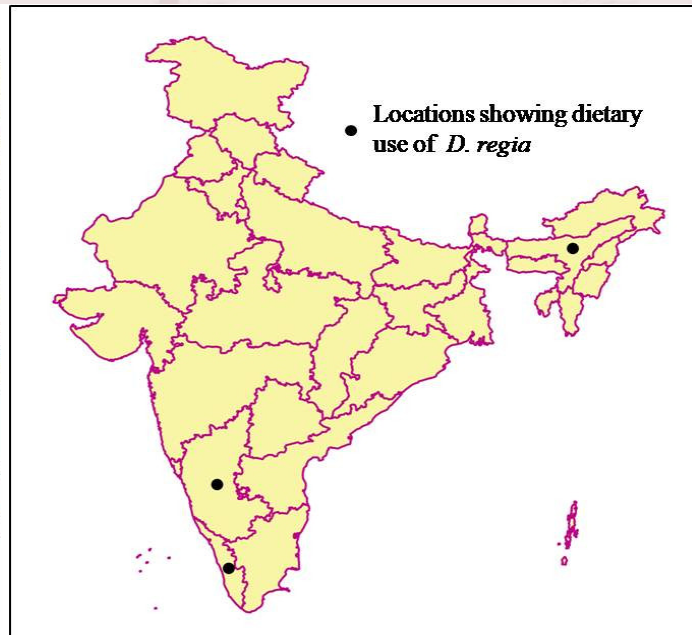


***Delonix regia* (Bojer ex Hook.) Raf**
Family: Fabaceae

The tall *Gulmohor* with its burning red flower and brownish big pods is synonymous with Indian summer. For a city dweller, the culinary potential of the tree comes as a little surprise but the sweet-sour taste of the flower petals is part of the childhood memory for many of us. The tender young fruits are cooked as a vegetable by the Shan tribes in Assam. In Kerala, roasted seeds of the tree (*Vaka*) are popular side-dish for meals and snacks, preferred by the Kadar tribe in the Thrissur area. In the Gulbarga district of north Karnataka sweet flowers are eaten by both tribal and non-tribal communities. This unconventional food resource is slowly gaining attention from city-based culinary experts and food enthusiasts. The flower has made its entry into the urban kitchen as an ingredient for vegetarian (with fruits and vegetables) and non-vegetarian salad (vegetables and shrimp/chicken).



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