

# Uses

ID	572
Crop ID	African Nut Tree
Part	Seed
Use Category	Oil (Food)
Notes	The seeds of <i>Ricinodendron heudelotii</i> are widely used in cooking in West and Central Africa. An edible oil is extracted from the seeds and a paste made by crushing dried kernels is sometimes used as a thickening agent for soups and stews.
Metadata ID	7,946