

Groundnut Gourmet



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Foreword

Due to its high nutrient content and good taste, groundnut has been an important food in various cultures throughout history. Today, groundnuts are re-surfacing in modern diets as a disease-preventing and health-enhancing food item. Groundnuts are a wholesome food and a treasure house of minerals and vitamins essential for healthy living. The pronounced flavor, crunchy texture and high protein content render groundnuts especially suitable for use in confections. No wonder it is called the poor man's 'cashew nut'.



Besides its role in confections, groundnut forms an important ingredient in a variety of traditional recipes. However, with rapid industrialization and expansion of the 'ready-made' food culture, the age-old homemade groundnut recipes are fast disappearing. At the same time, new and innovative recipes of groundnut are required to cater to the taste and palate of the younger generation who are more adventurous with their food. This book contains both traditional and modern recipes that food connoisseurs will find interesting and appealing.

Groundnut has been one of ICRISAT's mandate crops for research since 1976. We are proud to state that our research is responsible for disease-free varieties both in Asia and in sub-Saharan Africa, our drought-resistant varieties are a boon to resource-poor farmers, and the crop has become a boon to Vietnam's national economy – but this book is not about groundnut research.

Over the years, the use of groundnut as food is increasing. This book is an attempt to further promote the food use of groundnut, so that many can benefit from this wonderful product of Mother Nature.

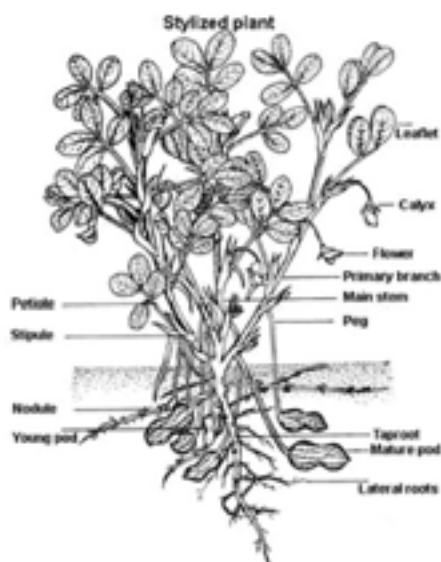


William D Dar
Director General

Groundnut — Introduction and Nutrition facts

Like many other useful plants and crops, groundnut (also called peanut in English, *pistache* in French, *mani* in Spanish, *amendoim* in Portuguese, *mungphali* in Hindi and *ying zui do* in Chinese) is a native of South America. It originated in the region of southern Bolivia and northwestern Argentina, but is now cultivated in all tropical and sub-tropical countries of the world. Groundnut remnants dating back to 1500-2000 BC have been recovered from ancient archeological sites on the northern coast of Peru. It was introduced into the Malabar coast of southeastern India in the late 15th century by the Portuguese from the east coast of South America (Brazil).

Groundnut is an annual herbaceous legume (15-60 cm or higher) with erect, semi-erect or spreading growth habit. It is an unusual plant because it flowers above ground (inflorescences are located in the axil of leaves) and pods, containing one to five edible seeds, are produced below the ground due to the geotropic nature of its gynophores (pegs). Groundnut kernels may be boiled, broiled, roasted, fried, ground into peanut butter, used in various confections or crushed for oil. Groundnut cake, obtained after extraction of oil, is generally used in the animal feed industry. However, with proper processing, it can be used in products such as biscuits and baby and invalid foods. Groundnut haulms (vegetative parts) make excellent fodder for livestock. Groundnut shells are used as fuel, filler in feed and fertilizer industries and in cardboard making.



Groundnut kernels, on average, contain 48% fat, 26% protein, 17% carbohydrates, 2% fiber, 2% ash and 1% or less vitamins and minerals; and the remaining content is moisture. It is the world's fourth most important source of edible oil and the third most important source of vegetable protein. The oil content of groundnut is approximately 50% monounsaturates and 30% polyunsaturates. Just one ounce of groundnuts contains nearly half of the 13 vitamins necessary for the growth of the human body and its maintenance, and 35% of the 20 minerals needed (Table 1). WHO recommends that about one ounce (28.3 g) of pulses, nuts and seeds should be eaten daily. Groundnuts keep fresh indefinitely when stored in a tightly closed container in the freezer. Always use healthy and aflatoxin (mycotoxin produced in infected kernels by *Aspergillus flavus*/*A. parasiticus* group of fungi)-free kernels in preparation of food products.

Caution: Those who have 'nut allergy' should keep away from groundnuts and other nuts.



Table 1. Nutrient contents in one ounce (28.3 g) of raw groundnut kernels¹

| Nutrients | Amount | % Daily Value | Uses in the body/Remarks |
|---------------------|-----------|---------------|---|
| Calories | 161.0 | n/a | Energy rich food due to its fat content. A very high proportion of unsaturated fats and high satiety value make groundnut part of a healthy diet. |
| Protein | 7.3 g | 14.2% | A powerhouse of less expensive vegetable protein. |
| Total Carbohydrates | 4.6 g | 1.5% | Good for diabetic diets due to its low Glycaemic Index (a measure of the rate at which carbohydrates from a particular food breakdown and release glucose in blood stream). |
| Dietary Fiber | 2.4 g | 9.4% | Reduces risk of some types of cancer, helps control blood sugar levels and may help reduce the levels of cholesterol in blood. |
| Total Fat | 14.0 g | 21.8% | Concentrated source of energy, provides essential fatty acids, carries fat soluble vitamins such as A, D and E and helps maintain healthy skin. Suitable for Indian style of cooking due to its high smoking point (240 °C). |
| Saturated Fat | 1.9 g | 9.5% | A low proportion of saturated fat (bad fat). Saturated fat intake should be less than 10% of the total daily intake of calories. |
| Monounsaturated Fat | 6.9 g | n/a | The monounsaturated fats help to remove cholesterol including LDL cholesterol from the blood, thus giving protection from heart attack. |
| Polyunsaturated Fat | 4.4 g | n/a | Along with monosaturated fats, polyunsaturated fats are healthy and necessary for the healthy body. |
| Vitamin E | 2.4 mg AT | 17.5% | Vital antioxidant which protects Vitamin A and the body's cells and tissues from damage. It is important for the immune system and might aid in the prevention of tumor growth. It plays a role in preventing coronary heart disease. |
| Folate | 68 mcg | 16.5% | Important for the development of new cells in the body, particularly during growth and pregnancy. It helps to prevent birth defects. |
| Niacin | 3.26 mg | 16.3% | Functioning in more than 50 of the body processes, niacin is primarily important in the release of energy from the food that we eat as well as maintenance of healthy skin, the nervous system and the digestive tract. |
| Thiamin (B1) | 0.18 mg | 12% | Needed to ensure normal functioning of the nervous system, appetite and digestion. |
| Riboflavin (B2) | 0.04 mg | 21.3% | Releases energy from the food we eat, helps skin stay healthy and assists in the normal functioning of the eye. |

Continued...

Table 1. Continued.

| Nutrients | Amount | % Daily Value | Uses in the body/Remarks |
|--------------------|---------|---------------|--|
| Vitamin B6 | 0.10 mg | 5.7% | Makes and breaks down proteins in the body and makes red blood cells used to transport oxygen in the body. |
| Zinc | 0.93 mg | 5.9% | Aids in the formation of protein, wound healing, blood formation, taste perception, appetite, night vision and general growth and maintenance of all tissues. |
| Copper | 0.32 mg | 15.2% | Important in the formation of haemoglobin, health of bones, blood vessels and nerves. |
| Selenium | 2.0 mcg | 2.8% | A trace element required in small quantities for normal functioning of the immune system. |
| Magnesium | 48 mg | 12.5% | Important in the building of bones and teeth, creation of protein, transmission of nerve impulses and maintenance of body temperature. |
| Phosphorus | 107 mg | 10.6% | Component of all soft tissues that are fundamental to growth, maintenance and repairs of bones and teeth. |
| Potassium | 200 mg | 5.3% | Needed to ensure water balance in the body and in the creation of protein. It also helps release energy from nutrients and aids in nerve impulse transmission. |
| Calcium | 26 mg | 3.5% | Needed for development and maintenance of healthy bones and teeth. |
| Sodium | 5 mg | 0.22% | Naturally low sodium food. |
| Iron | 1.3 mg | 8.1% | Aids in transport and distribution of oxygen in the body's cells. |
| Boron | 1.0 mg | 100% | Major factor in the metabolization of calcium in the body and plays significant role in development and maintenance of strong and healthy bones. |
| Cholesterol | 0.0 mg | - | Free from cholesterol. |
| Arginine | 0.88 g | n/a | Improves wound healing and immunity. |
| Total Phytosterols | 62.4 mg | n/a | These phytochemicals help to prevent diseases and enhance health. |
| Resveratrol | Present | - | Ounce for ounce groundnuts have about half of the amount of resveratrol in wine (160 mcg/g), 73 mcg/g without skin. Resveratrol, a phytochemical, has a possible role in reducing cancer and can inhibit build up of platelets in blood vessels. It is a potent antioxidant which can reduce the oxidation of LDL cholesterol. |
| Beta-sitosterol | 18.4 mg | n/a | Has anticancer properties and prevents cholesterol uptake. |

