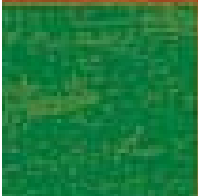


Boabbs

Baby Boabs

The exciting new taste sensation
from the Kimberley in Western Australia



Cooking with Boabs

Baby boabs are the seedling stage of the large boab trees found in the Kimberley region. The seed of the fruit found in pods attached to the tree is planted and then grown for approximately 16 weeks depending on the season. This produces a tuber up to 30 centimetres long, with fresh, succulent, edible leaves on top.

The boab tubers are very versatile and can be used in most dishes both raw and cooked. The texture of the tubers are crisp and crunchy like that of a water chestnut but with a refreshing taste that can adapt to the other flavours of any recipe. The leaves have a nutty flavour unlike that of any other salad vegetable and can be used in salads or a garnish.

Nutritionally the boab tubers are high in iron and potassium, with a high level of protein (for a vegetable) and fibre and a relatively low fat content. The boab leaves are high in vitamins A and C.



Preparation & uses

Before use, boab tubers should be peeled and washed. They can be peeled either with a peeler, cut away with a knife or by pulling the outside layer of skin away ensuring the outside fibrous layer is totally removed (as below).

When all the fibrous layer is removed the white inside vegetable should not discolour in anyway, if it does, not all the outside layer has been removed. It can then be cut up as required for the recipe being prepared.

Boab is best served raw but can be lightly cooked. The product will maintain its freshness for a number of weeks when kept in the crisper in the fridge.



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Vietnamese-style red grapefruit & boab salad

RECIPE CREATED BY SOPHIE ZALOKAR

A wonderful balance of sweet, sour and salty flavours with juicy, crunchy and soft textures makes this fresh Vietnamese-style salad an easy, delicious and impressive dish for any occasion.

Ingredients (Serves 4)

- 6 tablespoons lime juice
- 2 tablespoons fish sauce
- 2 tablespoons palm sugar
- 4 tablespoons flaked or shredded coconut
- 1 red grapefruit, segmented
- 3 boab tubers, shredded
- 2 tablespoons roasted peanuts, roughly chopped
- 1 tablespoons chives, finely chopped
- 2 tablespoons fresh mint, finely chopped
- ½ cup coriander leaves
- 1 teaspoon red chilli, finely chopped
- 1 handful baby cos lettuce leaves

Method

Mix together the lime juice, fish sauce and palm sugar and spoon into 4 small dressing bowls. Toast the flaked or shredded coconut in a 200°C oven for 4 minutes until golden. Place the red grapefruit segments and shredded boab tuber into a mixing bowl and toss with the toasted coconut and remaining ingredients. Lay baby cos lettuce leaves onto the plates and spoon over the red grapefruit/boab salad. Serve with the small bowl of dressing, to be tipped over the salad just prior to eating.



Fresh ginger & boab crunchy pickle

RECIPE CREATED BY SOPHIE ZALOKAR

This fresh, Japanese-style pickle is a light refreshing accompaniment to grilled fish or plain chicken dishes. Being a fresh pickle, this dish cannot be stored for longer than 4 hours after preparation.

Ingredients (Serves 6)

- 12 boab tubers, peeled & thinly sliced
- 3 teaspoons salt
- 1 handful (80 g) boab leaves or flat-leaf parsley
- 3 cups boiling water
- 1 thumb-sized piece ginger, peeled
- ½ cup rice vinegar
- 2 tablespoons castor sugar
- 1 teaspoon black cumin seed
- Soy sauce, to serve

Method

Sprinkle the salt over the sliced boab tubers and leave for 30 minutes. Rinse and drain under cold water. Pour 2 cups of the boiling water over the boab leaves, let soak for 1 minute. Drain, rinse under cold water and then roughly chop. Finely grate the fresh ginger and combine with the remaining 1 cup boiling water, rice vinegar and castor sugar. Mix the sliced boab tubers and leaves together, and then pour over the ginger syrup. Leave to marinate for 1 hour then serve garnished with the black cumin seeds and a sprinkling of soy sauce.



Zucchini & Boab fritters

RECIPE CREATED BY SOPHIE ZALOKAR

The light crunchy texture of boab tuber provides an interesting contrast to these soft, savoury delicious fritters. Made small, they are perfect finger food, or served larger, either warm or cold, are a great addition to a picnic basket.

