

Cissus quadrangularis

A wild food chutney from India



Description of the plant

- Belongs to Vitaceae, the Grape Family and is a climbing succulent

- Found in dry deciduous forests

- Climbs with the aid of tendrils that are opposite to the leaf-stalks

- Common names include “hadjorh” in N.India, referring to it’s quality of bone-setting; and “parandai” in Tamil

- The species name *quadrangularis* refers to the shape of the stems



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Harvest and processing





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Caution!!

- It is crucial that the fibres from (only) the tender stems are carefully cleaned by stripping them and later washing the cut pieces


- If not removed well the fibres may lead to some itching of the throat

- Avoid mature stems

- The plant contains calcium oxalate crystals that require treatment with a souring agent such as tamarind

- It must be noted that calcium oxalate contributes to kidney stones in some people

Benefits of the plant



- Contributes to bone health and relieves joint pains


- Has a high content of vitamin C


- High in anti-oxidants

- Regulates menstruation

- In N.India and central India , mainly used as medicine

- In S.India used prepared more commonly as a dish or chutney and consumed along with rice and other staples





The making of the chutney

- Ingredients
 - Recipe
- 



Ingredients

- Cleaned and cut tender stems of the plant
- 4-5 small onions
- Red or green chillies (x 2)
- 4-5 cloves of garlic
- A handful of urid dal (optional)
- A small ball of tamarind
- Sesame oil (or any other commonly used)
- Salt to taste

The chutney recipe steps



1. Clean and soak tamarind for about 10 minutes


2. Then squeeze the pulp and save the drained water

3. Peel and keep onion and garlic ready

4. Heat oil in a pan or wok

5. Add the chillies and dal and fry until dal light brown

6. Add garlic and onion to the pan in that order and fry till garlic light pink or brown



Recipe continued ...

7. Add the cissus stems to the lot and continue frying; close lid to allow stems to cook

.8. Add tamarind (or tamarind juice) to the fried mix) and stir well

.9. Add salt to tastel

10. Add a tiny bit of turmeric powder and chilli powder (optional)

11. Let the pan cool fully, then grind to a smooth paste

The chutney is ready
(eaten with rice)