1. USDA Database for Standard Reference

Starters and Soups



Chow Chow Fry

Ingredients

| | |
|--------------------------------|----------------|
| Chow chow | 1 |
| Turmeric powder | ½ tablespoon |
| Roasted and skinned groundnuts | 25 grams |
| Garlic | 5 flakes |
| Green chilies | 3 |
| Onion | 1 medium sized |
| Groundnut oil | 3 tablespoons |
| Salt to taste | |

Method

Powder the groundnut seeds. Peel the chow chow and cut into pieces. Heat oil in a kadai (deep frying pan), and season with sliced onion. Add chow chow pieces, salt and turmeric powder. Fry for 15 to 20 minutes on low flame. Sprinkle groundnut powder and fry for 3 minutes longer. Garnish with chopped green chilies and garlic.

Makes 1 serving of 105 calories.

Chili Peanut Bajji

Ingredients

| | |
|--------------------------------|--------------|
| Green chilies | 20 grams |
| Roasted and skinned groundnuts | 20 grams |
| Cumin seeds | ½ tablespoon |
| Lime juice | 10 drops |
| Bengal gram (chickpea) flour | 20 grams |
| Groundnut oil | 250 grams |
| Salt to taste | |

Method

Powder the groundnuts, cumin and salt. Slit the green chilies on one side and remove the seeds. Fill the green chilies with groundnut masala. Add water, salt and lime juice to the bengal gram flour and prepare batter. Heat oil in a kadai, dip the green chilies in the batter and deep fry till done.

Makes 1 serving of 193 calories.

Groundnut Omelette

Ingredients

| | |
|--------------------------------|---------------|
| Eggs | 2 |
| Roasted and skinned groundnuts | 2 tablespoons |
| Green chilies | 2 |
| Onion | 1 small sized |
| Salt to taste | |

Method

Chop the onion and green chilies. Beat the eggs and add onion, green chilies, salt and groundnut powder and beat it with an egg-beater. The more the egg is beaten the fluffier will be the omelette. Heat oil on a flat pan, pour the egg mixture on it and shallow fry the omelette.

Makes 1 serving of 105 calories.

Groundnut Vada

Ingredients

| | |
|------------------------|---------------|
| Rice flour | ½ kg |
| Maida (refined flour) | 2 tablespoons |
| Raw groundnut seed | 100 grams |
| Chana dal (chickpea) | 50 grams |
| Ginger | 2 cm piece |
| Gingely (sesame) seeds | 20 grams |
| Green chilies | 5 |
| Salt to taste | |

Method

Soak the chana dal in water. Grind the groundnuts coarsely. Grind together gingely seeds, ginger and green chilies. Add rice flour, maida, groundnut, chana dal and salt. Add water to the mixture and make a stiff paste. Shape the paste into small rounds. Heat oil in a kadai and deep fry till brown.

Makes 4 serving of 120 calories each.

Hot Kernels

Ingredients

| | |
|--------------------------------|--------------|
| Roasted and skinned groundnuts | 100 grams |
| Turmeric powder | ¼ tablespoon |
| Cumin powder | ¼ tablespoon |
| Chili powder | ½ tablespoon |
| Salt to taste | |

Method

Roast groundnut kernels continuously for 10 minutes on a low flame. Add salt, turmeric powder, cumin powder and chili powder to the kernels. Serve as a snack.

Makes a serving of 577.5 calories.

Groundnut Pakodi

Ingredients

| | |
|------------------------------|----------------|
| Rice flour | ¼ kg |
| Bengal gram (chickpea) flour | 1 kg |
| Groundnut seeds | 1 kg |
| Chili powder | 2 tablespoons |
| Baking soda | small quantity |
| Salt to taste | |
| Oil to fry | |

Method

Take groundnuts in a vessel. Add rice flour, bengal gram flour, small quantity of oil, baking soda, chili powder and salt. Add water and prepare batter. Heat oil in a kadai and deep fry the groundnuts (dipped in the batter).

Makes 6 servings of 783 calories each.

Groundnut Chakkilam

Ingredients

| | |
|------------------|--------------|
| Rice flour | 1 kg |
| Groundnut powder | ¼ kg |
| Cumin seeds | 1 tablespoon |
| Sesame seeds | 1 tablespoon |
| Dalda | 100 grams |
| Salt to taste | |

Method

Mix rice flour, groundnut powder (roasted and powdered), chili powder, salt, cumin, sesame, melted dalda. Add water and prepare a dough. Place the dough in special mold used for making chakkilam (circles with a twist) and make chakkilams on a plastic sheet. Heat oil in a kadai and deep fry the chakkilams.

Makes 25 chakkilam of 78 calories each.

Groundnut Papad

Ingredients

| | |
|-----------------------------|---------------|
| Rice flour | 1 kg |
| Groundnut powder | ¼ kg |
| Chili powder | 2 tablespoons |
| Popped chana dal (chickpea) | 20 grams |
| Cumin seeds | 1 tablespoon |
| Salt to taste | |

Method

Mix rice flour, groundnut powder, chilly powder, salt, fried and powdered chana dal and cumin. Add water to the mixture and prepare a dough. Using small amounts of the dough, prepare small flat round wafers on a plastic sheet using your hands. Heat oil in a kadai and deep fry the wafers.

Roasting

Conventional Oven Roasting ("Parching")

Place raw peanuts, shelled or unshelled, one layer deep in a shallow baking pan. Roast in oven at 350 F – 15 to 20 minutes for shelled and 20 to 25 minutes for unshelled peanuts. (Remove from heat just short of doneness desired, as peanuts continue to cook as they cool)

Microwave Oven Roasting

Shelled Peanuts

Place two cups raw shelled peanuts in a 10x6 inch glass or similar microwave container. Dot with butter or margarine. Microwave on high for two minutes at a time – followed by stirring until peanuts have been microwaved 10 minutes for light roast; 12 minutes for regular roast. Remove from microwave. Season to taste. Caution: peanuts continue to cook as they cool. Cooking time may vary with oven.

Oil Roasting (French Frying)

Ingredients

| | |
|--|-------------------------------------|
| Raw shelled red skin or blanched peanuts | 2 cups |
| Peanut oil | 1 ½ cups or enough to cover peanuts |

Method:

In an electric skillet, deep fryer or heavy saucepan, heat oil to 350 F add peanut and cook, stirring occasionally, for about five minutes or until just under doneness desired (they continue to cook as they cool). Drain on paper. Season to taste.*

*Seasoning to complement freshly roasted shelled peanuts include salt, seasoned salt, popcorn salt, onion salt or powder, garlic salt or powder, paprika, chilly powder and parmesan cheese. Total 1,672 calories.

Boiled Peanuts

The characteristics of boiled peanuts are different from those processed by any other method. The kernels have a firm, slightly gelatinous texture, are moist yet crunchy, with a mild nutty flavor. The seed coats are grey in color with prominent veins.

Boiled peanuts may be served at parties, as between meal snacks, used to add flavor and crunch to salads or other prepared dishes. They also are an excellent substitute for water chestnuts.

Boiled Green Peanuts

Wash freshly harvested peanuts (in shell) thoroughly in cool water. Place the peanuts in a suitable saucepan and cover with a medium brine (01 ounces salt to one gallon of water). Boil covered for 45 minutes or until the kernels are tender. Taste test for preferred saltiness. (Allow peanuts to sit in brine to increase achieved saltiness). The peanuts are ready for shelling and eating immediately or they may be held in refrigerator for as long as five days.

Boiled Peanuts (Using Dry Raw Shelled Peanuts)

Put 1 pound (1/2 kg) raw shelled peanuts in a 3 quart crock pot. Fill pot with water. Allow peanuts to soak 8 hours or overnight. Peanuts will absorb a lot of water making it necessary to add water until the pot is filled. Add salt to taste*.

Cook peanuts on low for 8 hours and then on high for 1 ¼ hours or medium for 4 ½ hours. Drain, serve hot.

