

Let's Discover The flower
of Clitoria Ternatea
(Butterfly Pea)

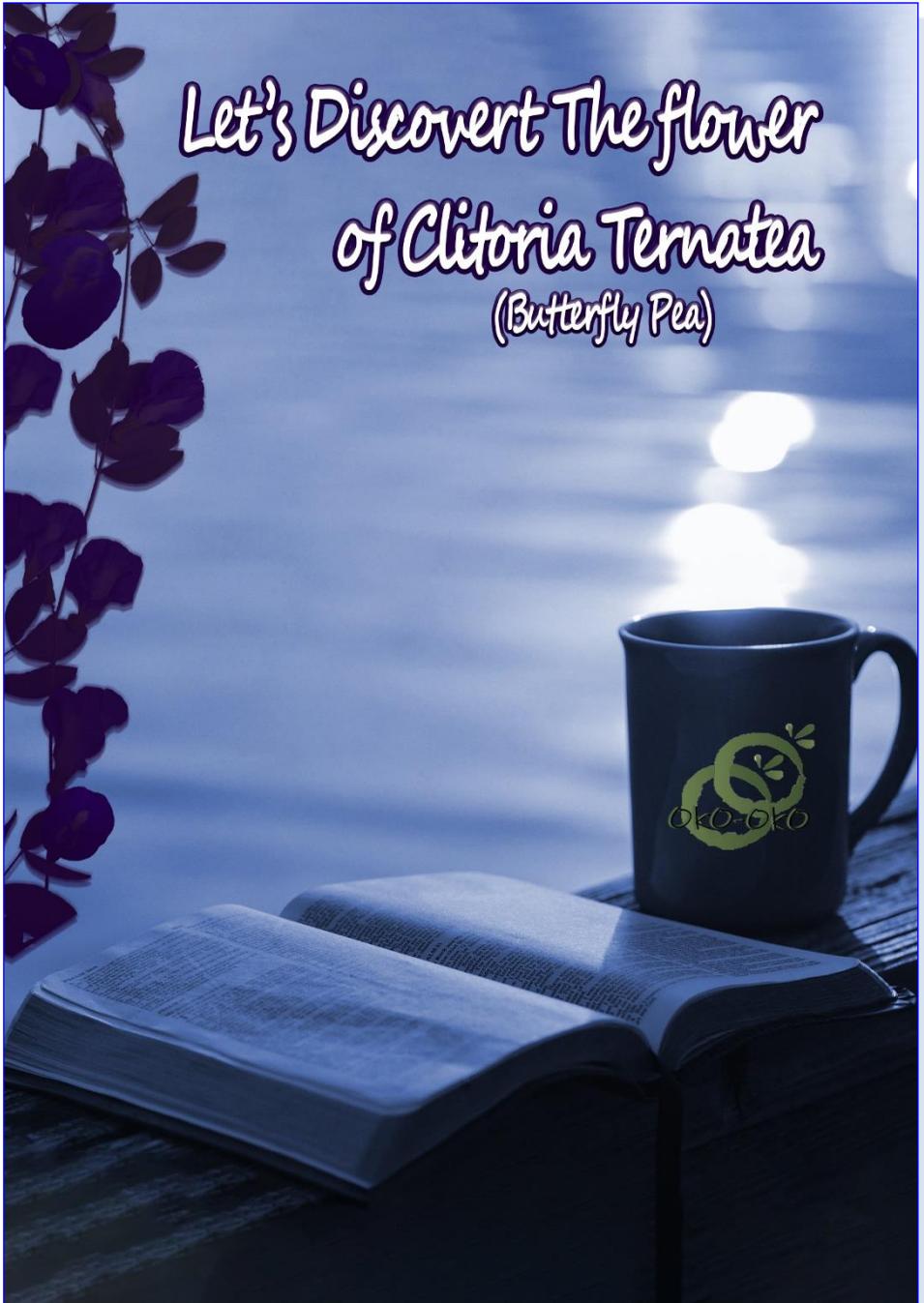


Table of contents.

