

Dabai

Canarium odontophyllum



Common names	Black Olive, Borneo olive, Sibul Olive, Or Kanna, Ka Lang, zaitun tropika, kapit.
Origin	Dabai trees are from a genus called <i>Canarium</i> that consists of about 75 species of tropical and subtropical trees in the family Burseraceae, native to tropical Africa, southern Asia, and Australia, from southern Nigeria east to Madagascar, Mauritius, India, southern China, Indonesia and the Philippines.
Description	Dabai is like a miniature avocado with thin, purple, black skin with buttery, yellow flesh. It is also called "black olive". It is a favorite end-of-the-year fruit of the indigenous and non-indigenous people of Sarawak and it is rarely found outside Sarawak.
Growth Habitat	Tropical and subtropical areas.
Foliage	Pinnate leaves. Leaflets are oblong and lanceolate.

Flowers	Male dabai trees produce male flowers with pollen and female ones have hermaphrodite characteristics, having both male and female organs on the same flower but the staminodes, the male part of the flower, are sterile, producing no pollen. The flowers are a creamy white with three sepals and an orange stigma.
Fruits	The fruits are oblong in shape measuring 3-4cm and weighing 10-13g. The fruit peel is initially white changing to a bluish-purple or red with yellow pulp, The fruit has a single three-angled seed. Pulp and seed contribute to bulk of the fruit weight comprising 46% and 44% while peel constitutes 10%. For consumption, the fresh fruits, which taste like avocados, are usually soaked in warm water, with salt or sugar, for five to ten minutes to soften them. The seeds are also edible, tasting like peanuts.
Soil	Although dabai trees will grow on a wide range of soils, they grow most vigorously on well-drained, loamy, alluvial soils found along riverbanks. They prefer flatlands to gently sloping land.
Propagation	Through seeds. The sex of the trees is not revealed until they reach reproductive maturity, which is after four years, after which male trees are cut down and an orchard of female trees is established. After much research, two suitable clones (Laja and Lulong) are propagated by cuttings and grafting.
Harvest	The harvest season is from November to January. Fruits are hard until soften by hot water or left in the sun. A new freezing technique can prolong its shelf life to one year or more and makes the fruit suitable for export.
Nutritional Properties	The fruit is highly nutritious and rich in minerals, proteins, carbohydrates, and fat. Energy (339kcal), protein (3.8%), fat (26.2%), fiber (4.3g), phosphorus (65mg), potassium (810mg), calcium (200mg), magnesium (106mg) and vitamin E (257ppm). A study has found that the fatty acids in dabai

	<p>closely resemble the composition of palm oil such as major palmitic acid, linoleic acid and linolenic acid.</p>
Health Benefits	<p>Dabai fruits are high in antioxidants especially phenolic acids, flavonoids and anthocyanins. Phenolic compounds have been found to be very beneficial for chronic diseases such as cancer, heart disease and diabetes and they are also anti-inflammatory and anti-microbial. It also has beneficial cholesterol-lowering and plaque-reducing effects.</p>
Commercial Uses	<p>Dabai soap, dabai paste, hot and spicy dabai sauce, dabai mayonnaise. Dabai soap. Dabai Pizza, dabai fried rice, dabai keropok or crackers, dabai layer cake, cookies, fresh dabai fruits.</p>
Food Suggestion	<p>Dabai Snack</p> <p>Soak dabai fruits in hot water (50° C) for about half an hour. Drain the fruits, add salt, sugar and soya sauce according to taste. Can be eaten as a snack or as a side dish to a main meal.</p>