*(Try 4 to 5 tablespoons of salt; taste toward end of cooking time. Add more salt if taste dictates and allow to cook for about 1 hour more). Total 1,285.50 calories.

Freezing Boiled Peanuts

Prepare boiled peanuts as indicated above in either “Boiled Peanuts” recipe. Drain, allow to cool and freeze in airtight containers. They keep indefinitely.

Crunchy Combo

Roasted peanuts 1 cup

Seedless raisins (diced) 1 cup

Chocolate chips 1 packet

Toss to combine. Store in a tightly closed container. Yields 18 to 20 servings.

Seasoned Peanuts

Ingredients

Egg whites from 4 eggs

Roasted peanuts (unsalted) 5 pounds

Seasoned salt 3 ounces

Curry powder 1 teaspoon

Method

Beat egg whites until frothy. Pour over peanuts. Add seasonings and mix well. Spread on baking sheet and bake at 250 F for 45 minutes.

Texas Chili with Peanuts

Ingredients

| | |
|-------------------|-------------------|
| Oil | ½ cup |
| Onion, chopped | 2 cups |
| Garlic, chopped | 2 cloves |
| Ground beef chuck | 2 ½ pounds |
| Tomatoes | 1 pound |
| Cocktail peanuts | 2/3 cup + 2/3 cup |
| Tomato paste | 3 tablespoons |
| Chili powder | 2-3 tablespoons |
| Salt | 1 tablespoon |
| Cumin seeds | 1 tablespoon |
| Hot pepper sauce | ¼ teaspoon |
| Parsley | ¼ cup |
| Hot cooked rice | |

Method

Measure oil into a large saucepan. Add onion and garlic, and sauté until tender. Add ground beef and brown lightly. Stir in tomatoes, 2/3 cup chopped cocktail peanuts, tomato paste, chili powder, salt, cumin, and hot pepper sauce. Simmer until sauce is thick, about 30 to 35 minutes. Stir in 2/3 cup cocktail peanuts and chopped parsley. Serve over hot cooked rice. Makes 8-10 servings of 608 calories each.

Spiced Peanuts

Ingredients

| | |
|---------------------------|------------|
| Granulated sugar | 1 cup |
| Water | ½ cup |
| Ground cinnamon | 1 teaspoon |
| Ground nutmeg | ½ teaspoon |
| Ground cloves | 1 teaspoon |
| Roasted peanuts with skin | 1 pound |

Boil sugar, water and spices until syrup threads from spoon (293F). Drop peanuts into syrup. Stir until nuts are dry looking. Pour out on waxed paper and let stand until cold and dry. Total 1,685 calories.

Sugar-Coated Peanuts

Ingredients

| | |
|-------------------------------|--------|
| Granulated sugar | 1 cup |
| Water | ½ cup |
| Raw shelled peanuts with skin | 2 cups |

Method

In a saucepan over medium heat, dissolve sugar in water. Add peanuts and continue to cook over medium heat, stirring frequently. Cook until peanuts are completely sugared (coated and no syrup). Pour on ungreased cookie sheet, separate peanuts with a fork. Bake at 300 F. for approximately 30 minutes, stirring at 10-minute intervals.

Creamed Onions and Peanuts

Ingredients

| | |
|--------------------------|---------------|
| Margarine | 2 tablespoons |
| Flour | 2 tablespoons |
| Salt | ¼ teaspoon |
| Pepper | 1/8 teaspoon |
| Milk | 1 cup |
| White onions, cooked | 3 cups |
| Cocktail peanuts chopped | ¼ cup |

Method

Melt margarine over low heat in a saucepan. Gradually blend in flour, salt and pepper. Stir in milk and continue stirring until mixture thickens. Add onions and simmer for another 10 minutes. Before serving, add chopped cocktail peanuts. Makes 4-6 servings.

Hot Peanut Cheese Sticks

Ingredients

| | |
|---|--------------|
| Frozen puff pastry (half a 17 ½ ounce package) | 1 sheet |
| Grated sharp cheddar cheese (about 6 ounces) | 1 ½ cups |
| Crushed red pepper | 1 ¾ teaspoon |
| Egg white | from 1 egg |
| Roasted peanuts finely chopped | 1 ½ cups |

Method

Let sheet of pastry thaw for about 20 minutes. Unfold pastry sheet onto a lightly floured board; roll into a 15 x 18 inch rectangle. In a small bowl, stir together cheddar cheese and crushed red pepper. Sprinkle mixture onto pastry, lightly pressing it into the pastry. Cut sheet lengthwise into three strips, 5 x 18 inches each. Cut each strip horizontally into pieces about 1 inch-wide. Holding each piece at opposite ends, twist into spiral. In a small bowl, beat egg white until frothy. Brush each twist with egg white and roll in chopped peanuts. Place on ungreased baking sheets and bake at 425 F. for 20 minutes or until brown. Yields 54 twists of 102 calories each.

Crunchy Ham Rolls

Ingredients

| | |
|---------------------------------|----------|
| Cream cheese | 8 ounces |
| Roasted peanuts, finely chopped | 1 cup |
| Garlic minced | 1 clove |
| Boiled ham, thin slices | 12 nos. |

Method

Combine cream cheese, peanuts and garlic. Spread each slice of ham with mixture; roll into jelly roll. Chill thoroughly; cut into slices, serve each slice on round cracker, if desired. Yields 48 servings of 95 calories each.

Peanut Burgers

Ingredients

| | |
|-----------------------------------|---------------|
| Corn or safflower oil | 4 tablespoons |
| Onions, chopped | ½ cup |
| Zucchini or yellow squash, grated | 1 cup |
| Cooked brown rice | ½ cup |
| Peanut butter | 2 tablespoons |
| Dried breadcrumbs | 2/3 cup |
| Scallions, finely minced | 2 |
| Parsley, minced | 1 teaspoon |
| Salt | ½ teaspoon |
| Pepper | 1/8 teaspoon |

Method

Heat 2 tablespoons of oil in skillet over medium heat. Add onion and squash and sauté 5 minutes. Remove from heat and transfer to a bowl.

Add rice, peanuts, peanut butter, bread crumbs, scallions, parsley, salt and pepper and mix well. Shape mixture into 6 patties.

Bake: Place burgers on oiled pan and bake at 400 F for 30 minutes, turning once;
Or Brown: place in a skillet with remaining oil and cook for about 5 minutes on each side until browned. Serve with your favorite buns and burger accessories.

Makes 6 servings of 115 calories each.

Peanut Ham Dip

Ingredients

| | |
|--------------------------|---------------|
| Plain yogurt | ½ cup |
| Peanut oil | ¼ cup |
| Ham, finely chopped | 1 cup |
| Roasted peanuts, chopped | ½ cup |
| Sesame seeds | 3 tablespoons |
| Monosodium glutamate | 1 teaspoon |
| Ground cumin | ½ teaspoon |
| Cayenne pepper | 1/8 teaspoon |

Method

Combine all ingredients in blender and blend until smooth. Chill.

Serve with assorted fresh vegetables (bite size portions of cauliflower, tomatoes, green and red bell peppers, celery, carrot sticks) and/or crackers. Yields 4-6 servings of 207 calories each.

Peanut Spinach Balls

Ingredients

| | |
|--------------------------|------------|
| Frozen spinach, chopped | 10 ounces |
| Onion, finely chopped | 1 |
| Dry bread stuffing | 2 cups |
| Grated parmesan cheese | ¼ cup |
| Eggs, well beaten | 4 nos. |
| Butter, melted | ¾ cup |
| Ground thyme | ½ teaspoon |
| Garlic powder | ½ teaspoon |
| Salt | ¼ teaspoon |
| Black pepper | ¼ teaspoon |
| Roasted peanuts, chopped | 1 cup |

Method

Cook spinach according to package directions or until tender. Drain well. Mix spinach with remaining ingredients, except peanuts, and chill. Shape into 1 inch balls, roll each ball in peanuts. *Bake in an oven at 350 F for 15 minutes or until lightly browned. Yields approximately 100 balls.

*Works well when made ahead and frozen. Freeze on a tray and then transfer to a tightly closed container. Remove number needed from freezer and bake according to directions. 456 calories for a serving.

A 'Once Upon a Time' Spicy Peanut

Ingredients

| | |
|---------------------------------|------------|
| Peanuts | 125 g |
| Gram (chickpea) flour | ½ cup |
| Rice flour | ¼ cup |
| Red chili powder | ½ teaspoon |
| Fresh coriander leaves, chopped | ½ cup |
| Onions, chopped | ¼ cup |
| Water | ¾ cup |
| Oil to deep fry | |
| Salt to taste | |

Method

Roast peanuts for 10-15 minutes in a pan on the stove top. Make a batter by mixing together all the remaining ingredients. Remove the skins of the roasted peanuts carefully. Add roasted peanuts to the batter. Heat oil in a wok or kadai. Drop spoonfuls of the peanut batter mixture into the hot oil. Fry till crisp. Drain on clean kitchen napkins/towels/absorbent paper. Serve hot with chutney. Makes 2-3 servings of 524 calories each.