- 1) Presentation of the Plant.
- 2) Benefits of the Flower of Clitoria Ternatea
- 3) History of its Use
- 4) Recipe for Hot Drink
- 5) Recipe for cold drinks and cocktails
- 6) Cooking Recipe
- 7) Pastry and Dessert Recipe.
- 8) Blue Matcha
- 9) Hair Mask

It have been translate from French to English. You can help us if the translation is not correct by sending us your recommendation at customer-service@oko-oko.com

Disclaimer: We are a general sales store. All the information you will find on this site or in this eBook, are only examples of use. Depending on your health condition, it is possible that you will find recommendations that is not suitable for your situation. In case of doubt, please seek medical advice. We remind you that OkO-OkO does not give any medical advice or prescription.

This eBook is free and an exclusive offer from OkO-OkO.com to its customers. Sharing within the family and friends are authorized. Any reproduction, even partial is prohibited. Can not be sold alone.

Welcome to our eBook dedicated to Clitoria Ternatea.

1) The plant.

Clitoria Ternatea, commonly known as 'Blue Butterfly Pea', is an herbaceous perennial plant that belongs to the Fabaceae family. It is mainly distributed in the tropical regions of Asia such as Thailand, India, Sri Lanka, Malaysia, Burma, and the Philippines.

The leaves are elliptical and obtuse, carried by a liana that appreciates moist and neutral soils. The most obvious characteristic of this plant is the blue color of its flowers, with spots of a light yellow.

It is a climbing liana, fast growing and vigorous (up to 3 m high). It produces numerous blue flowers of 5 cm in diameter with a white throat tinged with yellow.

It blooms all year long in Asia.

In temperate regions, it can be seen flowering from July to September.



The origin of its name.



The flower takes its scientific name from the similarity of its shape with the female sex.

The beans which follow the flowering, are thus consumed in Asia for their supposedly « aphrodisiac power ».

In USA and Europe, this plant is cultivated for its decorative interest. Ideal to cover a trellis in a sheltered corner of the garden or as a perennial in a veranda.

The plant is hardy and requires little care. Like all legumes, the roots fix nitrogen, which is why the plant is sometimes used to improve soils.

The other name is Butterfly Pea, comes from its blue color. It is a beautiful flower with yellow spots.

Note that its color is composed of two components. Depending on the PH one of the two colors will be highlighted from a deep blue, to purple and up to pale pink.

2) Benefits of the flowers of Clitoria Ternatea.

Different parts of this plant have been used in traditional Asian medicines. It is used to treat a variety of disorders such as hydrops, ascites, liver problems, hemicranias, irritation of the urethra and bladder, and hypertrophy of the abdominal viscera.

In addition, the medicinal properties of this plant are scientifically validated, at international level, and it is attributed several biological effects such as antioxidant, anti-diabetic and hepato-protective properties.

a) Relax with Magic Blue Tea.

Feeling anxious or nervous? Butterfly Pea is known for its soothing "anti-stress" properties.

b) The Butterfly Pea for its Antioxidants.

The Butterfly Pea is full of antioxidants. It is also a plant that contains flavonoids, anthocyanin and phenolic compounds that stimulate a rejuvenating action.

c) Improve Cognitive Functions.

Drinking blue butterfly tea helps cognitive functions. Many scientists refer to it as a natural, caffeine-free [nootropic](#).

d) To boost memory.

Consumption of butterfly pea flower tea increases the level of acetylcholine, the neurotransmitter essential to the proper coordination of the brain.

e) Hair growth and beauty.

The presence of bio-flavonoids (or flavonoids and vitamin P) promotes hair growth, helps to make it denser, thicker and reduce graying.



3) History of its Use.

The flowers of Clitoria Ternatea are used in Southeast Asia since the dawn of time.

It is at the same time a medicine, a food coloring, a plant of ornament. This dynamic liana revitalizes nutrient poor soils.

