

TARO STEM NAMOOL

토란대나물

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Time: 3 days

Serving: 4

Carbon footprint: 364.2gCO₂e/kg

- Vegan
- Low-waste
- Low-fuel

Ingredients:

- Taro stem
- Taro leaves (optional)
- 1 and 1/2 tablespoon of perilla oil
- 1 and 1/2 tablespoon of perilla seed powder
- Shiitake mushrooms and kelp broth
- Half of an onion
- A bit of leeks (optional)
- 3 cloves of garlic
- 1/2 tablespoon of soy sauce
- Salt
- Sesame seeds

Tools:

- Cutting board
- Big knife
- Pan
- Big bowl
- Drying rack
- Sunlight/over/dehydrator



Step 1: Peel the external layer.

Step 2: Split the stem to thinner strips and cut them into bite size.

Step 3: Dry them in the sun for a few days and keep them as long as you like.

Step 4: Boil them in salt water when you're ready to eat them.

Step 5: When the water boils over, turn the stems so that the top goes to the bottom and close the lid and turn off the heat.

Step 6: Wash them and soak them in fresh water for a day or two.

Step 7: Bite into it and see if there's any numbing sensation to check if the calcium oxalate has diminished.

Step 8: If the toxins are removed, stir fry them in sesame oil, perilla seeds and broth if you have some.

(Optional) Poach taro leaves in salt water, rinse in clean water, and stir them with the same ingredients.

...**Global Usage**... In Hawaii, the leaves are also referred to as luau leaves. Here they're used to make a dish called lau lau in which various foods are wrapped in the leaves and cooked. In certain areas of India, taro leaves are used to make a dish called alu wadi, in which the leaves are covered in a spice paste, rolled up, and steamed for 15-20 minutes. In the Philippines, taro leaves are cooked together with coconut milk and fragrant spices to create a dish called Laing. The leaves can be added to soups, stews, and casseroles, making them a versatile vegetable. Lastly, taro leaves can be cooked and eaten plain similar to other leafy greens, such as spinach and kale, though it's important to cook them sufficiently to reduce their oxalate content.

Benefits:

The leaves and stems are rich in several important micronutrients, such as vitamin C, vitamin A, folate, and calcium, as well as disease-fighting antioxidants, such as polyphenols. Their high fiber and low calorie content make them an excellent food for boosting heart health and promoting overall well-being. While the leaves can be poisonous when eaten raw, cooked taro leaves and stem can be a versatile and nutritious addition to your diet.