Groundnut Soup

Ingredients

| | |
|--------------------------------|------------------|
| Roasted and skinned groundnuts | 20 grams |
| Coriander seeds | 1 tablespoon |
| Cumin seeds | 1 tablespoon |
| Green chilies, finely chopped | 4 |
| Onion, finely chopped | 2 |
| Ripe tamarind | lemon sized ball |
| Groundnut oil | 3 tablespoons |
| Salt to taste | |

Method

Roast groundnut, coriander and cumin, and powder them. Add salt, tamarind juice, onion and green chilies to the powder. Heat oil and season with red chilies and curry leaves.

Makes 4 servings of 364 calories each.

Colonial Peanut Soup

Ingredients

| | |
|--------------------------|---------------|
| Butter | 2 tablespoons |
| Onion, grated | 2 tablespoons |
| Celery, thinly sliced | 1 sprig |
| Flour | 2 tablespoons |
| Chicken broth | 2 cups |
| Peanut butter | ½ cup |
| Salt | ¼ teaspoon |
| Lemon juice | 2 tablespoons |
| Roasted peanuts, chopped | 2 tablespoons |

Method

Melt butter in a saucepan over low heat; add onion and celery. Sauté for about 5 minutes. Add flour and mix until well blended. Stir in chicken broth and allow to simmer for about 30 minutes. Remove from heat, strain broth. Stir the peanut butter, salt and lemon juice into the strained broth until well mixed. Serve hot in cups. Garnish each cup with a teaspoon of chopped peanuts. Yields 6 servings of 280 calories each.

Georgia Peanut Soup

Ingredients

| | |
|---------------------------|--------------|
| Margarine | 1 cup |
| Minced onion | ¼ cup |
| Celery, chopped | ¼ cup |
| Creamy peanut butter | 1 cup |
| Flour | 1 tablespoon |
| Beef bouillon | 4 cups |
| Lemon juice | 1 teaspoon |
| Cocktail peanuts, chopped | ½ cup |

Method

In the top part of a double boiler, melt margarine. Add onion and celery; sauté until tender. Place over boiling water. Add creamy peanut butter and flour; blend well. Stir in beef bouillon and lemon juice. Cook for 20 minutes, stirring occasionally. When serving, garnish with chopped cocktail peanuts. Makes 6-8 servings of 320 calories each.

Plain Peanut Soup

Ingredients

| | |
|-------------------------------|-------------|
| Peanut butter | ½ pound |
| Vegetable stock | 1½ pints |
| Milk | ½ pint |
| Nutmeg (pref. freshly ground) | 1 teaspoon |
| Hot curry powder | 2 teaspoons |
| Black pepper, freshly ground | 1 teaspoon |

Method

Gradually add the milk to the peanut butter, stirring constantly until it is a smooth paste. Then gradually add the vegetable stock. Add the rest of the ingredients. Heat thoroughly for about 10 minutes. Serve hot.

Makes 4 servings of 383 calories each.

Pumpkin Peanut Soup

The combination of peanut butter and cream makes this unusual soup very rich. It goes together in a snap for an elegant first course. A hollowed out fresh pumpkin shell makes a unique serving tureen.

Ingredients

| | |
|------------------------------|----------------|
| Onion | 1 medium |
| Celery | 2 stalks |
| Garlic | 4 cloves |
| Butter | 2 teaspoons |
| Flour | 2 teaspoons |
| Vegetable stock | 5 cups |
| Creamy peanut butter | 1 cup |
| Canned pumpkin | 1 29-ounce can |
| Heavy cream or half-and-half | ½ cup |
| Cayenne | ½ teaspoon |
| Coriander powder | 1 teaspoon |
| Ginger, fresh and grated | 1½ teaspoons |
| Salt and pepper to taste | |

Method

Finely mince the onion and celery. Either use a garlic press for the garlic or mince extremely fine. Melt the butter in your stock pot and sauté the onion, celery and garlic in the butter for about five minutes or until soft. Add flour and stir for a minute or two until it dissolves. Add the stock, followed by the remaining ingredients, whisking the mixture so it remains smooth.

Simmer for about 15 minutes and serve.

Makes 8 servings of 288 calories each.

Spicy Peanut Soup

Ingredients

| | |
|--------------------------------|--------------|
| Roasted peanuts | 1 ½ cups |
| Chicken stock | 24 ounces |
| Soy sauce | 1 tablespoon |
| Vidalia onions, finely chopped | 1 large |
| Milk (scalded) | 12 ounces |
| Hot pepper sauce | 1 teaspoon |
| Salt to taste | |
| Croutons | |

Method

In a blender or food processor, combine the peanuts and 8 fluid ounces or so of the chicken stock, and puree the mixture. In a saucepan, combine the pureed peanuts, remainder of the chicken stock, the onion, hot pepper sauce and salt to taste; cook over low heat for 15 minutes, stirring occasionally. Stir in the soy sauce and carefully add the milk, stirring until blended with the rest of the soup. Continue cooking over low heat for another 5 minutes. Remove soup from heat, pour into bowls and garnish with croutons, serving hot. As a special treat, serve it in crusty bread bowls. Makes 4 servings of 411 calories each.

Sweet Peanut Soup

Ingredients

| | |
|-----------------|-----------|
| Skinned peanuts | 12 ounces |
| Water | 3 cups |
| Sugar to taste | |

Method

Soak peanuts in water for 6- 8 hours. Bring water to a boil. Cook peanuts over low heat until soft. Stir occasionally, or use slow cooker/pressure cooker to reduce cooking time. Add more water if needed. Add sugar (degree of sweetness is your personal preference). Serve hot or cold. Makes 4 servings of 482 calories each.

Entrés



Spicy Peanut Chicken (Thai)

Ingredients

| | |
|-----------------------------------|--|
| Ground cumin | 1 teaspoon |
| Ground cinnamon | ¼ teaspoon |
| Chicken legs, skinned | 4 medium |
| Vegetable oil | 1 tablespoon |
| Onion, thinly sliced | 1 medium |
| Canned tomatoes, coarsely chopped | 28 ounces (1 can, drain and reserve juice) |
| Creamy peanut butter | ¼ cup |
| Fresh cilantro (coriander) | ¼ cup (packed) |
| Additional for garnish | |
| Garlic, peeled | 2 cloves |
| Salt | ½ teaspoon |
| Red pepper flakes | ¼ teaspoon |

Method

In a small bowl, combine cumin and cinnamon; sprinkle on chicken.

Heat oil in large skillet. Add chicken and cook for about 5 minutes per side.

Chicken should start to brown, but don't worry about cooking through at this point.

Add onion and cook for another 5 minutes until onions soften and start to turn golden brown.

In food processor, puree reserved juice from tomatoes, peanut butter, cilantro, garlic, salt, and crushed red pepper until smooth. Pour this mixture with chopped tomatoes over chicken.

Bring mixture to a boil. Reduce heat; cover and simmer until chicken is done (30 to 40 minutes). Garnish with fresh cilantro.

Makes 4 servings of 489 calories each.

Braised Chicken with Peanuts

Ingredients

| | |
|--------------------------|--|
| Chicken | 2-2 ½ pounds |
| Flour | 1 cup |
| Milk | 1 cup |
| Dry bread crumbs | 1 ½ cup |
| Butter | ½ pound |
| Carrots, diced | 1 cup |
| Celery, diced | 1 cup |
| Onion, diced | 1 cup |
| Minced garlic | 1 tablespoon |
| Thyme | 1 tablespoon |
| Basil | 1 teaspoon |
| Parsley, chopped | 2 tablespoons. Additional for garnish. |
| Roasted peanuts, chopped | 1 ½ cup |
| Chicken broth | ¼ cup |
| White wine | ¼ cup |
| Parmesan cheese | ½ cup |
| Egg yolks | 3 nos. |
| Heavy cream | ½ cup |
| Salt to taste | |
| White pepper to taste | |

Method

Dredge chicken pieces in flour, dip in milk, then pat on bread crumbs. Sauté chicken in butter until browned on all sides. Remove chicken to a warm platter.

Sauté carrots, celery, onion and garlic in pan used for cooking chicken. When vegetables are tender, stir in thyme, basil and 2 tablespoons parsley.