Traditional medicine recommends it to treat sexual problems, related to fertility, menstruation, and of course as an aphrodisiac.

Blue rice is consumed in different regions of the world as in Malaysia with the "nasi kerabu" which is a rice dyed with Clitoria Ternatea.

The fresh flowers used as salads. They have a slightly sweet taste. It can be mixed with cucumber, tomatoes and all kinds of raw vegetables.

The powder of Clitoria Ternatea can be used in cakes or sprinkled as powdered sugar for finishing.

It is widely used to balance the nervous system, but also as an analgesic and antidiabetic. Cataplasms are also used as a local anesthetic. The infusion of the flowers is also used as an anti-inflammatory eyewash.

4) Hot drink recipe.

The first recipe I propose is very simple and very pleasant for the evening at bedtime.

Put about 4 to 8 dried blue butterfly pea flowers in one Mug of boiling water (250 mL). Let infuse for 3 to 8 minutes depending on the desired concentration.

Add brown sugar or a spoonful of honey. Adding a few drops of lemon will enhance the mild taste of Clitoria Ternatea flowers and will allow you to observe impressive color changes.

If you want a deep blue infusion, please do not mix with acidity like orange or lemon.



The addition of a little baking soda can also correct the PH and obtain a perfect royal blue without altering its taste.

Also, if you want to increase the concentration of the blue, you can make a decoction. Start by bringing water to a boil. When it boils, reduce the temperature to just below boiling point (small bubbles form on the sides of the pan).

Put your flowers in the water (5 to 10m) and observe the decoction until you obtain the desired shade. Do not hesitate to make an experiment. Personally, I like to mix a little green tea or white tea.

Many herbal plants blend very well, as butterfly pea has light and discreet aromas.

Mint leaves, verbena, lavender and even a little Rosemary with honey will turn your blue tea into an excellent blue tea.



5) Color changing cocktails.

If you want to make cocktails with multiple colors, we will have to find a solution so that the mixture of acidity and the blue pigments of Butterfly Pea mix gradually.

For this 2 solutions;

a) Prepare ice crushed from Clitoria Ternatea decoction.

b) Prepare a Blue Butterfly syrup.

The preparation of blue ice is very simple. We must prepare a decoction of Butterfly pea flower. To do this, take a pan and fill it with 1 liter of water. Add 20 to 30 flowers according to the desired intensity.

Heat for 5 to 10 minutes, without boiling. Let it cool, strain and put the decoction in ice trays. Let harden in the freezer.



Turn out your blue ice and put it in a blender to obtain blue crushed ice. Prepare natural crushed ice and reserve in the freezer as well.

In tall glasses, start by putting one lemon juice with a tablespoon of brown sugar or powdered sugar.

Put a little natural ice. The lemon should be trapped in the bottom of the glass by the plain ice. Cover with blue ice and top up with sparkling water.

You will soon see that the bubbles will tend to make the lemon juice rise. The blue ice that starts to melt will turn purple while the rest of the ice still frozen will remain blue.



The color changes are absolutely captivating and very impressive. Note that you can replace the lemon with orange or grapefruit.

You can also add white alcohol such as Gin, Tequila, White Rum, Vodka or Triple Sec! Give your creativity free rein and try out mixes with or without alcohol. The secret to creating multi-color gradients is to mix the acidity and pigments gradually and as late as possible in the glass.

a) The syrup (at 50) of Blue Butterfly Pea.

The syrup will allow us to play on the differences in viscosity and density between the liquids by keeping them separate. We will use the gravity and always the carbonated water to operate the progressive mixture of the acidity and the blue / purple pigments.

- 1 Litre of water
- 1 kg of sugar
- 30 flowers of Clitoria Ternatea

As before, make a decoction of 1L of water with 30 flowers of Clitoria Ternatea. Strain the water through a sieve, pressing the flowers well so as not to lose any liquid.