Ingredients

(Makes approx 28 small fritters)

- 1 zucchini, small diced
- 4 spring onions, finely chopped
- 1 tablespoon olive oil
- 4 boab tubers, grated
- ½ Persian feta, drained of oil
- 1 teaspoon fresh dill, finely chopped
- 1 tablespoon fresh mint, finely chopped
- 1 lemon, finely grated zest
- Freshly cracked black pepper
- 4 eggs, separated
- ¼ cup plain flour
- Vegetable oil for frying
- Sea salt
- Mint leaves, to garnish
- Lemon, to serve
- Persian feta, to serve

Method

Fry the zucchini and spring onions in the olive oil until golden but not soft. Toss through the grated boab and remove from the pan to a bowl. Add the feta, dill, mint, lemon zest and season with freshly cracked black pepper. Stir through the egg yolks and then the flour. Beat the egg whites until stiff peaks are formed. Fold through about a quarter of the beaten egg white into the boab mixture and gently fold in the remaining amount. Heat a 1 cm depth layer of vegetable oil in a large heavy-based frying pan. Gently spoon soup-spoon amounts of batter into the hot oil and fry until golden on both sides. Drain on absorbent paper, season with sea salt and serve stacked with mint leaves in-between, lemon wedges and extra Persian feta.



Prawns with boab

RECIPE CREATED BY DENISE HALES

Ingredients

- 450g green prawns
- 2 tablespoons salt
- 1 cup sliced boab
- 1 cup cooked peas
- 450ml peanut oil
- 1 ½ tablespoons finely chopped fresh root ginger
- 1 tablespoon chopped garlic
- ½ small onion thinly sliced
- 1 tablespoon sherry
- ½ teaspoon sugar
- 2 teaspoons sesame oil
- 2 tablespoons finely chopped spring onions
- Freshly ground white pepper

Marinade

- 1 egg white
- 1 teaspoon sesame oil
- 2 teaspoons cornflour
- Salt & ground white pepper

Method

Peel and de-vein prawns. Wash in cold water with 2 tablespoons salt. Rinse well and pat dry. Combine prawns with all the marinade ingredients, mix well and leave covered in the fridge for 20 minutes. Heat a wok and add oil. When it is very hot remove from heat and add prawns, stirring vigorously to prevent sticking for about 2 minutes or until the prawns go pink. Drain. Wipe the wok clean and reheat with 1 tablespoon peanut oil. Add the ginger and garlic and stir-fry for 10 seconds. Add the onion and continue to stir-fry for 2 minutes. Return the prawns to the wok; add the boab, peas, sherry, sugar and 1 teaspoon of salt. Stir-fry the mixture for 3 minutes, then stir in the sesame oil. Garnish with spring onions.



Asian soup (laksa) with boab

RECIPE FROM THE FRANGIPANI KITCHEN - SUSIE WILLIAMS

Ingredients

- 1 tablespoon olive oil
- 2-3 tablespoons laksa paste
- 400ml coconut milk
- 400ml fish/chicken/vegetable stock
- 1 cup rice noodles
- 500g white fish piece (not cooked) or shredded cooked chicken
- 1 cup asian vegetables (bok choy or pak choy) - shredded
- 3 boab tubers (peeled and finely julienned)
- 1 red chilli - finely sliced
- ¼ cup fresh coriander
- 1 tablespoon fresh mint
- Squeeze of lime

Method

Heat a little oil in a pot. Fry off laksa paste. Then add coconut milk and stock. Let simmer for 10 minutes. Soak rice noodles in boiling water until soft then drain. Heap the noodles into a bowl and pile the fresh greens, boab, cooked chicken and chilli on top. Pour the hot soup into bowls to cover the noodles and vegetables (which will steam in the hot soup). Garnish with lots of fresh mint/coriander and a big squeeze of lime. If you are using fish, add the fish pieces to the broth while simmering (for about 5 mins) to steam the fish, then pour over noodles and vegetables.



Spicy chickpea & boab salad

RECIPE FROM THE FRANGIPANI KITCHEN – SUSIE WILLIAMS

Ingredients

- 1 teaspoon coriander seeds (ground)
- ½ teaspoon cumin seeds (ground)
- 1 small dried chilli (crushed/ground)
- Pinch of salt
- Ground pepper
- 400 grams of cooked chickpeas washed and well drained
- 5 boab tubers peeled and sliced finely julienned
- A handful boab leaves finely chopped
- 1 tablespoon olive oil
- A squeeze of lemon juice

Method

Grind all the dry spice ingredients together (use a mortar and pestle, or you can just buy pre-ground spices and mix together). Heat up a wok or small fry pan with some olive oil then add the spice mixture, for just a few minutes and don't burn. Add the chickpeas and stir around heating through, so they are coated with the spice mix and oil. At the last minute add the boab tubers and leaves and warm through for just a minute or so. Then add a quick squeeze of lemon or lime juice over the top. Can be served as a side dish with steak (kangaroo) and cous cous.



