

HERBALPEDIA



Porophyllum ruderale or *Porophyllum ruderale* spp *macrocephalum*

Family: Compositae

Names: papaloquelite, Venadillo; Ruda de gallina; Chucha; Gallenaza; Mexikanischer Koriander

Description: Tropical and sub-tropical annual plant growing in a multibranching airy manner with blue-green leaves 1- 2 ½ inches long. The stems can reach up to 6 feet in very hot climates. The leaves are oval and small, with elongated translucent oil glands occurring at each wavy notch in the leaf. Its botanical name means "pored leaf". Showy purple to brownish-green starburst flowers at the ends of the branches. Papalo is native to Arizona, New Mexico, and Texas, as well as Mexico and Central and South America. It is edible, but is considered a weed throughout much of its range.

Cultivation: Easily grown from seed sown directly in the ground. Can also be started

PAPALO

indoors 6 weeks before the last frost date, then transplanted to the ground when the weather warms. Plant in fast-draining, sandy soil and water regularly. Grows best in full sun but can take some shade. Space plants about 1 ½ feet apart. Leaves possess huge oil glands which give papalo its potent flavor and scent. The flavor gets stronger the older the leaves get. Harvest when young for a milder flavor.

History: The stems and leaves were used in Mexico as a condiment prior to the arrival of the Spanish. Its name comes from *papalotl*, Nahuatl for "butterfly." Papalo is also commonly called papaloquelite, which means butterfly leaf in the Nahuatl Indian language. Another name for it is mampuitu, which is based on the Spanish word for skunk. Papalo produces chemicals that repel insects that might otherwise eat its leaves. When a lot of papalo plants are growing in one area, they give off an unpleasant odor. This odor is probably why in Brazil papalo is called "cravo-de-uruba," which means "Black Vulture's marigold" in Portuguese.

Medicinal Uses: Papalo is used as a medicine in some cultures. The Chacobo Indians of Bolivia believe papalo leaves will reduce the swelling of infected injuries. The Quechua people, also of Bolivia, consider it useful for treating liver ailments and high blood pressure. Said to be used medicinally for liver ailments.

Culinary Uses: This distinctively pungent herb is usually eaten raw on *cemitas* - central Mexico's version of the hero sandwich - and is sometimes found in *guacamole* and salads. In Mexico it is used fresh with soups and stews, grilled meats, beans and salads, much like cilantro. Papalo is not cooked, only used fresh or added at the last moment. In Bolivia, native Quechua people call it Killi and eat it daily. The plants have a unique taste somewhere

between arugula, cilantro and rue. The purple leaves, harvested from July to hard frost, are used daily with different chiles and can be finely chopped to sprinkle onto cold red or white gazpacho (a spicy soup made from raw vegetables).

Recipes:

Salad of Mexican vegetables

(4 portions)

Peanut vinaigrette:

3 spoonfuls of peanut butter

¼ of sesame oil cup

The juice of ½ lemon

1 teaspoon of garlic finely pricked

1 tsp sazondora sauce

1 tsp English sauce

½ cup olive oil

¼ cup of water

Salad:

½ cup of purslane

½ cup of spinach

½ cup of quintoniles (smooth pigweed)

½ cup of pumpkin or squash flowers chopped

¼ cup of papalo

1 manojito of mixed lettuce

½ kilo of grapefruit cut in supreme

½ sweet potato, sliced and fried

¼ of cup of ground pistachios

½ cheese cup roquefort crumbled

PREPARATION:

Vinaigrette:

Combine the peanut butter with the sesame oil and the lemon. Add garlic, the sazondora sauce and the English sauce. Incorporate the olive oil little by little along with the water.

Set aside to blend flavors.

Salad:

Mix the greens, flowers and papalo in a bowl.

Add a little of the vinaigrette. On a serving plate, place a little this mixture in the center along with 5 sections of grapefruit. Garnish with the fried sweet potato fried and dust with pistachios and the cheese.

Duck and White Bean Tacos

To Poach Duck

1 ½ lbs boneless duck breasts

½ cup thinly sliced onions

1 large clove garlic, peeled

1 carrot, peeled, stem end removed, cut into 4 to 5 pieces

1 four-inch leafy stem leaf celery or the light green inner heart of celery with leaves attached, coarsely chopped

Bouquet garni: 4 sprigs fresh parsley, 2 sprigs fresh thyme, and 1 dried bay leaf

5 whole black peppercorns

1 tsp sea salt

To assemble tacos:

3 Tbsp canola oil

1 medium-sized red onion, chopped

2 large cloves garlic, chopped

1 large fresh jalapeno pepper and 1 fresh Serrano pepper, stemmed, seeded, and finely chopped

1 cup fresh tomatoes, peeled, seeded, and diced

1 tsp dried Mexican oregano

sea salt to taste

1 15-oz cans white beans, drained

about 10 corn tortillas

1 x-oz package Mexican queso fresco or feta or domestic mild goat cheese, crumbled

about 10 sprigs papalo

Prepare the duck in a large saucepan. Add water to cover, and bring slowly to a boil. Immediately lower the heat, and skim from the surface any rising scum. Add the onion, garlic, carrot, leaf celery, bouquet garni, peppercorns and salt. Simmer over very low heat, partially covered, for about 50 minutes. When the juices of the duck breasts run clear when pricked deeply with a skewer, or when a meat thermometer just registers 160 degrees, remove the duck from the heat. Remove the breasts from the stock, then skin and shred them. Set aside. There should be about 3 cups of duck meat for the tacos. Reserve ¼ cup of the stock. Refrigerate the remainder and save it for a delicious base for soup.

Heat the canola oil in a large skillet. Sauté the onion until soft, about 3-4 minutes or until they begin to brown, about 10 minutes. Add the garlic, peppers, tomatoes, Mexican oregano and salt to taste. Cook over medium heat for about 5 minutes, then add the reserved ¾ cup of duck stock. Cook for about 10

minutes, until the stock has evaporated. Heat the beans over low heat in a medium saucepan and keep warm. The tortillas may be steamed together or simply heated one by one on either side in a hot iron skillet and kept warm in a covered dish. To fry the tortillas, heat ½ inch canola oil over medium heat in a cast-iron skillet. Place one tortilla in the skillet and cook it flat for a few seconds. Quickly fold it in half and hold it slightly open with tongs to make room for the filling. Turn and cook on the other side. Do not fry them too crisp, or they will break apart when they are filled. Drain on paper towels and keep them in a warm oven with the door ajar while preparing the remaining tortillas. To assemble, place a layer of shredded duck in the warm taco shells, then add a spoonful of the beans. Sprinkle over this the crumbled cheese and slip a sprig of papaloquelite into each taco. Garnish with lettuce. (Exotic Herbs)

Papalo Salsa

2 roasted and deseeded chopped chili peppers
2 roasted and deseeded green peppers, chopped
3 small green tomatoes, chopped
4 roasted garlic cloves
6 papalo leaves
½ tsp lemon juice
1 tsp oil
salt
2 spoonfuls of minced onion
Combine all the ingredients in a food processor and let sit in refrigerator for at least 1 hour before serving.

References:

Exotic Herbs, Carole Saville, Henry Holt, 1997; ISBN: 0-8050-4073-0

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