
Creamed Taro Leaves & Baby Spinach

Description

Rooted in tradition and full of comfort, this coconut-simmered taro leaf dish brings a local touch to your holiday table. A favorite that's hearty, flavorful and made to share.

Total time: 40 min Yield: 4 to 6 servings

Ingredients

salt & pepper (to taste)
1 lb taro leaves
2 Tbsp coconut oil
1 medium onion (chopped)
2 Tbsp garlic (minced)
2 Tbsp ginger (minced)
2 Hawaiian or Thai red chilis (minced, optional)
13 1/2 oz coconut cream
1 Tbsp chicken bouillon
1 lb baby spinach leaves

Prep Time: 10 min Cooking Time: 30 min Total Time: 40 min

Instructions

In a large pot, bring water to a boil and season with salt to taste.

Wash the taro leaves thoroughly, removing stems and tough veins. Stack the leaves, roll them into a cigar shape, and slice into ribbons. Add the taro leaves to the boiling water and cook for 15 to 20 minutes. Drain well and set aside.

In the same pot, heat coconut oil over medium-high heat. Add the onions, garlic, ginger and chilis, and sauté for three to four minutes or until softened. Reduce heat to medium-low, then stir in the coconut cream, chicken bouillon and cooked taro leaves. Mix well and simmer for 10 to 12 minutes, until the coconut cream has reduced slightly and the taro leaves are soft and tender.

Add the spinach and stir until just wilted but still vibrant green. Season with salt and pepper to taste. Serve this flavorful dish as a hearty side for your holiday feast.

Recipe brought to you by:

Chef Ryan Covert