

Treasure in Chow Chow



Chow Chow Recipes

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TREASURE IN CHOW CHOW

Chow-Chow (*Sechium edule*) or Piskot in Khasi and Sikot in Garo, is a native of Central America and got its name Chayote from Mexico and Chow Chow from Latin America. It is a very popular vegetable in Meghalaya and was introduced in our State at the turn of the last century by General Scott, who was a commanding officer in the region.



It is commonly called squash and grows abundantly without much attention. It is a weak climbing creeper, which is widely distributed in Meghalaya and other North-Eastern states. Chow-Chow produces large starchy edible roots in addition to the fruits and the young leaves and tendrils. It is a vigorous, scrambling, tuberous-rooted perennial plant, grown for its edible fruits. This climber can spread to fifty feet, producing huge tubers. It looks like a large, green pear, but having a number of deep folds in the skin. Some varieties have smooth skins, while others have dots of prickly spines on the surface. The flesh is crisp and white with a large white oval seed in the centre. It is often used as a substitute for potato and sometimes called the poor man's potato. The chow-chow fruit is very nutritious with significant amount of Vitamins and minerals. As shown in Fig 1. Below:

Components	Avg. amount in 100 gram
Water	94.240
Energy	19,000 kcal
Energy	80,000 kJ
Protein	0.820
Total Lipid	0.134 g
Ash	0.300 g

Carbohydrates (by difference)	4.510 g
Dietary fiber	1.700 g
Sugars (total)	1.660 g
Calcium	17,000 mg
Iron Fe ⁺⁺	0.340 g
Magnesium	12.0 mg
Phosphorus	18.0 mg
Potassium	125.0 mg
Sodium	2.0 mg
Zinc	0.740 mg
Copper	0.123 mg
Manganese	0.189 mg
Selenium	0.200 mcg
Vitamin C (total ascorbic acid)	7.7 mg
Thaimin	0.25 mg
Riboflavin	0.029 mg
Niacin	0.470 mg
Pantothenic acid	0.249 mg
Vitamin B ₆	0.076 mcg
Total Folate	93,000 mcg
Folic acid	-
Folate food	93,000 mcg
Folate DFE	93,000 mcg DFE
Choline (total)	9.200 mcg
Vitamin B ₁₂	-
Vitamin B ₁₂ (added)	-
Vitamin A IU	-
Vitamin A	-
Vitamin E (alfa tocopherol)	0.120 mcg
Vitamin K (phylloquinone)	4.100 mcg
Fatty acids saturated	0.028 g
Saturated fatty acids 16.0	0.024 g
Saturated Fatty acids 18.0	0.003 g
Fatty acids total monosaturated	0.010 g
monosaturated fatty acids 18:1	0.009 g
undifferentiated	

Fatty acid total polyunsaturated	0.057 g
Poly unsaturated fatty acids 18:2 undifferentiated	0.021 g
Poly unsaturated fatty acids 18:3 undifferentiated	0.036 g
Tryptophan	0.011 g
Threonine	0.040 g
Isoleucine	0.044 g
Leucine	0.077 g
Lysine	0.039 g
Methionine	0.001 g
Phenylalanine	0.047 g
Tyrosine	0.032 g
Valine	0.063 g
Arginine	0.035 g
Histidine	0.015 g
Alanine	0.051 g
Aspartic acid	0.092 g
Glutamic acid	0.125 g
Glycine	0.041 g
Proline	0.044 g
Serine	0.047 g

Chow chow is less popular compared to other vegetables for the reason that hardly any fancy dish has been innovated or promoted out of chow chow. Therefore, SIRD Meghalaya endeavors to add value to the fruit by inventing several recipes out of chow chow. The recipes mentioned in this Booklet are only illustrations. Those who are interested in food processing can invent more recipes out of their own wishes and wisdom.

1. Chow Chow Puree

1. Take as many chow chow fruit as required
2. Peel off the skin
3. Cut the fruit into four long pieces and discard the seed

4. Boil the fruit till it becomes soft and mash it till it turns into a puree.
5. This chow chow puree can be used in any dish or any combination as one may like to use it for adding gravy to the dish.

2. **Chow Chow in Meat Curry**

In cooking curry we often use a good amount of onion for rich gravy. But we can reduce the use of onion which is an expensive item with chow chow.



Method:

1. Clean the meat (1 kg of any type) and cut into small pieces
2. Take one chow chow, boil it till tender
3. Mash it
4. Chop or grate one large onion
5. Grind 10 gloves of garlic and mix with one teaspoon of ginger paste
6. Heat the oil in a pan, add the onion and mashed chow chow till brown
7. Then add the garlic and ginger paste, turmeric and curry leaves
8. Add half teaspoon of black pepper paste and chillies to taste
9. Continue to sauté and then add the meat and salt
10. Pour water and cover the pan with the lid
11. Cook the meat till it becomes tender and tasty

3. **Chilly Chow Chow Beef**

Ingredients:

1. One kilo gram of beef cut into small pieces
2. Two pieces of tomato- cut into small pieces
3. One table spoon corn flour