Boab & calamari salad

RECIPE CREATED BY CHEF, SIMON NABER.

Ingredients

- 400g calamari (cut and score in even sized pieces)
- 1 glass (cup) of port
- A couple of sprigs of oregano
- 3-4 tablespoons olive oil (or your favourite oil)
- A good pinch of brown sugar and salt and pepper
- 4-6 boab tubers
- Juice and zest of a lemon
- 3-4 tablespoons olive oil
- Salt & pepper to taste

Method

Cut all your squid tubes open like the pages of a book and score (cut only half way through all over) on the inside of the tube before cutting into edible pieces, marinade in the rest of the ingredients. Peel the boab tuber completely removing the outer skin and cut into palatable pieces. Heat large BBQ plate or heavy based pan and throw on a few calamari pieces in single layer, cook in a few batches if necessary, heating the surface up again between each batch. Remove from heat after only 1 minute or as soon as it has lost its transparent appearance. Toss boab in a little olive oil and throw onto a hot BBQ/pan for a couple of seconds. Presentation: Place all the ingredients on a plate with the Boab leaves on top.



Grilled barramundi & red claw with sauteed boab with coriander & macadamia pesto

RECIPE CREATED BY EXECUTIVE SOUS CHEF, MARCUS MATHYSSEK.

Ingredients

- 400 gms barramundi fillet
- 4 red claw
- 3-4 boab tubers peeled
- 80 gms boab leaves
- 8 yellow squash
- 12 green asparagus
- Salt & pepper to taste (or lemon myrtle)
- 1 lemon
- Dash white wine

Pesto

- 80 ml macadamia nut oil
- ¼ bunch coriander
- 6-8 mint leaves
- ¼ preserved lemon
- ½ garlic clove
- 20 gms macadamia nuts lightly roasted
- Salt & pepper to taste

Method

Place all pesto ingredients into a blender and mix until it becomes a smooth paste. Peel boab tubers and julienne, cut squash into quarters. Heat frying pan with oil and sauté (for a minute or so) the boab with squash and asparagus. Add a dash of white wine, and season with salt and pepper. Blanch the red claw in boiling water for 1 minute, cut in half, then grill or panfry. Cut the barramundi into 8 equal pieces. Season with salt, pepper and fresh lemon then grill or panfry. Add boab leaves just prior to serving. Presentation: Place vegetables in the centre of a plate, arrange 2 halves of red claw and 2 pieces of barramundi on the vegetables and drizzle over the top the coriander and macadamia pesto. Some plain yoghurt can accompany the dish to give the dish a fresh touch. If red claw is not available this could be substituted with marron or crayfish.



Aubergine & boab relish

RECIPE CREATED BY RICHARD HORAN, richardhoran@bigpond.com

Ingredients

- 30 ml kecap manis sweet sauce (Indonesian sweet soy)
- 10 ml virgin oil-olive
- 15 gms spice-cumin
- 40 ml vinegar-balsamic
- ½ a bunch of coriander
- 2 kg eggplant regular
- 500 gms of boab tuber
- 5 gms garlic fresh
- 5 gms fresh ginger
- 125 gms onion

Method

Flame grill eggplant. Peel eggplant finely dice. Combine with olive oil, finely diced onion, minced garlic, grated ginger, chopped coriander & cumin. Peel boab tuber and finely dice and add to mix. Add wet ingredients (adjust to taste). Allow to infuse for approx 12 hrs. Suitable for top of red meats (steaks), as filling for ravioli or as accompaniment with game dishes such as kangaroo, emu, wild boar, or venison...