Put the blue water back in a saucepan with 1 kg of sugar. Heat until the mixture becomes thick enough to look like a sugar syrup.



Let it cool and transfer to a nice glass bottle with a spout. You can now use your syrup like any other commercial syrup.

The main characteristic of this one is that, it will change color depending on the PH of the liquids you are going to mix. Kept in the refrigerator.

For example, when you mix butterfly pea syrup with clear alcohol like vodka, gin or tequila, you get a purple colored alcohol.

How to get a deeper blue?

You can adjust or correct the acidity by adding a tiny amount of baking soda to your glass. Baking soda is basic. It therefore increases the pH of your alcohol which is naturally acidic. This is of course true for all liquids.



Thus, the blue color obtained, will become even more prominent (PH7). Not more than half a pinch of bicarbonate per cocktail to correct the acidity. This does not affect the final taste of your drink. If it gets salty, you put too much in.

b) Colorful layered cocktail.

If you want to make a 3-tiered cocktail with your syrup, nothing could be easier! Start by having a nice glass. The very large "balloon" glasses are very pretty and adapted to this kind of cocktails. Prepare a little strawberry or grenadine syrup in a saucer and powdered sugar in a second saucer. Turn the glass upside down and dip the rims (1 to 2 mm) in the strawberry syrup then in the sugar.

Pour your blue syrup into the bottom of the glass. Be careful not to get the rims dirty. Put some ice cubes.



Then, using a spoon with its back to the top (turned upside down), slowly pour an orange juice without disturbing your first blue layer.

You should now have two layers of blue and orange with a little purple at the separation.

Once again, use an inverted spoon to finish the last layer with sparkling water with a large bubble. You can add alcohol and a slice of orange to suit your taste.

If you are looking for simplicity, you can also simply take any white alcohol and let macerate *Clitoria Ternatea* flowers to color it. The colored alcohol will be light unlike the syrup. It can also use to make cocktails or can consume as it is.

Vodka will be the most purple, while gin gives a more blue color. However, you can use this spirit for a striking effect and find that it turns a beautiful pink when you add lime juice.



Since gin is less acidic than vodka and tequila, it will retain its blue color the best.

Again, you can correct the color (acidity) by adding a tiny amount of baking soda to your glass (a small tip of a knife).

Remember, the butterfly syrup (heavier), is used at the bottom of the glass. The blue alcohol obtained by maceration (lighter), is spooned on top. The blue crushed ice can be used at the top or at the bottom depending on the desired effect. Have fun!

5) Cooking Recipe.

We will start this chapter on cooking with the very famous blue rice.

Prerequisite. In all parts of the world where rice occupies a predominant place in the preparation of meals, it is cook over a low heat in a covered rice pot (often electric).



The water is carefully dose, so that when the rice is cooked, there is no need to drain it. Thus, the rice keeps all its nutrients and its flavor.

Only in Europe, the rice cooked like pasta and drained at the end of cooking. Try the method below and you will rediscover the taste of rice!

How to prepare its Blue Rice?

The first step is to prepare 1 liter of filtered decoction of Clitoria Ternatea.

We dose 1 to 2 cups of rice per person knowing that we need at least 2 cups so that the rice is not lost in water.

Choose a Thai or Indonesian long grain rice

The rice rinsed once with water to remove excess starch and any impurities that may be present. Then use the blue water to cook the rice.

The water is measure with the finger. The phalanx must be plunged in the water. The right amount of water is more or less equal (depends quality rice) to the height of the first phalanx (height of the water between the rice and the surface).

Then, let your rice cook on very low heat with a lid. If you have an electric rice cooker, this is ideal, otherwise you will have to monitor the cooking, trying to not lose too much steam when you lift the lid.

Once it cooked, you can eat it same as white rice. It preferably to use as exotic side dishes. The rice is only slightly flavored with peas. It will allow you to make very colorful rice salads. It will marry perfectly with fish, chicken with coconut milk or curry.



Fresh Blue Butterfly flowers.