4. Two pieces of onion & shred
5. Six pieces of garlic & shred
6. Three pieces of green chilly
7. Half tea spoon chilli powder
8. Half cup shredded cheese
9. Two pieces of chow chow cut into same size like the meat
10. One cup chow chow puree.
11. Half tea spoon soya bean sauce
12. Salt to taste

Preparation:

1. Pour half cup of oil in a frying pan
2. Put the shredded onion and shredded garlic. Stir it till it is brownish in colour
3. Pour the chow chow puree and the tomato
4. Put the meat and little water.
5. After 10 minutes put the chow chow pieces
6. Add salt to taste
7. Put the shredded cheese, the corn flour mixed with half cup of water.
8. Add the soya bean sauce and the green chilly.
9. Wait for another five to ten minutes and the **CHILLY CHOW CHOW BEEF** is ready.

4. Mixed Chow Chow Vegetable

1. One cup common beans soaked in water for one hour
2. Two pieces of potato
3. One piece of chow chow cut into small size



4. One onion
5. Half spoon ginger paste
6. One green chilly
7. One piece of tomato cut into small pieces
8. Coriander leaves-shredded

Preparation:

1. Heat about three tea spoonful of oil into a frying pan and put the onion in it
2. Add the tomato pieces and leave till the tomato turn into paste
3. Put the ginger paste and the green chilly
4. Put the chow chow, potato and beans
5. Add a little water and stir it till it is tender.
6. Before removing the pan from the fire, add little coriander leaves

5. Fried Chow Chow

Method:

1. Quarter the chow chow and remove the seed (one or two according to requirement)
2. Then peel off the skin and wash
3. Cut or dice the chow chow into small pieces
4. In a pan heat some oil, add chopped onion and turmeric
5. Add chillies and curry leaves for better taste
6. Add the chow chow to the mixture with salt
7. Close the lid till tender

6. Chow chow Salad

1. Take one chow chow
2. Quarter the chow chow and remove the seed

3. Peel off the skin and wash
4. Then grate or chop the chow chow into very fine pieces
5. Chop finely one onion and 3 green chillies
6. Mix thoroughly with grated or finely chopped chow chow
7. then add some lemon juice and salt
8. Add grounded sesame seeds for better taste



7. Chow Chow Chutney

Chutney is an item added for more taste to a meal. Chow chow can be prepared with fermented dry fish (tungtap) to make a delicious chutney.

Method:

1. Take one chow chow and wash it
2. Quarter it, peel off the skin and remove the seed Boil the chow chow till soft and wash it.
3. Roast one fermented dry fish(tungtap) (Big size)
4. Grind it to paste with one onion, a slice of ginger and chillies
5. Mix them with mashed chow chow Add salt to taste.



8. Chow Chow Chips

As a substitute for potato chips, chow chow chips are not only cheaper but they can be prepared easily at home.

Method:

1. Take one big sized chow chow and deseed it
2. Peel off the skin and wash it



3. Slice thinly the chow chow into chip-sized shapes then add salt and red chilli powder.
4. Pour the oil in a large frying pan and bring it to heat.
5. Deep fry the chow chow slices till brown
6. Sieve the chips and mix with chat masala and black salt

9. Chow Chow With Dal

Method:

1. Take the chow
2. Quarter and remove the seed.
3. Peel and wash
4. Dice into pieces
5. Wash $\frac{1}{2}$ cup of Dal
6. Boil the dal and chow chow together till cooked and leave aside.
7. Heat oil in a pan, add one chopped onion, $\frac{1}{2}$ teaspoon of garlic paste, 2 curry leaves and $\frac{1}{2}$ teaspoonful of turmeric powder.
8. Saute the mixture, pour it over the boiled dal with chow chow and add salt.



10. Chow Chow Petha

Ingredients:

1. 1 kg chow chow
2. 2 tsp Calcium Hydroxide (kitchen lime)
3. 800 gm Sugar
4. 1 tsp Rose Water
5. 2 cups Water

How to make Petha:

1. Dissolve kitchen lime in 1 litre water, strain with a clean cloth twice if required, and keep it aside.



2. Wash, peel and deseed the chow-chow. Cut it into 30 mm squares or rounded oblong pieces and prick each piece with a fork all over.
3. Steam the pieces for 5-10 minutes (in a steamer) till they are slightly cooked
4. Soak the pieces in lime water for 5 hours till the pieces become hard.
5. Drain the lime water and wash the pieces thoroughly under clean running water for 2-3 minutes.
6. In the meantime, make syrup of sugar and water of 2-thread consistency.
7. Put drained chow-chow pieces in the sugar syrup and boil till syrup becomes thick again.
8. Turn off the flame and take out the pieces.
9. Keep covered by syrup in a plate and cover with a mesh, overnight.
10. Again boil the syrup to a thicker consistency and add the pieces.
11. Cook it for 3-4 minutes and turn off the flame. Let the pieces cool.
12. Now sprinkle rose water over the pieces. Allow petha to cool completely. Refrigerate it.
13. Petha is ready to serve.