



Egyptian spinach or Jew's Mallow (English), 埃及菠菜 (ai jí bō cài, Mandarin), corète potagère or chanvre du bengale (French), kren-kre (Sierra Leone), ewedu (Yoruba), Ademe ewe or Ayoyo (Ghana)



# Molokhia

*a taste of the Africa on the Floridian table*

Molokhia has an ancient history as a popular dish among Egyptian pharaohs and a significant meal in the Arab and Islamic world throughout the Middle Ages. The plant is prepared in a variety of ways throughout Africa and the Middle East today, and it still reigns as one of the national dishes in Egypt. It is becoming more popular in the United States through its introduction in Middle Eastern restaurants. In the southern regions of the United States, molokhia is receiving attention as an delicious, nutritious and easy-to-grow alternative to cold-climate spinach because it thrives in a Florida garden during hot weather.

To learn more about Florida's culinary history, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

Woman holding a bowl with traditional Egyptian Molokhia soup



# MOLOKHEYA

**25**  
MINUTES  
TOTAL

**3**  
TOTAL  
SERVINGS

## INGREDIENTS

2 whole chickens	1 lb. molokheya
2 tbsp. flour	4 small onions
2 bay leaves	5 garlic cloves, crushed
4 cardamom pods	3 tbsp. oil
2 celery stalks	3 large tomatoes
1/2 tsp. salt	2 tbsp. tomato paste
1 tbsp. coriander leaves, finely chopped	2 qts. water

## DIRECTIONS

1. Wash and clean the chicken very well with flour and salt.
2. Add chicken, bay, cardamom, celery, salt, 2 tsp. coriander, and sliced onions to boiling water. Cook for 30 minutes.
3. Remove the chicken and vegetables, leave the chicken stock in pan and add molokheya. Stir continuously on medium heat. Do not allow it to boil. In another pan, heat crushed garlic in oil, until golden. Add 1 tsp. of coriander, and stir into garlic.
1. Grate the onions, and heat in a pan with oil until they turn brown.
2. Peel and chop the tomatoes, saving the juice. Add tomatoes, tomato juice, and tomato paste to the pan. Cook for 15 minutes.

Recipe adapted from Leheta, Nehal 2021. Authentic Egyptian Cookbook: From the Table of Abou El Sid, p. 99

For more Florida heritage recipes, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)



## FACTS

According to the 15th century Egyptian historian al-Maqrizi, Molokhia was the favorite dish of caliph Muawiyah ibn Abi Sufyan, the founder of the Umayyad Caliphate in the 7th century. It spread to Asia and Africa through trade and the expansion of Islamic empires, and it remains a significant dish throughout Africa and the Middle East today .

Molokhia is an extremely nutrient-dense plant, containing potassium, calcium, magnesium, beta carotene, iron, and an additional 32 vitamins, minerals, and trace elements.

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