

Uses

ID	411
Crop ID	Buffalo Gourd
Part	Seed
Use Category	Food
Notes	Seed can be eaten raw or cooked. The seeds can be ground into a powder and used as a thickening in soups or can be mixed with cereal flours when making cakes and biscuits. Rich in oil with a very pleasant nutty flavour, but very fiddly to use because the seed is small and covered with a fibrous coat.
Metadata ID	7,604