorative blooms. The plants are consumed as a green vegetable primarily in Asian cultures, where they are known as **callaloo** in the West Indies, chawli leaves in India, and cow pea leaves in Africa.

Nutritional Value

Callaloo leaves are nutritionally similar to beets, Swiss chard and spinach, but are genetically closer to their wild ancestors and offer a far superior source of carotene, iron, calcium, protein, vitamin C and trace elements.

Applications

Callaloo leaves may be eaten raw or cooked. The younger leaves are mild and tender while the more mature plants are slightly fibrous and develop a bitter flavor. Add the greens to salads and soups or briefly sauté with oil similarly to spinach. Complimentary flavors include bacon, ham, poultry, anchovies, garlic, onion, sesame seeds, soy sauce, lemon, mushrooms, oregano, dill, cumin, goat cheese, parmesan, ricotta, mustard, walnuts and curries.

Callaloo Soup

You're going to love the flavor of this great tasting soup featuring nutritious callaloo leaves. This soup is great for a light supper.

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Course: Soup

Cuisine: Caribbean

Servings: 6

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Ingredients

- 12 ounces callaloo leaves
- 6 cups chicken stock
- 1/2 onion - finely chopped
- 3 cloves garlic
- 3 scallions - chopped, using green and white parts
- 1 teaspoon thyme
- 4 ounces lean salt pork cut into 1/2
- 1/2 pound shrimp - fresh, frozen, or canned
- 1/2 cup coconut milk
- 16 ounces frozen okra, sliced
- salt and pepper - to taste
- Tobasco sauce - to taste

Directions

1. Wash and chop greens.
2. Put greens into a large heavy pot with chicken stock, onion, garlic, scallions, thyme, and salt pork.
3. Cover and cook at a gentle simmer until the pork is tender.
4. Add the shrimp, coconut milk, and okra. Cook until okra is done, about 10 minutes.
5. Season to taste with salt, pepper, and hot pepper sauce.