If you are lucky enough to find fresh flowers, you should know that they are edible.

Some people advocate eating the flowers raw as they are. Personally, I only eat the petals and prefer to scald them to avoid any possible problem.

The method is simple; separate the petals from the stalk and the stamen. Place them in a strainer.

Bring water to a boil. Plunge the colander with the petals into the boiling water for 2 to 4 seconds, stirring a little. Then invert the colander into a container filled with cold water with ice cubes.

Take out the petals and let them drain. Afterwards, garnish a tomato and blue rice salad with some blue petals of *Clitoria Ternatea*.



Blue or purple eggs.

These are hard-boiled eggs for a salad or an original version of mimosa eggs. (Blue and Yellow Wow!)

Cook your eggs normally in clear water. Let them cool, remove the shell and rinse them.



If you want azure eggs, place them in an airtight box or zip-lock bag with a mixture of cold water and some flowers.

For purple eggs, add a few drops of vinegar to the water and flowers.

Let stand overnight in the refrigerator, drain and use as normal hard-boiled eggs.

7) Pastry and Dessert Recipe.

Butterfly Sago.

It is a very popular dessert in Thailand in its uncolored version. The preparation in its blue version is almost identical.



You will need:

- 200 gr of tapioca or pearl sago, (size Small).
- 1 box of sweet corn kernel 250 gr.
- 30 dried flowers of Clitoria Ternatea.
- 100 gr of sugar.
- ½ liter of coconut milk.
- 2 spoons Cornstarch

In a saucepan, pour 1 liter of water and the flowers. Bring to a boil, stirring with a wooden spoon.

Filter the water with a strainer or a chinois and put the colored water back in the pot.

Bring to a boil again. As soon as the blue water comes to a boil, stir in the tapioca and cook for about 15 minutes.

Do not forget to turn well to separate the tapioca seeds with a spatula or a large fork. Taste the tapioca to check for doneness (be careful, it is hot).

When the tapioca is cooked, keep the pan on the heat and reduce the temperature. Stir in the drained corn kernels. Add 100 gr of sugar and a pinch of salt. Continue to cook (2 to 3 minutes) in order to harmonize and thicken the mixture.

Remove from heat and immediately fill glass ramekins, leaving room for the coconut cream. Put the coconut milk in a saucepan with a big spoon of sugar, 2 spoons of cornstarch (sifted) and 1 pinch of salt.

Cook to thicken the coconut milk, taking care to break up any lumps. Once the desired consistency reached, finish filling the ramekins with the coconut cream, let cool and serve.

The Blue Pancakes.

Dare to be original with schtroumf pancakes for the greatest pleasure of young and old. It is good for your health and it is fun!

Ingredients:

- Flour 250 g
- 4 eggs
- Milk ½ L
- Sugar 2 tbsp.
- Melted butter 50 g
- 1 pinch of salt

Start by heating (5 to 10 minutes) your milk to 85 degrees with about 20 butterfly flowers. Sift and cool in the refrigerator.



Sift flour, salt and sugar together. Put in a bowl forming a volcano in the middle.

Add the eggs and start mixing gently until the mixture becomes smooth and thick.

Add the blue milk little by little. When it is well mixed, add the melted butter. If the mixture seems too thick, you can add beer to lighten the mixture (or milk).

Continued ↓

Let your pancake batter rest for 30 minutes in the refrigerator and ready to cook.

Use a lightly oiled or buttered non-stick pan. Cook on each side until you get a nice blue color with some golden spots.

Second Alternative:

The basic recipe remains the same. Instead of using flowers, we will incorporate Clitoria Ternatea flower powder (blue matcha).

To do this, weigh out your 250 g of flour. Remove a large spoonful of flour and add 1.5 spoonful of flower powder. Sift it all together. Proceed as previously stated for the rest of the recipe.

Bon Appétit Little Smurfs!

Cake or Butterfly Pea Bread.

To make a blue cake, you will need Butterfly Pea powder.