Kangaroo & boab noisettes

RECIPE CREATED BY RICHARD HORAN, richardhoran@bigpond.com

Ingredients:

- 1 kangaroo fillet per person
- 100 gms baby English spinach
- ½ teaspoon crushed ginger
- 2 teaspoons unsalted butter
- 2 boab tubers
- Butcher's string

Method:

Slice kangaroo fillet open length-ways. Wilt spinach with ½ teaspoon unsalted butter and ginger in hot pan, season. Allow to cool. Peel and slice boab as thin as possible length ways. Place boab in pan with remaining butter and slow cook 2 mins. Cool and place across kangaroo fillet (not length ways). Place spinach along length of fillet. Roll closed folding ends in. Wrap firmly and tie with butcher's string or criponette. Roll on hot grill plate to seal and bake 5 minutes to medium rare or medium. Allow to rest for 20-30 mins then slice. Serve on round croutons smeared with aubergine boab relish. If kangaroo is not available this could be substituted with steak.



Boab, bacardi & mango salsa

RECIPE CREATED BY RICHARD HORAN, richardhoran@bigpond.com

Ingredients

- 1 lime or lemon zest and juice
- 2 tablespoons sweet chilli sauce
- 3 tablespoons barcardi
- 1 ripe mango or paw paw
- $\frac{1}{2}$ small spanish onion
- 2 boab tubers
- $\frac{1}{2}$ teaspoon chopped fresh ginger
- $\frac{1}{2}$ a bunch coriander
- About 30 boab leaves
- 1 tablespoon virgin olive oil
- 1 tablespoon red wine vinegar (optional)

Method

Dice mango. Very finely dice onion and boab tuber. Coarsely chop coriander and boab leaves. Combine all ingredients; allow to stand for 30 mins.

Serving suggestions

Serve with spiced calamari or cuttlefish, or on or under baked fish.

Cocktail Suggestions: mix 50/50 cajun spice with plain flour. Marinate cuttlefish in kiwi fruit for 1 hour. Remove, wash and score inside of tube in crisscross, cut to size.

Roll in flour/cajun mix and deep fry.

Place in Chinese spoons cup side up.

Place teaspoon of salsa inside cuttlefish.

Garnish with boab leaf.

Atlantic Salmon Roulade with boab, barcardi & mango

Slice skin-less and pin boned salmon length ways. Strain salsa through muslin cloth careful not to squeeze too hard. Lay salsa along length of salmon to one side. Fold salmon over salsa and cut fish length ways, repeat process. Very finely dice 50/50 sun dried tomatoes and capers plus paprika to aid in binding (not to much) can add sliced boab leaves for colour and texture. Smear a thin layer of mix over salmon and wrap tightly in clingwrap. Steam approx 2-3 mins. Allow to cool in fridge. When cool unwrap and slice to desired size, place on round crouton toast.



Kimberley boab salsa

RECIPE CREATED BY DENISE HALES

Ingredients

- 3-4 boab tubers
- 1 each red and green capsicum
- About 10-20 boab leaves
- 1 chilli
- 1 tablespoon lime juice
- ½ a bunch of fresh coriander
- 1 stick lemon grass
- Salt & pepper to taste

Method

Peel all the skin of the boab and cut into rough pieces. Blend the boab in a food processor. Finely chop some red and green capsicum and boab leaves. Mix together with the boab in a bowl. Add small amounts of finely chopped chilli, coriander, lemon grass and quite a bit of lime juice all to taste. Serve with water cracker biscuits, little toasties, wrap in lettuce leaves or pile in whole celery sticks cut to finger size pieces.



Boab patties

RECIPE CREATED BY DENISE HALES

Ingredients

- 500 gms grated boab tuber
- 1 cup grated tasty cheese
- 1 cup grated onion
- 2 eggs
- ½ cup plain flour
- Salt & pepper to taste

Method

Mix all the ingredients together and drop dessertspoons of mixture onto a hot oiled pan and fry, turning, until golden brown. Serving suggestion: great for breakfast, or for a hot or cold snack. Delicious served with a sweet chilli sauce.



Boab quiche

RECIPE CREATED BY DENISE HALES

Ingredients

- 4 cups grated boab tuber
- 1 cup grated tasty cheese
- 1 grated onion
- 6 eggs
- ½ cup self raising flour
- 4 rashers chopped bacon
- 300 ml sour cream
- Salt & pepper to taste
- Pastry base – puff or filo

Method

Mix all ingredients together and pour into a prepared pastry case and cook at 180° for approximately 35 mins.



Chicken & boab in ginger/lime sauce

RECIPE CREATED BY DENISE HALES

Ingredients (Serves 6)

- 6 chicken fillets
- ½ cup brown sugar
- ¼ cup lime juice
- 2 tablespoons rum
- 3 teaspoons ginger
- 2 cloves garlic
- Dash tabasco sauce
- 2 to 3 boab tubers (finely julienned)
- Salt & Pepper to taste

Method

Mix all ingredients together and marinate chicken for 1 hour. Heat hotplate or BBQ and gently cook chicken. Continue to baste while cooking.



