


Buchanania lanzan

<i>Buchanania lanzan</i>	
	
Charoli nuts	
Scientific classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Sapindales
Family:	Anacardiaceae
Genus:	<i>Buchanania</i>
Species:	<i>Buchanania lanzan</i>
Binomial name	
<i>B. lanzan</i> Spreng.	

Buchanania lanzan is a tree which produces the seeds known as **charoli** (Hindi: चारोली; Marathi: चारोळी; **chironji** or **chiraunji**, Hindi: चरौन्जी) These seeds are used as a cooking spice primarily in India. Charoli are tiny almond-flavoured dried seeds of a bush called *Buchanania lanzan*, which is cultivated across India, primarily in the northwest. After the hard shell is cracked, the stubby seed within is as soft as a pine nut.

The charoli seed is lentil-sized, is slightly flattened and has an almond-like flavour. Though they can be eaten and used raw they are often toasted or roasted before use, as this intensifies the flavour.

They are commonly used in sweets in India. However, they are also ground into powders for thickening savory sauces and flavoring batters, and stewed into rich, meaty kormas.

Charoli seeds are used in the Ayurveda and Unani systems of medicine.^[1]

References

- [1] Pankaj Oudhia, Robert E. Paull. Chironji *Buchanania lanzan* Spreng. Anacardiaceae p14- 15. Encyclopedia of Fruit and Nuts - 2008, J. Janick and R. E. Paull -editors, CABI, Wallingford, United Kingdom

Article Sources and Contributors

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