

Angled Luffa / Loofah

Gourd family [Cucurbitaceae](#), origin is most probably Asia

other names: [Luffa acutangula](#)

Buab Liam Angled Luffa, Ridged Luffa, Vegetable Gourd, Ridged Gourd, Chinese Okra Turai or Turia in India. Peerkangai in Tamil and Jhinge in Bengali

- young immature fruit:
 - up to 1.5 cm diameter - without peeling
 - 2 -4 cm diameter - peeled, seeds removed and used like zucchini, cucumbers, okra
 - steam, braise, stew, roast, bake
 - slice, chop, stuff
 - in breads, muffins instead of zucchini
 - soups
 - juiced (can be pounded, squeezed and strained),
 - used medicinally – Ayurvedic: sweet and dry
- matured fruit is dried on the vine, skins and seeds removed, dried tangled pulp is:
 - used as a bath sponge
 - sliced and used as a cleaning sponge
 - sliced and filled with soap for a soap bar
 - ground and used in medicine

Other links:

<http://davesgarden.com/guides/articles/view/1963/>

[Wikipedia](#)

California Agriculture, University of California:

<http://californiaagriculture.ucanr.org/landingpage.cfm?articleid=ca.v047n02p27>

<http://www.herbsarespecial.com.au/free-herb-information/loofahs.html>



angled luffa (on left) and smooth luffa (on right). good for the digestive tract, nervous system, skin, hair, nails. cooling properties are good for bodies with inflammation, aches, pains, constipation, excessive weight.



Stir-fried Angled Luffa with Egg - *buab pad kai*

Garlic finely minced 1 clove
 Angled Luffa diagonally sliced into 2-3 cm thick 1 tube
 Minced pork 100 g (optional for non-vegetarians)
 Egg beaten 2
 Spring onion chopped
 Water ¼ cup
 Vegetable oil 2 tbs
 Oyster sauce or Light soy sauce ½ tbsp

Wok stir fry

1. Heat oil in a wok on medium to high heat, Fry garlic for 1-2 minutes,
2. Add minced pork & beaten egg - fry till cooked
3. Add Angled Luffa. Stir fry for 4-5 minutes. Add water to help soften the vegetable.
4. Season with light soy sauce and oyster sauce.

Ridged gourd - Turai curry

½ kg ridged gourd (3 medium sized gourds)
 1/2 cup channa (yellow) dal
 3 tablespoon oil
 1/2 teaspoon of mustard seeds
 2 green chili or to taste
 curry or cilantro leaves
 1/4 teaspoon turmeric powder
 a pinch of asafoetida
 1/2 teaspoon of salt
 3 tablespoon of dry coconut rinsed and drained
 1 tablespoon lemon juice
 1 1/2 cups or enough water for preparation

1. Wash and cook the dal. Keep it aside.
2. While the dal is cooking remove skin from gourd and chop into pieces.
3. Heat oil, when hot add mustard seeds.
4. When the mustard seeds crack add green chilies, curry leaves, ridge gourd, turmeric powder, asafoetida and the cooked dal.
5. Cover and cook for 5 minutes.
6. When gourd is cooked add coconut and salt, cook till dry and the water has evaporated
7. add lemon juice and turn the heat off

Green PawPaw and Loofah salad



1 1/2 tablespoons grated palm sugar or brown sugar
 1 tablespoon fish sauce
 1 tablespoon lime juice
 1 teaspoon sesame oil
 1 long red chilli, seeds removed, finely chopped
 1/2 green papaya shredded (a mandoline is ideal)
 1 peeled loofah shredded (a mandoline is ideal)
 1/2 red capsicum, sliced thinly
 2 cups (160g) bean sprouts, trimmed
 2 tablespoons each chopped mint and coriander

Combine the sugar, fish sauce, lime juice, sesame oil and chilli in a bowl, stirring to dissolve the sugar. Place the remaining ingredients in a separate bowl. Pour dressing

over and toss to combine.