



Ceylon spinach or Indian spinach  
(English), 锡兰菠菜 (xī lán bō  
cài, Mandarin), મલબાર પાલક  
(Malabāra pālaka, Gujarati)



# Malabar

*a taste of Asia on the Floridian table*

Malabar Spinach is an edible vine native to India, and it is widely consumed throughout Asia and in tropical parts of Africa and the Americas. The leaves of both varieties, red and green, are prepared in a variety of cuisines ranging from curries and stir-fries to soups and sides.

Malabar spinach is gaining popularity among home gardeners and chefs in Florida because it thrives in hot weather and serves as a nutritious alternative to cool-weather spinach.

To learn more about Florida's  
culinary history, visit  
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Farmer checking seedlings of  
malabar spinach



# TURKISH MALABAR AND CHICKPEA STEW

**35**  
MINUTES  
TOTAL

**3**  
TOTAL  
SERVINGS

## INGREDIENTS

8 cups (loosely packed) Malabar	3 tablespoons olive oil
2 cups canned (or cooked) chickpeas	1 tablespoon tomato paste
2 cups broth (beef, chicken or vegetable)	1 teaspoon red pepper flakes
1 chopped onion	1 tablespoon honey
	juice from 1/2 lemon

## DIRECTIONS

1. Heat olive oil in large pot and sauté onion until transparent.
2. Mix in tomato paste and red pepper flakes. Cook for 2 minutes.
3. Add Malabar (stems and leaves), chickpeas and broth. Simmer, covered, until liquid is mostly absorbed.
4. Remove from heat and stir in honey and lemon juice.
5. Serve with warm bread.



## FACTS

Malabar Spinach originated in India and spread to other parts of Asia and tropical Africa through early trade routes. The first mention of Malabar in an English text was 1691. It made its way to the Americas through European colonialism, and it was introduced to tropical areas such as Belize, Columbia and the West Indies.

Malabar spinach is rich in vitamins A and C; fiber, iron, potassium, and calcium.

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