

Molokhya

A lovely traditional stew, cooked especially in Egypt, Northern Africa, Syria and Lebanon.

Molokhya – the Royal

A plant that was prepared and served exclusively to the kings of ancient Egypt.

Another story

Molo Khia – "Eat Khia"

Khia was called "the poisoning plant" in the Pharaonic era.

When Egypt was invaded by the Hyksos, the Egyptians were ordered to eat the poisoning plant "Molo Khia" with the aim to break the Pharaonic civilization.