

KUDZU RECIPES!

Kudzu Salsa

(<http://www.geocities.com/kudzufest/kudzurecipes.html>)

- 1 cup diced freshly boiled Kudzu stems
- 1 large tomato, diced
- 1 tablespoon minced red onion
- 1 teaspoon olive oil
- ¼ teaspoon salt
- 2 tablespoons honey
- 1 tablespoon cilantro
- 1 tablespoon lime juice

To prepare salsa, combine all ingredients, cover and chill until ready to serve.

Kudzu Tea by Oxford Stroud

(<http://www.cptr.ua.edu/kudzu/kudtea.htm>)

Leaves for Use

- **Best Time to Harvest:** Pick tender kudzu leaves in spring and early summer. Young leaves at the end of the vines may be collected at any time. Make sure you are not using leaves that have been sprayed with herbicide!
- **Important Note:** Make darn sure you've picked kudzu. It has a three leaf arrangement, but so does poison ivy and poison oak! If you are from the South and don't know what kudzu is, you are probably already dead, but don't make it any worse!

Formulas

- **Original Kudzu Tea** -- Add salt. Tastes like potliquor (the liquid vegetables have been cooked in).
- **Honzu Tea** -- Add honey to taste. (You may also sweeten with sugar.) This is great with a little mint!
- **Blackzu Tea** -- Add Blackstrap Molasses. (Healthy, but horrible!)

Preparation

1. House dry leaves for two to three weeks. Don't bake them in the oven to dry!
2. Bring leaves to a light boil for 30 - 45 minutes. You can crumble the leaves and put them in a clean white sock for steeping, or just strain them from the tea after simmering.

Kudzu Quiche

(<http://www.nancybasket.com/gpage.html>)

- 6 servings
- 4 eggs
- 2 cups of rice
- ½ cup finely grated Swiss cheese
- ½ lb. fresh young Kudzu leaves
- 2Tbl. Butter or margarine
- ½ tsp. salt
- 1 cup cottage cheese
- ¼ cup grated parmesan cheese
- 6Tbl. Heavy cream or evaporated milk
- ¼ tsp. nutmeg
- 6 drops hot sauce

1. Preheat oven to 350 degrees
2. Grease a nine inch pie pan or use an 8-9 inch square cake pan
3. In a medium bowl, beat 1 egg.
4. Add rice and Swiss cheese. Stir well
5. Spread mixture evenly in prepared pan, making a crust.
6. Refrigerate until ready to fill and bake.
7. Cook kudzu leaves in a small amount of water, press to remove moisture and chop fine. Add butter and set aside. In a medium bowl, beat remaining 3 eggs.
8. Stir in salt, cottage cheese, Parmesan, heavy cream, hot sauce, and nutmeg. When it's all blended, stir in kudzu. Pour into prepared rice crust. Bake 30-35 minutes or until firm.

Kudzu Candy

(<http://www.nancybasket.com/gpage.html>)

Melt Almond Bark or flavored candy melts from a craft store in a double boiler add raisins nuts and crushed, dried kudzu leaves. Smooth on a sheet of wax paper; let cool then break into small pieces.
