



Gum Chrystals

Dinka, Gond is an “edible gum” a resin that is extracted from the bark of the axle-wood tree. It is available in crystal form as pearly yellowish translucent pieces of varying sizes especially meant for eating after being cooked.. For frying the gond , one must heat the oil until medium hot and the crystals should be put in a little at a time. They will puff up beautifully. In some old recipes the “dinka” is ground up so fine that it may not need cooking

Edible gum is used in making panjiri mixture - whole-wheat flour, nuts, gaund, and sugar fried in ghee. Edible Gum is known to be beneficial for pregnant ladies as it strengthens the back bone.

“Dinkache ladoo” are traditionally given to lactating mothers as they help in the production of milk. The other ingredients in the ladoo help in providing a “punch” of nutrition in a sweet and satisfying way.

<http://shilpsnutrilife.blogspot.in/2013/02/all-about-dink-gond-edible-gum.html>