Spoon mixture into baking dish large enough to hold all of the chicken. Sprinkle chopped peanuts over mixture and pour chicken broth and wine over the mixture. Place chicken pieces on top and cover pan tightly with foil. Bake at 375 F for 45 minutes. Uncover and sprinkle with Parmesan cheese. Bake uncovered for 25 minutes.

Remove chicken from baking pan and keep warm. Strain juices from vegetable mixture into a small saucepan. Bring juices to a boil, remove from heat and whisk in yolks and heavy cream. Add salt, pepper and parsley.

Serve chicken on top of vegetable mixture and top with sauce. Yields 6 servings of 505 calories each.

Mafé

A good recipe from Bamako, Mali, Mafé can be eaten in summer or in winter. The ingredients are easy to find in a supermarket. The sauce can be made with either beef or chicken.

Ingredients

| | |
|-------------------------------|---------------------|
| Meat | 1 kg |
| Onions | 2 large |
| Olive oil | 4 tablespoons |
| Water | $\frac{3}{4}$ liter |
| Bay leaves | 2 |
| Sweet Peppers | 2 |
| Groundnut paste | 150 g |
| Brinjals | 2 |
| (or small amount of cabbage) | |
| Concentrated tomato paste | 1 cup |
| Fresh tomato | 100 g |
| Salt, pepper, garlic to taste | |

Method

Place a pot on the stove with the oil. When hot, put in the sliced meat and allow it to cook for about 10 minutes. Add the sliced onion rounds. Mix in the chopped fresh tomato and the concentrated tomato paste, and bay leaves and allow it to cook for 5 minutes more. Add water, cover the pot and cook for a further 8 minutes, then add the cut vegetables (brinjals or cabbage, and sweet peppers). Wait for 10 to 20 minutes before adding the groundnut paste, and keep it on low heat for 20 minutes. Add salt/pepper to taste. Serve hot with rice or couscous.

Yields 4 servings of 714 calories each.

Nigerian Groundnut Stew

Ingredients

| | |
|--------------------------|----------------------|
| Broiler-fryer chicken | 3 lbs |
| Cooking oil | 3 tablespoons |
| Beef stew meat | (1 inch pieces) 1 lb |
| Onions, chopped | 2 medium |
| Green pepper, chopped | 1 medium |
| Tomatoes, cut up | 1 can (28 ounce) |
| Salt | 1 teaspoon |
| Ground red pepper | ½ teaspoon |
| Peanut butter | ¾ cup |
| Mashed sweet potatoes or | |
| Hot cooked rice | |

Method

In a large saucepan or Dutch oven, brown chicken pieces in hot oil for about 15 minutes. Remove from pan. Set aside, reserving drippings.

Add beef, onion, and green pepper to drippings; cook till beef is brown and onion is tender. Drain off fat. Stir in un-drained tomatoes, salt, and red pepper. Bring to a boil; reduce heat. Cover; simmer for 30 minutes.

Add chicken pieces: simmer for 20 minutes more. In small saucepan melt peanut butter over low heat. Stir into chicken mixture. Return mixture to a boil reduce heat. Cover; simmer for 20 minutes more. Skim off fat.

Serve with mashed sweet potatoes or hot cooked rice.

Makes 8-10 servings of 782 calories each.

Peanut Butter Beef Stroganoff

Ingredients

| | |
|----------------------------|---------------|
| Beef fillet or flank steak | ¾ pound |
| Flour | 3 tablespoons |
| Salt | 1 teaspoon |
| Black pepper | 1 teaspoon |
| Dry mustard | 1 teaspoon |
| Butter | ¼ cup |
| Onion, thinly sliced | 1 large |
| Mushroom, sliced | ½ pound |
| Beef broth | 1 cup |
| Creamy peanut butter | 1 cup |
| Sour cream | 1 cup |
| Parsley | 1 tablespoon |
| Hot cooked noodles | |

Method

Cut meat, across the grain, into ½ inch strips, 1 ½ to 2 inches long. Combine flour, salt, pepper and dry mustard. Coat meat strips with seasoned flour, set aside. Heat butter in large skillet; add onions and mushrooms; sauté 3 minutes. Remove onions and mushrooms from skillet, lightly brown meat. Add two-third cup broth; cover and simmer for 15 minutes. In medium bowl, stir together remaining one-third cup broth and peanut butter until smooth. Add peanut butter mixture to meat. Return onions and mushrooms to pan. Bring to a boil, stirring constantly. Boil and stir for 1 minute. Reduce heat. Stir in sour cream; heat, but do not boil. Serve over hot cooked noodles. Garnish with parsley. Yields 4 servings of 478 calories each.

Peanut Stew (African Dish)

Ingredients

| | |
|-----------------------|----------------------------|
| Round steak | 1 |
| Creamy peanut butter | 2 cups |
| Tomato sauce | 2 cans of 14 ½ ounces each |
| Beef bouillon cubes | 6 |
| White onion | 1 medium |
| Garlic | 2 cloves |
| Bell peppers to taste | |
| Water | |

Method

Cut round steak into one-inch cubes and throw them in a large heavy pot. Add peanut butter. Mix peanut butter into the beef with your hands.

Even out the layer of peanut butter covered meat and add enough water to cover the meat plus about a quarter inch. Add heat on high.

Add tomato sauce and let cook to a boil, stirring occasionally. Add the beef bouillon. Meanwhile begin chopping the peppers, onion and garlic. Add the chopped ingredients to the pot once it has come to a boil, lower the heat and let cook until the desired amount of flavor has cooked out of the chopped ingredients (about a half hour), stirring occasionally.

Makes 8 servings of 425 calories each.

Indonesian Pork Ribs

Ingredients

| | |
|----------------------|-----------------|
| Creamy peanut butter | ½ cup |
| Soy sauce | ½ cup |
| Honey | 3 tablespoons |
| Lemon juice | 1 tablespoon |
| Minced ginger | 1 tablespoon |
| Minced garlic | 1 teaspoon |
| Crushed red pepper | 1/8 teaspoon |
| Pork ribs | 2 pounds (1 kg) |

Method

Combine peanut butter, soy sauce, honey, lemon juice, ginger, garlic and red pepper in a bowl; stir to blend. Place ribs in a shallow baking pan, and pour marinade evenly over meat. Cover and refrigerate 6-8 hours, turning meat once. Wipe excess marinade from meat. Bake in oven at 375 F for about 1 hour or until tender. Yields 4 servings of 411 calories each.

Nuttled Sweet and Sour Pork

Ingredients

| | |
|---------------------------------------|---------------|
| Oil | 2 tablespoons |
| Boned pork loin, cut in strips | 2 pounds |
| Green peppers, cut in 1 inch squares | 2 nos. |
| Sliced green onions | 1 cup |
| Apricot halves (canned or dried) | 1 pound |
| Cocktail peanuts | ½ cup |
| Vinegar | 1/3 cup |
| Soy sauce | ¼ cup |
| Garlic, minced | 1 clove |
| Ginger | ¼ teaspoon |
| Cornstarch | 2 tablespoons |
| Water | ¼ cup |
| Hot cooked rice | 4 cups |
| (Additional) Cocktail peanuts chopped | ½ cup |

Method

Heat oil in skillet, add meat and brown. Add green pepper and green onion; cook several minutes. Drain apricots; reserve fruit (if dried apricots are used they must be soaked in water for 30 minutes, drained, cut and stoned). Add apricot liquid (if from can, if not, use water) to meat with cocktail peanuts, vinegar, soy sauce, garlic and ginger. Cover and cook over low heat 45 minutes, or until pork is tender. Stir occasionally. Blend together cornstarch and water. Stir into sauce. Cook, stirring until thickened. Add apricots and heat a little longer.

Combine rice and chopped cocktail peanuts. Serve pork over rice. Makes 8 servings of 615 calories each.

Hawaiian Shrimp

Ingredients

| | |
|------------------------------------|-------------------|
| Large shrimp, peeled and de-veined | 1 pound |
| Flour, un-sifted | 1 cup |
| Egg | 1 |
| Milk | $\frac{3}{4}$ cup |
| Roasted peanuts, chopped | 1½ cups |

Method

Peel and de-vein shrimp. Slit each shrimp down the back without separating the halves; press flat, like a butterfly. Combine flour, egg and milk; beat well. Dip shrimp in batter, then in chopped dry roasted peanuts. Fry in deep hot oil at 375 F for 5 to 8 minutes. Makes about 30 shrimp (4 servings, 477 calories each).

