

Drumstick (Moringa) Leaves



PLU - 4909-4923 – HERBS: Other Herbs, retailer assigned

Description/Taste

Drumstick leaves, also called Moringa leaves, are small in size and oval to obovate, or tear-drop shaped, with leaflets averaging 1-2 centimeters in length and .5-1 centimeters in width. The vibrant green feathery leaflets are smooth, thick, and firm, and grow in a tripinnate structure. Drumstick leaves offer a slightly bitter flavor with grass-like undertones and can often have a horseradish-like heat. During the cooking process, they release a distinct grassy aroma. Drumstick leaves grow on a tree with drooping branches and are also known for their hanging fruits which contain dark brown, round seeds.

Current Facts

Drumstick or moringa leaves, botanically classified as *Moringa oleifera*, grow on the deciduous moringa tree that can reach up to twelve meters in height and belongs to the Moringaceae, or horseradish tree family. Also known as the Drumstick tree, Ben Oil tree, Horseradish tree, and Benzoin tree, moringa trees have over four hundred different names around the world and thrive in tropical and subtropical climates. Moringa trees have been nicknamed the miracle tree due to its extremely high nutritional content. It is commonly grown in home gardens and used as living fences in India and Thailand. All parts of the tree including the roots, flowers, leaves, bark, and seeds can be consumed, and the leaves are often considered the most nutritious part of the plant.

Nutritional Value

Drumstick leaves are considered a superfood and are an excellent source of beta-carotene, calcium, protein, vitamins C, B6, A, and E, potassium, and amino acids.

Applications

Drumstick leaves can be consumed raw or in cooked applications such as sautéing and boiling. They can be used like spinach and incorporated into curries, stews, dals, sambars, chutneys, and clear broth-based soups. Drumstick leaves can also be sliced or chopped and used in salads or as a garnish for dishes. In addition to using fresh, Drumstick leaves are dried and made into a supplemental powder or used in teas. In the Philippines, Drumstick leaves are boiled with lemongrass to make a detoxifying, healing tea. Drumstick leaves pair well with chilies, turmeric, garlic, onions, ginger, curry leaves, tomatoes, potatoes, shrimp paste, anchovies or sardines, coconut milk, fish, pork, chicken, and pigeon. Drumstick leaves will keep up to one week when stored unwashed in a plastic bag in the refrigerator.

Drumstick Leaves Paratha

An easy to make and healthy Indian breakfast recipe using whole wheat flour with drumstick (moringa) leaves and spices.

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Course: Breakfast

Cuisine: Indian

Servings: 6-7 parathas

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INGREDIENTS

- 1 1/2 cups whole wheat flour (gehun ka atta) and extra for dusting
- 3/4 cup drumstick leaves / murungai keerai or moringa leaves (loosely packed)
- 1/4 tsp turmeric powder
- 1/2 tsp cumin powder (jeera powder)
- 1/4 tsp garam masala powder
- 1/2 tsp red chili powder
- 1/2 tsp dried mango powder (if you can't find, use tamarind powder or lemon/lime juice in a pinch)
- 1 tbsp oil
- Salt to taste
- Oil for roasting parathas

INSTRUCTIONS

1. Pick the drumstick leaves, separating leaves from the stalks and discarding the stalks. Rinse the drumstick leaves with water thoroughly and drain the water completely. Then roughly chop the cleaned drumstick leaves.
2. In a bowl, take the whole wheat flour and add the roughly chopped drumstick leaves. Sprinkle salt, turmeric powder, red chili powder, dried mango powder, cumin powder and garam masala powder and mix well.
3. Then rub in 1 tbsp oil with your fingers which makes the flour crumbly. Gradually add water to the flour to form a smooth dough. Make 6-7 balls of the dough.
4. Make a small disc of the dough with the palms of your hands. Lightly dust the ball as well as the working surface with whole wheat flour. Roll the dough into thin tortilla like flat bread.
5. Meanwhile, heat a tawa or griddle on medium flame. Place the rolled paratha on the hot tawa. When the paratha has cooked for a few seconds, flip over and cook the other side. Apply little oil and gently press the paratha with a spatula in order to cook the parathas evenly. Flip over and apply little oil on the other side too and again gently press with a spatula. Keep flipping over till the paratha is cooked on both sides and has golden spots.
6. Once done, remove the paratha from griddle.
7. Repeat this process similarly with all the remaining dough balls.
8. Serve drumstick leaves parathas hot or to serve later, stack all the parathas and wrap them tightly in foil to keep them warm.