

Fried Corned Beef with Ceylon Spinach

(Source: Mga Luting Katutubong Gulay)



Ingredients

1 can of corned beef
4 cloves of garlic
1 medium onion, sliced
1/4 kg Ceylon spinach
1/4 tsp black pepper
1/2 tsp salt
cooking oil

Procedure

- Fry corned beef with garlic and onion.
- Add Ceylon spinach.
- Add salt and pepper according to taste.
- Cook until meat is done, serve it hot.

Other ways of food preparation

- Ceylon spinach is mainly grown for its young shoots, which are eaten raw as a salad, boiled, or fried in oil.
- Shoots are used as a pot herb in stews or soups. Do not cook too long to prevent from becoming "slippery soup".
- Leaves and young shoots boiled with ginger, tomato, onions, and shrimp or thin slices of beef (Philippines).
- Leaves and young shoots are used in salads or steamed with tofu and ginger.
- Leaves used in curries.
- It makes a good substitute for okra as a thickener for soups and stews.

- An infusion of the leaves is used as a substitute for tea.
- A red dye from the fruits is used as a food coloring in pastries and sweets and to color agar.
- The juice is also a source of edible agar.

Know Your IVs



Ceylon spinach



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Introduction

Ceylon spinach or *Basella alba* is a short-lived but productive leafy vegetable in the tropics. Its resistance to pests and diseases makes it very promising for small-scale production in home- and market gardens.

Local Name

English — *Ceylon spinach, Indian spinach, Malabar nightshade, Malabar spinach*

Bangladesh — *puishak, sabuj, Poi sag, Poi, Banjai*

Cambodia — *chrâlong*

Chinese — *saan choi*

French — *poi*

Indonesia — *gandola, genjerot*

India — *brides*

Laos — *pang*

Malaysia — *gendola, remayong, tembayung*

Philippines — *alugbati, dundula, libato*

Thailand — *phakpang, phakplang*

phakplang-yai, phak-plung

Vietnam — *m[oof]ng t[ow]i, m[uf]ng t[ow]i*

Biodiversity

The exact origin of Ceylon spinach is unknown but it is considered a native of India. It was long cultivated in Southeast Asia and China, and is now widespread throughout tropical Asia, Africa and America. It is a popular vegetable in Malaysia and the Philippines.

There are three main types. The common type has dark-green egg-shaped leaves. The less popular, ornamental type has red egg-shaped leaves and red stems (*sometime called by its synonym, B. rubra*). The third type has heart-shaped dark green leaves (*Anredera cordifolia* or *Madeira vine*).

- Leaves — egg to heart-shaped
- Petioles — dark green or purple
- Flowers — white, pink or purple

Ceylon spinach is a fast growing, herbaceous perennial with slender, twining stems that reach up to 6 m. Its very small flowers, which are borne on a hanging spike, develop into purplish-black fruits that contain a single seed. Leaves are said to have a mild, pleasant flavor, much like that of spinach.



Cultivation

- Plant by direct seeding, transplanting or using stem cuttings of 20-25 cm in length.
- Suggested spacing
 - Direct seeding: 5 cm between hills in the row; 10-15 cm between rows
 - Transplanting: 15 cm between plants in the row; 10-15 cm between rows
 - Stem cuttings: 20-30 cm between hills with 2-3 cuttings per hills; 15-20 cm between rows
- Plants maybe grown with or without trellis.
- Plants are ready for harvest in 30-45 days.
- Harvest once over or pick young shoots at weekly interval.

Nutritional value

Table below shows the nutritive value of edible portion of shoots per 100g.

Nutrition Value (per 100 g edible portion of shoots)	
Water	91 g
Protein	2.1 g
Fat	0.3 g
Carbohydrates	3.9 g
Fiber	1.3 g
Vitamin A	1686-6390 IU
Vitamin C	29-166 mg
Calcium	16-117 mg
Iron	1.2-3.1 mg
Antioxidant of red Basella (by ABTSM) water	71 µm/g (Medium)
Antioxidant of green Basella (by ABTSM) water	71 µm/g (Medium)

Utilization

- Juice from the fruits used as a dye. This red dye is used for official seals, as ink, and as a rouge (China).
- Used to allay fever and as a mild laxative for pregnant women.
- A decoction from the plant is used to alleviate labor pains.
- Boiled leaves are used as a poultice.
- Flower spikes sold as vegetable in markets in northern Thailand.
- Flowers have been reported as antidote to poisons.
- Fruit juice is used as eye-drops in the treatment of conjunctivitis. used to soothe inflamed skin, and relieve urinary disorders and constipation.
- The roots are used as a rubefacient to bring about redness of the skin (Philippines).
- Cooked roots are used to cure diarrhea, while cooked leaves and stems are used as a laxative.
- The red types of Ceylon spinach are very popular ornamentals and are grown as a pot plant (Europe).

References

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