Curried Peanut Shrimp

Ingredients

| | |
|-------------------------------|-------------------------------|
| Orange marmalade | 1/3 cup |
| Orange juice | 1/4 cup |
| Low-fat peanut butter | 2 tablespoons |
| Dijon mustard | 1 tablespoon |
| Curry powder | 1 1/2 teaspoons |
| Vegetable oil | 1 teaspoon |
| Salt | 1/2 teaspoon |
| Crushed red peppers | 1/4 teaspoon |
| Chili sauce with garlic | 1/4 teaspoon |
| Shrimp (peeled and de-veined) | 1 lb (about 20 large shrimps) |

Method

Combine the first 9 ingredients in a blender, and process until you get a smooth marinade.

Reserve 1/4 cup marinade. Place remaining marinade mixture in a large zip-top plastic bag, and add shrimp. Seal and shake to coat. Marinate in refrigerator 30 minutes.

Prepare grill or broiler.

Remove shrimp from bag, reserving marinade. Thread shrimp onto each of 4 (12-inch) skewers. Place “kebabs” on a grill rack or broiler pan coated with cooking spray; cook 3 minutes on each side or until shrimp are done, basting frequently with remaining marinade. Spoon reserved one-fourth cup marinade over shrimp. Makes 4 servings of 147 calories each.

Curries



Groundnut Curry

Ingredients

| | |
|---|------------------|
| Boiled groundnut seeds | 200 grams |
| Colocasia (<i>Arvi</i>) leafy vegetable | 50 grams |
| Green chilies | 10 grams |
| Onion, finely chopped | 1 |
| Ripe tamarind | lemon sized ball |

Method

Heat oil, fry onion and chilies till brown. Add leafy vegetable and boiled groundnut seeds. Cook covered on a low flame till leaf is cooked (keep aside some of the groundnut seeds for garnishing). Add tamarind and salt and mix well, cooking for a few minutes more. Garnish with boiled groundnut seeds and serve.

Makes 4 servings of 120 calories each.

Bitter Gourd Curry

Ingredients

| | |
|--------------------------------|------------------|
| Bitter gourds | 4 medium sized |
| Ripe tamarind | lemon sized ball |
| Roasted and skinned groundnuts | 50 grams |
| Chili powder | 1 tablespoon |
| Turmeric powder | ½ tablespoon |
| Cumin seeds | ½ tablespoon |
| Grated coconut | 50 grams |
| Garlic | 5 flakes |
| Coriander leaves | 2 tablespoons |
| Chopped ginger | 2 cm piece |
| Onions | 2 medium sized |
| Salt to taste | |

Method

Roast all the ingredients, except the bitter gourds and tamarind, using a little oil, and grind them into a smooth paste. Scrape the bitter gourd and cut into two cm thick slices. Add tamarind juice and cook them. Squeeze the water from the cooked bitter gourds. Heat the oil in a kadai, season with onion. Add the cooked bitter gourds, salt and ground ingredients (masala powder).

Makes 2 servings of 73 calories each.

Ridge Gourd Curry

Ingredients

| | |
|----------------------------------|----------------|
| Ridge gourd | 250 grams |
| Tomatoes | 2 medium sized |
| Roasted and skinned groundnuts | 50 grams |
| Chili powder | 1 tablespoon |
| Cumin seeds | 1 tablespoon |
| Salt to taste | |
| Grated copra (dried coconut) | 20 grams |
| Garlic | 5 flakes |
| Onion | 1 medium sized |
| Coriander leaves, finely chopped | 2 tablespoons |
| Chopped ginger | 2 cm piece |
| Turmeric powder | ½ tablespoon |
| Groundnut oil | ¼ cup |

Method

Roast all the ingredients, except ridge gourd and tomatoes, using very little oil and grind them to a smooth paste. Scrape the outside of the ridge gourd clean and cut into small pieces. Heat the oil in a kadai, season with onion. Add the pieces of tomato, ridge gourd, salt and turmeric powder. Cook it on a low flame for 10 minutes, till ridge gourd pieces are soft. Sprinkle ground ingredients (masala powder) over the vegetable. Remove from heat after 2 minutes.

Makes 4 servings of 100 calories each.

Potato Curry

Ingredients:

| | |
|---------------------------|------------------|
| Potato | 250 grams |
| Ripe tamarind | lemon sized ball |
| Chili powder | 1 tablespoon |
| Cumin seeds | 1 tablespoon |
| Salt to taste | |
| Grated copra | 20 grams |
| Garlic | 8 flakes |
| Onion | 1 medium sized |
| Coriander, finely chopped | 2 tablespoons |
| Groundnut oil | ¼ cup |

Method

Pressure cook the potatoes for 8 minutes. Remove potatoes when cool, peel and cut into pieces. Lightly fry all ingredients, except potatoes, tamarind and chili powder, using very little oil and grind them to a smooth paste. Mix paste with the potatoes, tamarind juice and chili powder, and cook on a low flame for 10 minutes. Garnish with chopped coriander and ginger.

Makes 4 servings of 377 calories each.

Whole Brinjal Curry

Ingredients

| | |
|--------------------------------|------------------|
| Tender brinjal | 250 grams |
| Ripe tamarind | lemon sized ball |
| Roasted and skinned groundnuts | 50 grams |
| Chili powder | 1 tablespoon |
| Cumin seeds | 1 tablespoon |
| Salt to taste | |
| Grated copra | 20 grams |
| Garlic | 6 flakes |
| Onion | 1 medium sized |
| Coriander leaves, chopped | 2 tablespoons |
| Chopped ginger | 2 cm piece |
| Turmeric powder | ½ tablespoon |
| Groundnut oil | ¼ cup |

Method

Lightly fry all the ingredients, except brinjal, tamarind and chili powder, using very little oil and grind them to a smooth paste. Slit the whole brinjal horizontally into four parts and fill the brinjal with roasted masala paste. Heat the oil in a kadai, *sauté onion till golden brown, then add the chili powder and cook it for a while. Now add the whole brinjals filled with masala paste and tamarind juice. Cook on a low flame, till the brinjals are soft. Garnish with coriander and ginger.

Makes 4 servings of 140 calories each.

Mixed Vegetable Curry

Ingredients

| | |
|--|----------------|
| Gogu leafy vegetable (sour greens or <i>Hibiscus sabdariffa</i> leaf) | 100 Grams |
| Raw groundnut seeds | 50 grams |
| Cluster (green) beans | 10 |
| Green chilies | 12 |
| Onion | 1 medium sized |
| Tomatoes | 2 medium sized |
| Salt to taste | |
| Turmeric powder | ½ tablespoon |
| Groundnut oil | 2 tablespoons |

Method

Boil the groundnut seeds separately. Heat the oil in a vessel, season with onion and cumin seeds. Add pieces of cluster beans and green chillies and cook till the vegetables are soft. Add gogu leaf and tomatoes. Cook for 5 minutes on a low flame. Add half of the cooked groundnut seeds to the cooked vegetable, mix and cook for a few minutes more. Add the remaining half of the cooked groundnut seeds as garnish.

Makes 4 servings of 280 calories each.

Brinjal Fry

Ingredients

| | |
|--------------------------------|----------------|
| Brinjal | 250 grams |
| Salt to taste | |
| Turmeric powder | ½ tablespoon |
| Roasted and skinned groundnuts | 25 grams |
| Onions | 2 medium sized |
| Garlic | 5 flakes |
| Green chilies | 3 |
| Groundnut oil | 3 tablespoons |

Method

Cut the brinjal into small pieces. Powder the groundnut seeds, green chilies and garlic flakes. Heat oil in kadai, season with onion and cumin. Add brinjal, salt and turmeric powder and fry them on a low flame for 15 minutes or till the brinjal is cooked. Add groundnut powder and fry it for 3 minutes more.

Makes 6 servings of 157 calories each.

Drumstick (Moringa) Fry

Ingredients

| | |
|--------------------------------|----------------|
| Drumsticks | 4 |
| Roasted and skinned groundnuts | 250 grams |
| Onions, finely chopped | 2 medium sized |
| Garlic | 5 flakes |
| Red chilies or green chilies | 3 |
| Salt to taste | |
| Turmeric powder | ½ tablespoon |
| Groundnut oil | 3 tablespoons |

Method

Scrape the drumsticks and cut into 3 cm long pieces. Powder the groundnut seed, garlic and green/red chilies. Heat oil in a kadai and season with onion. Add drumstick pieces, salt and turmeric powder, cook them on a low flame till the drumstick pieces are soft. Sprinkle groundnut powder and fry for 3 minutes more.

Makes 4 servings of 119 calories each.

