

Indigenous *Karil* (Bamboo shoot) processing

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■ **Abstract :** Bamboo shoot is one of the indigenous foods mostly consumed by the tribes of Chhattisgarh and North- east states of India. It is belonging to *Poaceae* family. This is popularly known as *Karil* in Chhattisgarh. The shoot can be mainly consumed after fermentation. This fermentation process was accomplished by the anaerobic microorganisms with the help of lactobacillus, streptococcus and streptomycin etc. It has various health benefits for human body. In this review paper the processing aspects of the shoot has been discussed.

■ **Key words :** Indigenous, Bamboo shoot, Karil, Processing

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