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My childhood favorite Chagaleh Badoon also known as Green Almonds.

May 11, 2012, 2:20 am • Section: Signature Dish

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Posted by:
**Chef
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Green almonds, also known as Chaqaleh Badoon, were a childhood favorite of mine. My whole life I've always looked forward to this time of year when green almonds and sour plums are in season.

Green almonds are also known as young almonds or spring almonds. The young nutshell is so soft that you can eat the whole thing. The centre is soft and jelly-like; the shell is tender and milky; and the green husk is sour and grassy like sorrel. If you enjoy sour flavours your taste buds will love green almonds.

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The season for green almonds is very short – from April until about end of May. In Tehran, there was always a man on the street selling green almonds and sour plums from a cart at this time of year. He would yell at the top of his lungs, “Chagaleh! Chagaleh!” Then he would toss the almonds in salted lemon juice, put them in a newspaper cone and sprinkle the top with crunchy, coarse salt.

Chaqaleh Badoon can be used in hot dishes and some people like them pickled. I think the best way to enjoy this beautiful spring treat is fresh and natural, without salt or lemon juice, so as not to take away from their wonderful taste and texture.

This year, in celebration of the spring season, we've added a Chaqaleh Badoon salad to our [Diva at the Met](#) menu. For two short weeks we're pairing the almonds with sour plums, pickled and compressed cucumber, radish, foraged wood sorrel, cress, flowers and butter milk almond dressing.



As a chef, I specially order our green almonds from my dear friend, James Town, at [Mkuni Wild Harvest](#). However, if you would like to try them at home, there are a few Persian stores in North

Vancouver that carry sour plums and green almonds.

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