Bottle Gourd Curry

Ingredients

| | |
|---------------------------------|----------------|
| Bottle gourd small size | 1 |
| Salt to taste | |
| Chili powder | 1 tablespoon |
| Turmeric powder | ½ tablespoon |
| Groundnuts | |
| (roasted, skinned and powdered) | 25 grams |
| Onion, finely chopped | 1 medium sized |
| Groundnut oil | 2 tablespoons |

Method

Scrape the bottle gourd and cut into small pieces. Heat oil in a kadai and season with onion. Add bottle gourd pieces, salt and turmeric powder. Cook them on a low flame till the bottle gourd pieces are soft. Add groundnut powder and chili powder and cook for 3 minutes more.

Makes 6 servings of 69 calories each.

Papaya Curry

Ingredients

| | |
|--------------------------|--------------------------|
| Green papaya | 1 |
| Blanched groundnut seeds | 25 grams |
| Chili powder | $\frac{3}{4}$ tablespoon |
| Salt to taste | |
| Turmeric powder | $\frac{1}{2}$ tablespoon |
| Onion, chopped | 1 medium sized |
| Garlic | 5 flakes |
| Groundnut oil | 2 tablespoons |

Method

Powder the groundnut seeds and garlic with chili powder. Scrape the papaya and grate it. Cook the grated papaya on a low flame and squeeze with onion and cumin seeds. Add cooked papaya, salt and turmeric, sprinkle groundnut powder and cook for 3 minutes.

Makes 4 servings of 90 calories each.

Tamarind Rice Paste

Ingredients

| | |
|--------------------------------|---------------|
| Ripe tamarind | 50 grams |
| Urad dal | 2 tablespoons |
| Chana dal | 2 tablespoons |
| Roasted and skinned groundnuts | 20 grams |
| Fenugreek seeds | ½ tablespoon |
| Grated copra | 20 grams |
| Poppy seeds | ½ tablespoon |
| Cumin seeds | 1 tablespoon |
| Cloves | 2 |
| Nutmeg | 1 small piece |
| Red chilies | 2 |

Method

Lightly fry all the ingredients, except tamarind, using very little oil and grind together. Extract tamarind juice. Heat oil in a pan and season with urad dal, chana dal and green chilies. Add masala powder and tamarind juice. Cook till the oil floats. This gravy can be preserved for 15 days. When required, mix cold cooked rice, salt and gravy.

Makes 4 servings of 226 calories each.

Groundnut Sambar

Ingredients

| | |
|---------------------------------|------------------|
| Tur dal (split dried pigeonpea) | 100 grams |
| Groundnut seed | 50 grams |
| Ripe tamarind | lemon sized ball |
| Onion | 1 medium sized |
| Tomatoes | 2 medium sized |
| Salt to taste | |
| Coriander leaves, chopped | 2 tablespoons |
| Sambar Powder | 1 tablespoon |

Method

Boil tur dal and groundnut seeds separately. Heat oil in a kadai, season with onion and tomato. Add tamarind juice, salt, sambar powder (sold readymade), coriander leaves, turmeric powder, cooked and smashed tur dal and cooked groundnut seeds. Boil for 5 minutes.

Makes 4 servings of 359 calories each.

Groundnut Rasam

Ingredients

| | |
|--------------------------------|------------------|
| Ripe tamarind | lemon sized ball |
| Coriander leaves chopped | 2 tablespoons |
| Roasted and skinned groundnuts | 50 grams |
| Rasam powder | ½ tablespoon |
| Cumin seeds | 1 tablespoon |
| Red chilies | 2 |

Method

Lightly roast groundnut seeds, cumin seeds and red chilies and powder them. Heat oil in a kadai, season with onion and red chilies. Add tamarind juice, salt, rasam powder, coriander leaves and groundnut powder. Boil the rasam for 5 minutes before serving.

Makes 4 servings of 122 calories each.

Chutneys, Sauces and Savory Powders



Radish Chutney

Ingredients

| | |
|--------------------------------|------------------|
| Radish | 2 |
| Roasted and skinned groundnuts | 50 grams |
| Green chilies | 4 |
| Ripe tamarind | lemon sized ball |
| Groundnut oil | 2 tablespoons |
| Salt to taste | |

Method

Grate radish, squeeze water. Heat oil in a kadai, fry radish and chilies till they turn brown. Powder groundnut seeds, salt and chilies. Add tamarind juice and radish and grind them together. Season with groundnut oil and red chilies.

Makes 4 servings of 228 calories each.

Carrot Chutney

Ingredients

| | |
|--------------------------------|------------------|
| Carrots | 2 |
| Roasted and skinned groundnuts | 50 grams |
| Green chilies | 4 |
| Ripe tamarind | lemon sized ball |
| Groundnut oil | 2 tablespoons |
| Salt to taste | |

Method

Grate carrot. Heat oil in a kadai, fry carrot and chilies till they turn brown. Powder groundnut seeds, salt and chilies. Add tamarind juice and carrot and grind them together. Season with groundnut oil and red chilies.

Makes 4 servings of 202 calories each.

Dried Mango Chutney

Ingredients

| | |
|--------------------------------|----------------------------|
| Dried mango | 50 grams |
| Roasted and skinned groundnuts | 50 grams |
| Red chilies | 10 |
| Ripe tamarind | lemon sized ball |
| Cumin seed | ½ tablespoon |
| Curry leaves | a sprig for seasoning |
| Mustard seeds | 1/2 teaspoon for seasoning |
| Salt to taste | |

Method

Cook the dried mango. Roast groundnut seed, red chilies and cumin seeds. Add tamarind juice. Mix all ingredients and grind them into a smooth paste. Season with groundnut oil, mustard, cumin, and curry leaves.

Makes 4 servings of 230 calories each.

Green Tomato Chutney

Ingredients

| | |
|--------------------------------|---------------------------|
| Green tomatoes | 6 |
| Green chilies | 5 |
| Roasted and skinned groundnuts | 20 grams |
| Cumin seeds | 1 tablespoon + ½ teaspoon |
| Coriander | 1 tablespoon |
| Urad dal (black gram) | 1 tablespoon |
| Mustard seeds | ½ teaspoon |
| Red chilies | 3 to 4 |
| Curry leaves | 1 sprig |

Method

Boil chopped green tomatoes and green chilies in a little water. Roast groundnut seed, cumin seed, coriander seed and urad dal and powder them. Add cooked tomatoes to the powder and grind them. Season with groundnut oil, mustard seeds, cumin seeds, red chilies and curry leaves.

Makes 4 servings of 389 calories each.

Groundnut Chutney

Ingredients

| | |
|--------------------------------|------------------|
| Green chilies | 5 |
| Roasted and skinned groundnuts | 20 grams |
| Coriander seed | 1 tablespoon |
| Ripe tamarind | lemon sized ball |
| Onion | 1 |
| Salt to taste | |

Method

Lightly fry groundnut seed, green chilies, sliced onion and tamarind with a little oil. Add a little amount of water and grind the mixture to a smooth paste. Season with groundnut oil and garlic.

Makes 4 servings of 418 calories each.

Green Tamarind Chutney

Ingredients

| | |
|--------------------------------|--------------|
| Green tamarind | 100 grams |
| Roasted and skinned groundnuts | 50 grams |
| Green chilies | 10 |
| Cumin seed | 1 tablespoon |
| Salt to taste | |

Method

Lightly fry green chilies and cumin seed. Add groundnut seeds, green tamarind and fry for a few minutes, then grind the mixture to a paste. Season with groundnut oil, mustard seed, cumin seed, red chilies and curry leaves. This can be preserved for 2-3 days.

Makes 4 servings of 472 calories each.

Gogu Chutney (Sour Greens)

Ingredients:

| | |
|--------------------------------|------------------|
| Gogu | 1 bundle |
| Garlic | 6 flakes |
| Roasted and skinned groundnuts | 20 grams |
| Green chilies | 10 |
| Ripe tamarind | lemon sized ball |
| Salt to taste | |

Method

Heat oil in a kadai. Fry onions, tamarind, green chilies and gogu leaves, till gogu leaves become soft. Add salt and grind them. Add groundnut powder and continue grinding till it becomes a smooth paste.

Palak (Spinach) Chutney

Ingredients

| | |
|--------------------------------|-------------------|
| Palak | 2 bundles |
| Green chilies | 10 |
| Roasted and skinned groundnuts | 20 grams |
| Garlic | 5 flakes |
| Onions | 2 |
| Ripe tamarind | marble sized ball |
| Salt to taste | |

Method

Heat oil in a kadai, fry palak, green chilies, onion, garlic and tamarind. Add salt and grind them. Add groundnut powder and continue grinding, till it becomes a smooth paste.

Makes 8 servings of 13 calories each.