We sell [Clitoria Ternatea powder ready to use](#). It is nothing more than dry flowers pulverized and sifted in a centrifuge and nothing more. It is 100% natural.

Nevertheless, if you want to make your own flower powder, it is not very complicated.



You will need a coffee grinder or a mortar and pestle. For an optimal result, the operation consists in separating the petals from the stalk. The petals will be crushed as finely as possible. The whole

thing will pass through a sieve to keep only the finest particles and avoid the formation of lumps.

The basic principle is to take any cake recipe and incorporate blue flower powder.

A simple calculation is, by removing one spoon of flour from the recipe and replacing it by 1 or 1.5 spoons of Clitoria Ternatea powder.

You will find in our blog (the OkO-OkO Gazette) a [recipe for Matcha cake and dessert](#). You can use this recipe by replacing the Matcha green tea with Clitoria Ternatea powder. Result guaranteed!

8) Blue Matcha.

In addition to the health benefits of *Clitoria Ternatea*, blue matcha has advantage of being able to consume in the evening, because it does not contain theine or caffeine (it is the same molecule).



Butterfly pea powder is increasingly used as an alternative to green tea Matcha.

So, here is our blue matcha recipe.

- ½ spoon of *Clitoria Ternatea* powder.
- Hot water at 80/85 degrees.
- 1 round flat bottomed bowl, 1 chasen (Matcha whisk).
- Optional, steamed milk.

Prepare half a spoonful of butterfly pea powder. But above all, Matcha, whether it is Blue or Green, clumps very easily.

That's why I always recommend you to sift it before use. Otherwise, it will be difficult to mix the Ternatea powder evenly into the liquid, and your drink will be lumpy.

Next, pour in a small amount of hot water (1 to 2 tablespoons), and whisk using a bamboo chasen. You can also use an electric milk frother, but it breaks the traditional matcha ritual a bit.

Whisk vigorously in the bowl from side to side in a W shape with your chasen.

You can also go back and forth or in a zigzag pattern. The main thing is to homogenize the powder and water by creating a layer of foam on top.

Be careful, if you whip in a circular motion, your blue matcha will not foam.

Finally, top it off with hot water or steamed milk. Whisk again until the mixture becomes frothy, sweeten to your taste and enjoy!

Feel free to experiment by replacing the milk with nut milk, coconut milk or soymilk, etc...

You can add a touch of salt for flavor and if you want to create original colors, a drop of lemon will turn your blue matcha into a multicolored drink!

9) Hair Mask

Hair Growth and Beauty. The presence of bioflavonoids or also called vitamin.

Butterfly pea stimulates hair growth, as its active ingredient increases blood flow in the scalp, strengthening the hair follicles. This helps to make the hair denser by thickening it. Hair color becomes more vibrant and helps reduce graying.

It is considered one of the most effective natural ingredients to promote hair growth and natural hair color strengthening. There are two methods to apply the butterfly pea on your hair.

Before all, make a test on a small strand to make sure that it will not make an unwanted hair coloration.

The first method is to use butterfly pea decoction directly on clean, dry hair.

Try to soak as much of the scalp as possible, massaging gently with your fingertips. Use the rest to wet the hair thoroughly. The treatment does not require rinsing.

The second method is to blend the flowers and the decoction in a blender. In this case, you will have to sacrifice a bath towel, because even after washing, it will keep traces of blue pigments.

The method is simple. Start with clean hair. Then, simply spread the still wet mixture over your scalp and hair. Wrap

your hair in a towel and leave on for 30 minutes. Then rinse lightly with clear water.

Conclusion.

Here is the end of this guide on the Clitoria Ternatea. I hope that you discovered new uses of this blue flower with multiple virtues.

Feel free to leave a comment [on Amazon](#) or on our [OkO-OkO.com sales page](#).

If you would like to share some of your recipes, please write to us at contact@oko-oko.com and we will update our PDF (with your agreement).

Thanks and see you soon.

