Bulaklak ng Katuray

Learn the uses of bulaklak ng katuray.

By: Divine Enya Mesina

The bulaklak ng katuray is from the scarlet wisteria tree (also known as the vegetable hummingbird tree). This small tree, about five to six meters tall, is native to many Southeast Asian countries and is believed to relieve headaches, cough, and colds. The tree’s flowers, with its cream-colored petals and light green base, are used in vegetable dishes such as the Tagalogs’ Bulanglang and the Ilokanos’ pinakbet. Katuray flowers have a slightly bitter taste and must be added to the pot at the last minute to avoid overcooking. You can also make them into a salad by quickly blanching the flowers and then submerging them in an ice bath to cease cooking.

For a simple dressing, boil a cup of vinegar and add a teaspoon of salt, a tablespoon each of sugar and minced garlic, and a dash of ground pepper. Let this cool and then drizzle over the bulaklak ng katuray. Chill the salad for about 15 minutes before serving.

Photography by At Maculangan