Boab & pasta salad

RECIPE CREATED BY DENISE HALES

Ingredients

- Penne or garganelli pasta (cooked)
- Olive oil
- 2 cloves garlic
- 2 tablespoons oregano
- 1 tablespoon anchovies
- 1 tin tomatoes
- 1 dessertspoon capers
- ½ cup black pitted olives
- 2 tablespoons tomato paste
- Salt & pepper to taste
- 2 to 3 sliced (rounds) boab tubers

Method

Heat oil and lightly fry garlic oregano, anchovies and tomato paste. Add tomatoes, olives, capers and boab. Fold through the cooked pasta. Season with salt and pepper. Serve hot as a side dish or cold as a salad.

Boab & date loaf

RECIPE CREATED BY DENISE HALES

Ingredients

- 1 cup chopped dates
- 1 cup grated boab tuber
- 60 gms butter
- ½ cup sugar
- ½ cup chopped walnuts
- 1 cup water
- 1 teaspoon bicarb soda
- 1½ cups self raising flour
- 2 eggs

Method

Place the dates, grated boab tuber, butter, sugar, walnuts and water all together in a saucepan. Bring it to the boil and then let it cool. Add the remainder of the ingredients and mix well. Pour into loaf tin and bake in a moderate oven until golden 30-40 mins.



Boab & orange cake

RECIPE CREATED BY DENISE HALES

Ingredients

- 185 gm butter
- 2 teaspoons grated orange rind
- 1 cup castor sugar
- 2 well-beaten eggs
- 1½ cups finely grated boab tubers
- ¼ cup orange juice
- 1½ cups self raising flour

Method

Beat together butter, grated orange rind and sugar until light and fluffy. Fold in the remainder of the ingredients until well mixed. Bake in moderate oven 35-40 mins.



Boab & pineapple cake

RECIPE CREATED BY DENISE HALES

Ingredients

- 2 cups plain flour
- 2 teaspoons baking powder
- 1½ teaspoons bicarb soda
- 2 teaspoons cinnamon
- 1½ cups brown sugar
- 1½ cups oil
- 4 eggs
- ¼ cup chopped walnuts
- 230 gms crushed pineapple
- ⅓ cup sherry
- 2½ cups grated boab

Method

Sift together the flour, baking powder, bicarb soda and cinnamon. Add the rest of the ingredients and mix well. Bake in moderate oven until golden approx 40-50 mins.



Boab savoury muffins

RECIPE CREATED BY DENISE HALES

Ingredients

- 2 cups self raising flour
- Salt & pepper to taste
- 1 cup milk
- 1 egg
- $\frac{1}{4}$ cup oil
- 1 cup grated tasty cheese
- $\frac{1}{4}$ cup chopped bacon
- 1 cup grated boab

Method

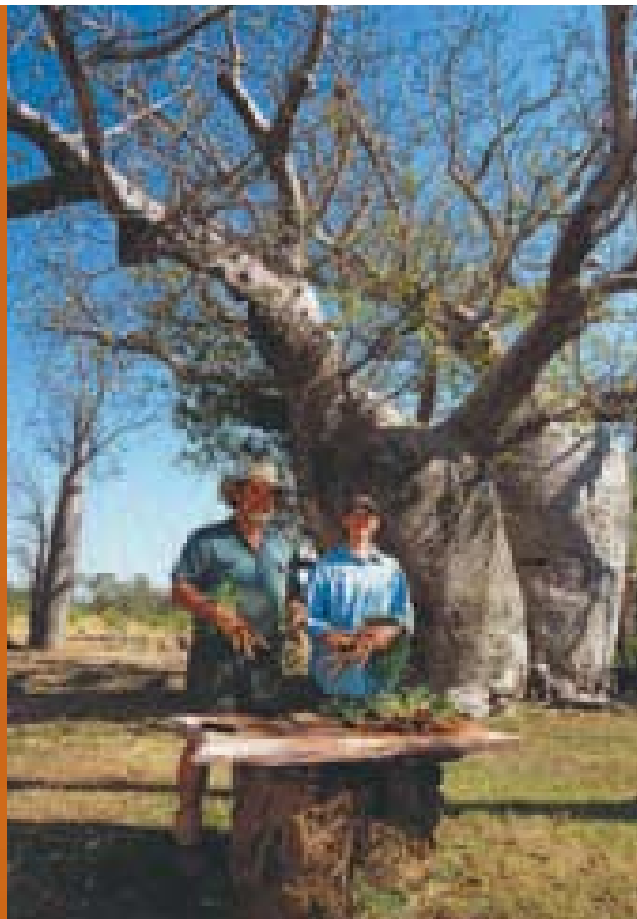
Mix together and bake in moderate oven until golden.

