



Kokum *Garcinia indica*



Kokum is one of the lesser known spices of India. It is only found in western regions of India (Konkan, Malabar and Kanara regions) and is not very well known outside these regions. Like tamarind, Kokum is used as a souring agent and has a sharp, acidic flavor with a fruity aroma. Kokum tree is a solitary, tropical tree and is difficult to propagate. The tree is slender and its fruit looks like a small plum which becomes dark red when ripe. The ripe fruits are harvested and preserved by drying in the Sun. Salt is rubbed onto the rind to speed up the drying process and to preserve the tangy flavor.

Botanical Name : *Garcinia indica*
Family : Clusiaceae
Hindi Name : Kokam
Part Used : Peel of Fruit

Spice Description

Kokum is dark purple to black, sticky and with curled edges. The fruit is often halved and dried, so that the dried seeds are visible in their chambers like a citrus fruit. It is usually available as a dried rind, resembling a thick plum skin. When added to food it imparts a pink to purple colour and sweet/sour taste.

Bouquet: a slightly sweet and sour aroma.

Flavour: a refreshing sour taste, slightly astringent

Plant Description and Cultivation

Kokum is a tropical evergreen tree, related to the mangosteens. A slender tree with sloping branches, it reaches heights of 15m (50 ft). The thin bark is lined and the leaves oblong. The dark purple fruit is round, about 4 cm (1 1/2 in) in diameter with 5 - 8 seeds. The fruits are picked when ripe, the rind is then removed and soaked in the juice of the pulp and then sun-dried. The kokum is difficult to cultivate, usually growing as solitary trees in a tropical forest environment.

Uses

Culinary Uses-Kokum has the same souring qualities as tamarind, especially enhancing coconut-based curries or vegetable dishes like potatoes, okra or lentils. Kokum is especially used with fish curries, three or four skins being enough to season an average dish. It is also included in chutneys and pickles. The skins are not usually chopped but are added whole to the dish. Seasoning should be checked as they are quite salty. Beware of biting on a stone as a few are often left in the skins.

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

Medicinal Uses- Owing to the cooling properties of kokum, oil of the fruit is used as emollient and antiseptic. It is helpful in healing allergies, rashes and skin ailments. Kokum butter is very soothing for burns, chaffed skin and scalds. Amrutkokum is a drink made of sugar syrup and kokum fruit to treat sunstroke. The young leaves and the bark are used as an astringent.

Attributed Medicinal Properties

As mentioned in the introduction, kokum's refrigerant properties are well known. It is useful as an infusion, or by direct application, in skin ailments such as rashes caused by allergies. Kokum butter is an emollient helpful in the treatment of burns, scalds and chaffed skin. In addition, kokum seeds yield a unique fat used to make ointments, suppositories, lipsticks and chocolates. The fruits are steeped in sugar syrup to make amrutkokum which is drunk to relieve sunstroke.

Kokum is well known to counteract the heat.

Preparation and Storage

Similar to tamarind, kokum skins are usually available as dried rind or fruit, and infused in hot water. The deeper the colour the better the kokum. It will keep in an airtight jar for about a year.

Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.

Packaging

We also provide reliable packaging of the Kokum (*Garcinia indica*) and other Kokum *Garcinia indica* products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of Fenugreek leaf and Fenugreek leaf products which includes green Fenugreek leaf powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



Contact Us

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