Traditional food: makhana

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EU authorises sale of roasted makhana

Commission Implementing Regulation (EU) 2023/652 of 20 March 2023 authorising the placing on the market of roasted and popped kernels from the seeds of *Euryale ferox* Salisb. (makhana) as a traditional food from a third country under Regulation (EU) 2015/2283 of the European Parliament and of the Council and amending Commission Implementing Regulation (EU) 2017/2470

Update

The EU has authorised the sale of roasted and popped kernels from the seeds of makhana (*Euryale ferox*). The authorisation follows an evaluation of makhana as a traditional food according to the novel foods Regulation 2015/2283.

Impacted products

makhana, fox nuts

What is changing?

The EU has accepted that this Indian snack, roasted and popped kernels from the seeds of plants of *Euryale ferox* (also known as makhana or fox nuts), is safe for consumption and may be placed on the EU market.

Why?

Foods that are new to the EU market have to undergo evaluation and authorisation. EFSA (2022) concluded that roasted and popped makhana seed kernels do not raise safety concerns.

Timeline

Date of entry into force: 10 April 2023.

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Recommended Actions

Roasted and popped kernels from the seeds of *Euryale ferox* plants (known as makhana or fox seeds) can now be legally placed on the EU market. They must be labelled "roasted seeds of Euryale ferox" or "makhana (Euryale ferox) roasted seeds". Suppliers of this snack **must ensure that their products comply** with the microbiological criteria and levels for contaminants (heavy metals, mycotoxins, cyanotoxins, process contaminants) and pesticides, set out in the Annex of Regulation 2023/652.

Background

The EU maintains a Union list of novel foods (including traditional foods) that have been evaluated and may be placed on the EU market (as set out in Implementing Regulation (EU) 2017/2470).

Resources

EFSA (2022) Technical Report on the notification of roasted and popped kernels from the seeds of *Euryale ferox* Salisb. as a traditional food from a third country pursuant to Article 14 of Regulation (EU) 2015/2283.

European Commission: Union list of novel foods.

Sources

Commission Implementing Regulation (EU) 2023/652

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