CARIBBEAN · SIDE

Trini Callaloo (Dasheen Leaves, Okra and Coconut Milk)

55 min · Serves 8 · 252 kcal a serve · Video 11:13 · Foodie Nation

Gluten-free ingredients · No nuts listed

Leafy greens, okra and a little pumpkin cooked down in coconut milk: about 6 g net carbs a serve, with most of the energy from coconut fat and no added sugar.

Diet notes: Keto (6.3 g net carbs a serve); Vegetarian with a swap for the crab; Paleo with a swap: ghee instead of the salted butter, olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients 17 · SERVES 8

- [ ] **dasheen bush bhagi** (taro leaves and stems), 1 bundle, about 1 lb
- [ ] 1 tbsp **vegetable oil**
- [ ] 1/3 cup chopped **onion**
- [ ] 2 tsp minced **garlic**
- [ ] 5 pimento (seasoning) peppers, minced
- [ ] 1/4 cup chopped **celery**
- [ ] 10 **ochros** (okra), chopped
- [ ] 1 cup diced **pumpkin**
- [ ] 1/2 tsp **fresh thyme leaves**
- [ ] 2 tsp minced **chadon beni** (culantro)
- [ ] 1/4 tsp minced **rosemary** (optional)
- [ ] 3 cups **coconut milk**
- [ ] 1 whole **Scotch bonnet pepper**, taken out before blending
- [ ] 1 **crab**, cleaned and seasoned with green seasoning, salt and black pepper (optional, as in the video)
- [ ] 2 tbsp **salted butter**
- [ ] **salt** to taste
- [ ] **black pepper** to taste

Allergens found in the listed ingredients: Crustacea, Milk, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Strip the dasheen leaves from the stems, peel the thin fibrous skin off the stems and cut them into lengths. Cut out the tip and centre vein of each leaf, slice the leaves into strips, then wash and drain. 2:28
2. Heat the oil in a saucepan over high heat and sauté the onion, garlic, pimento peppers and celery for about 2 minutes. 0:38
3. Add the okra, pumpkin, thyme, chadon beni and rosemary and cook 5 minutes, stirring now and then. 3:24
4. Add the dasheen leaves and stems, pour in the coconut milk and drop in the whole Scotch bonnet and the seasoned crab, if using. Bring to the boil, cover and simmer on medium 20–25 minutes until everything is soft. 4:35
5. Cool 10 minutes, lift out the hot pepper (and the crab) and swizzle or pulse with a hand blender until thick but still a little chunky. 7:40
6. Return to the heat with the crab, if using, stir in the butter and season with salt and black pepper. 8:45

> **Tip** Makes 8–10 portions. The crab is how they make it in the video (the written recipe leaves it out); without it the callaloo is vegetarian. Served in Trinidad with macaroni pie, rice and stewed chicken. Spinach can stand in for dasheen.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
252 kcal 1,060 kJ	5.2 g 10% of a day	8.7 g 6.3 g net · 1 g sugars 3% of a day

FIBRE	FAT	SODIUM
2.4 g 9% of a day	24 g 19 g saturated 31% of a day	410 mg 18% of a day

Energy from net carbs 10% · protein 8% · fat 82% — fits keto: 6.3 g net carbs, 82% of the energy from fat

High in (20%+ of a day) Vitamin C 35% · Vitamin A 26% · Iron 22%

Source of (10–19%) Selenium 16% · Magnesium 15% · Folate 14% · Omega-3 14% · Potassium 13%

Recipe and video: Foodie Nation (@FoodieNation) on YouTube — youtube.com/watch?v=GlyFOMO68Wo, published 5 April 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/trini-callaloo-coconut-dasheen-okra