Variations

Add parsley, capsicum or other herbs.







The boab products are definitely a new taste sensation and everyone to date that has tried the tuber and leaf is amazed at its taste and texture.

What are boabs

The boab is an ancient tree found in the Kimberley region of Western Australia. As a crop, the boab is a relatively new concept to the Australian consumers. The tubers and leaves are a culinary delight and have no boundaries with recipe design as it is a brand new vegetable. This recipe book has been put together with the help of a number of talented chefs to give you an idea of how the boab product can be used.

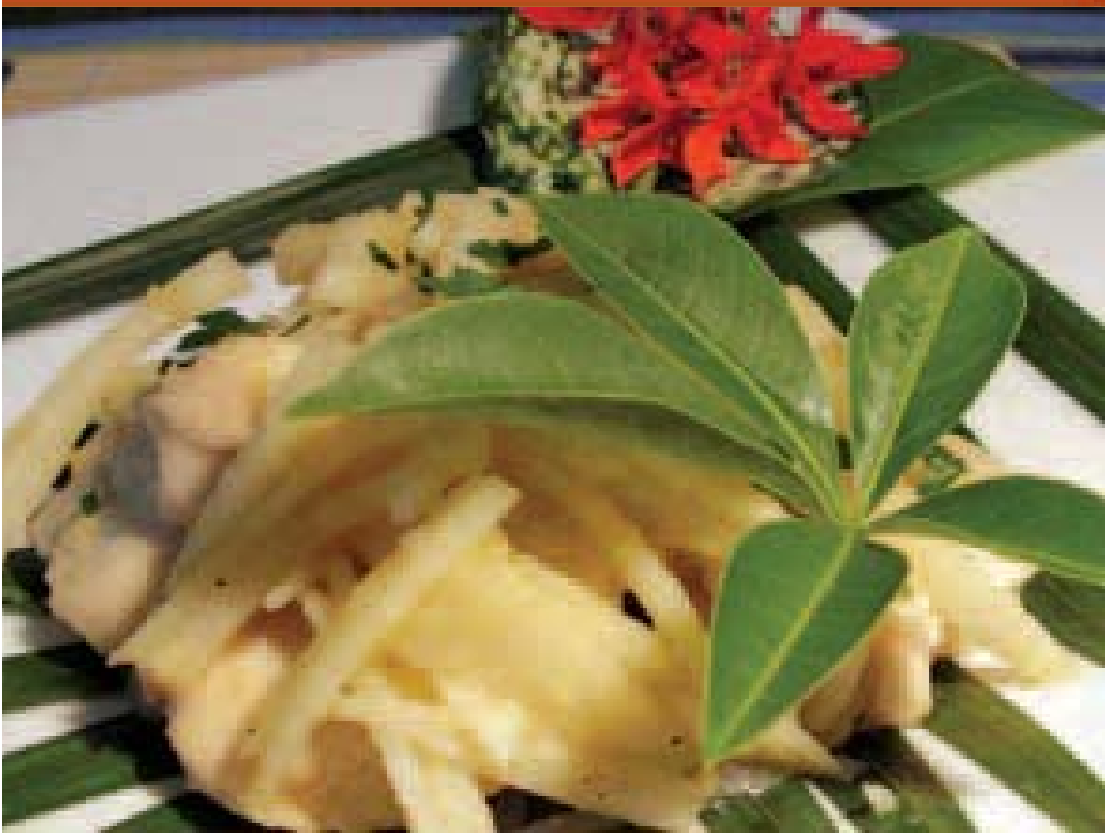
Denise Hales and Peter Fox—Boabs in the Kimberley—have been growing the boab crop for a number of years now and have in conjunction with the Department of Agriculture Western Australia and funding provided by the Rural Industries Research and Development Corporation undertaken work to identify the best way to grow this product and bring it into the market.

Denise and Peter can be contacted through their website www.boabsinthekimberley.com.au for orders and additional information.



Department of Agriculture
Government of Western Australia





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