

Eddo



PLU - 4794

Description/Taste

The eddo is sometimes called the "potato of the tropics". The eddo is also known as taro (root), dasheen, eddo or kale. Its barrel-shaped outside has inedible "hairy" skin. Inside its flesh can range from white to gray. Eddoes have a light crumbly texture with a slightly sweet flavor, somewhat like a potato. Cooked eddoes can turn a slight purplish grey. Larger eddoes possess more of a nutty flavor, while smaller ones tend to be moist and smooth. Choose firm, dry tubers that do not show signs of shriveling or mold.

Current Facts

Eddo is a tropical vegetable often considered identifiable as the species *Colocasia antiquorum*, closely related to taro (dasheen, *Colocasia esculenta*), which is primarily used for its thickened stems (corms). It has smaller corms than taro, and in most cultivars, there is an acrid taste that requires careful cooking. The young leaves can also be cooked and eaten, but (unlike taro) they have a somewhat acrid taste. Eddoes appear to have been developed as a crop in China and Japan and introduced from there to the West Indies where they are sometimes called "Chinese eddoes". They grow best in rich loam soil with good drainage, but they can be grown in poorer soil, in drier climates, and in cooler temperatures than taro. Eddoes are also sometimes called malangas in Spanish-speaking areas, but that name is also used for other plants of the family Araceae, including tannia (*Xanthosoma* spp.).

Nutritional Value

Taro root contains fiber and resistant starch, which both slow digestion and reduce blood sugar spikes after meals. Plus, it contains potassium, magnesium, iron, zinc and other minerals that support overall health.

Applications

Eddoes shine in soups and stews where they happily absorb other flavors. Boil or parboil them before adding to ensure they are fully cooked. They are fantastic in a chicken or vegetable curry. Eddoes love rich pork dishes. Deep fry cooked eddo into fritters, which are especially good on Caribbean vacations.

Spice Coated Eddo

Crunchy on the outside and tender inside, this simple dish is adapted from my favorite vegetable writer Elizabeth Schneider.

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Course: Side Dish

Cuisine: Caribbean

Servings: 4-6

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Ingredients:

- 8 to 10 smaller eddoes of equal size
- 2 tbsp (30 mL) vegetable oil
- 2 tsp (10 mL) each: brown or yellow mustard seeds, cumin seeds
- 1 1/2 tsp (7 mL) ground coriander
- 1/2 tsp (2 mL) each: hot or smoked paprika, ground turmeric
- 1/2 tsp (2 mL) salt or to taste

Instructions:

- Scrub eddoes and drop into boiling salted water. Boil until barely tender when pierced, about 10 minutes. Drain. When cool enough to handle, trim ends and slide off skin or remove with paring knife. Cut in half or quarters, depending on size.
- Heat oil over medium heat in a large non-stick skillet. Add mustard and cumin seeds, stir to coat then add eddoes in a single layer, shaking pan to distribute spices. Cook in batches if necessary. Reduce heat slightly and brown on one side, about 5 minutes. Turn with tongs and brown other side, another 5 minutes. Sprinkle with spices and toss to coat. Serve immediately.
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