Groundnut Powder (Poddi)

Ingredients

| | |
|--------------------------------|--------------------|
| Curry leaves | few (10-12 leaves) |
| Coriander seeds | 1 tablespoon |
| Garlic | 6 flakes |
| Red chilies | 5 |
| Roasted and skinned groundnuts | 20 grams |
| Salt to taste | |

Method

Roast groundnut seeds, curry leaves, coriander seeds and red chilies. Add garlic, salt and powder them.

Groundnut Chutney Powder

Ingredients

| | |
|--------------------------------|---------------|
| Roasted and skinned groundnuts | 20 grams |
| Popped chana dal | 20 grams |
| Grated copra | 10 grams |
| Chili powder | 2 tablespoons |
| Salt to taste | |

Method:

Heat ghee or oil and roast groundnut seed, popped chana dal and grated copra. Add chili powder and salt and powder them.

Tamarind Leaf Powder

Ingredients

| | |
|--------------------------------|-----------|
| Roasted and skinned groundnuts | 100 grams |
| Red chilies | 10 |
| Horse gram | 25 grams |
| Dried tamarind leaves | 50 grams |
| Salt to taste | |
| Sugar to taste | |

Method

Heat oil in a pan and roast the grated copra, red chilies, horse gram and groundnut seeds. Remove them from the pan. Fry the dried tamarind leaves in the same pan. Mix all ingredients, and salt and sugar and powder them.

Peanut Sauce

Ingredients

| | |
|------------------------------------|------------------|
| Creamy peanut butter | 1 cup |
| Chicken broth | One 14-ounce can |
| Fresh lime juice | ¼ cup |
| Brown sugar | 3 tablespoons |
| Soy sauce | 7 teaspoons |
| Ginger, freshly peeled and chopped | 2 tablespoons |
| Crushed red pepper flakes | ½ teaspoon |

Method

Place peanut butter in heavy medium saucepan. Slowly add chicken broth, then all other ingredients. Stir over medium heat until smooth and thick (about 6 minutes).

Can be stored in refrigerator for 3 days until ready to use. Reheat before serving.

Makes 3 cups of 597 calories each.

Spicy Peanut Sauce

Ingredients

| | |
|-------------------------------|--------------|
| Low-fat yogurt | 1¼ cups |
| Flour | 1 teaspoon |
| Onions, finely chopped | ½ cup |
| Green peppers, finely chopped | 1/3 cup |
| Low-sodium chicken broth | ½ cup |
| Low-fat creamy peanut butter | 1/3 cup |
| Chili powder | ½ teaspoon |
| Salt | 1/8 teaspoon |
| Pepper | 1/8 teaspoon |
| Ground red pepper | 1/8 teaspoon |

Method

Combine yogurt and flour in a bowl; stir well, and set aside. Coat a saucepan with cooking spray, and place over medium heat until hot.

Add onion and green pepper; cook, stirring constantly for 4 minutes. Add yogurt mixture, broth and remaining ingredients; stir well. Reduce heat and cook uncovered for 20 minutes.

Serve with warm chicken, pork or Chinese noodles.

Makes 4 servings of 67 calories each.

Indonesian Peanut Sauce

This is a great topping to put over rice and veggies.

Ingredients

| | |
|-----------------------|------------|
| Onion, chopped | ½ small |
| Garlic, chopped | 1 clove |
| Crunchy peanut butter | 1 cup |
| Brown sugar | ½ cup |
| Salt | ½ teaspoon |
| Soy sauce | 1 teaspoon |
| Vinegar | 1 teaspoon |
| Water | |

Method

Mix all the ingredients together and add water (based on how thick you would like it to be). Cook on medium heat in saucepan until sauce is bubbly and slightly thickened. Serve over rice and/or vegetables.

Makes 4 servings of 488 calories each.

Sweets



Groundnut Holige

Ingredients

For the covering:

| | |
|-----------------------------|---------------|
| Sorghum flour | 1 cup |
| Maida (refined wheat flour) | 1 cup |
| Groundnut oil | 4 tablespoons |

For the filling:

| | |
|---------------------------------|---------------|
| Roasted and skinned groundnut | 1 cup |
| Roasted gingelly (sesame) seeds | 1 cup |
| Poppy seeds, roasted | 2 tablespoons |
| Grated coconut | 3 tablespoons |
| Cardamom | 3 pods |
| Powdered jaggery | 2 cups |

Method

Mix the ingredients for the covering. Add water and knead into a dough as for chapaties.

Powder groundnut seeds and gingelly seeds together. Add jaggery, roasted poppy seed powder and grated coconut to the filling mixture. Divide the dough and filling into equal number of portions. Roll out each portion of the dough into a small round. Place a portion of filling in it. Bring up the edges and seal. Roll out into thin rounds and roast on a hot flat pan. Serve the Holige hot or cold with fresh melted ghee.

Groundnut Burfi 1

Ingredients

| | |
|--------------------------------|---------------|
| Roasted and skinned groundnuts | ¼ kg |
| Powdered jaggery | ¼ kg |
| Ghee | ½ cup |
| Cashewnuts | 50 grams |
| Grated copra | 2 tablespoons |
| Clove powder | pinch |

Method

Mix jaggery with one cup of water and place on fire, stirring till it begins to thicken. Add roasted groundnuts and continue to cook. Add cashewnuts and clove powder and spread in a greased plate or tray. Cool and cut into pieces.

Groundnut Burfi 2

Ingredients

| | |
|--------------------------------|-------|
| Sugar | 1 kg |
| Powdered jaggery | 1 kg |
| Roasted and skinned groundnuts | 2 kgs |

Method

Mix sugar and jaggery with 3 cups of water. Place on fire, stirring till it begins to thicken. Add roasted groundnuts and continue to cook till the mixture leaves the sides of the pan and forms a thick lump. Spread on a greased plate or metal tray. Cool and cut into pieces.

Groundnut Laddu

Ingredients

| | |
|---------------------------------|---------------|
| Roasted gingelly (sesame) seeds | 20 grams |
| Roasted and skinned groundnuts | 40 grams |
| Rice | ¼ kg |
| Bajra (millet) | 100 grams |
| Powdered jaggery | ¼ kg |
| Cardamom powder | 5 grams |
| Grated copra | 2 tablespoons |

Method

Soak rice and bajra in water for four hours. Drain the rice and bajra and dry them in the shade for 15-30 minutes. Powder sesame seeds, groundnut seeds, rice and bajra separately. Add powdered jaggery, grated copra, cardamom powder. Mix all ingredients and shape into small balls.

Groundnut Halwa

Ingredients

| | |
|--------------------------------|-----------|
| Milk | 1 liter |
| Coconut | 1 |
| Roasted and skinned groundnuts | 100 grams |
| Sugar | 300 grams |

Method

Grate the coconut and mix with milk and sugar. Place on fire and stir till it begins to thicken. Add the groundnut powder and continue to cook till the mixture leaves the sides of the pan and forms a thick lump. Remove from fire, cool it and keep it in a refrigerator for 2 hours and serve chilled. Makes 8 servings.

Peanut Candy

Ingredients

| | |
|--------------------|------------|
| Skinned groundnuts | 4 cups |
| Ghee | ¼ cup |
| Powdered jaggery | 1 ½ cups |
| Coconut | ½ cup |
| Cardamom powder | 1 teaspoon |

Method

Slice the coconut into thin small square pieces. In a kadai, add the jaggery with 1/2 cup water and coconut pieces. When the mixture boils and starts thickening, add one teaspoon of jaggery mix to the cup of water to test for doneness. (The jaggery should not dissolve in water. When you roll it into a ball, the jaggery should be soft.) Add cardamom powder to the jaggery mix. In a broad plate, place the cleaned peanuts and pour the jaggery mix over it one ladle at a time. Mix them evenly with a thin edged spatula. Make lemon sized balls with your hand while it is still hot. Dip hands in water or rice flour periodically while making the candy. The peanut balls start hardening as they cool down. The same peanut-jaggery mixture can be poured into different moulds. They are cut into small pieces according to requirement. For garnishing, dried grated coconut dipped in various food colours is used.

Makes 8 servings of 617 calories each.

Baked Items and Pies



Peanut Crescent Roll

Ingredients

| | |
|-----------------------------|-----------------|
| Roasted peanuts, chopped | ½ cup and ¼ cup |
| Granulated sugar | ¼ cup |
| Flour | 2 tablespoons |
| Butter, melted | 2 tablespoons |
| Orange peel, grated | 1 tablespoon |
| Refrigerated Crescent rolls | 9.5 ounces |
| Creamy peanut butter | ¼ cup |
| Confectioners' sugar | ¼ cup |
| Honey | 2 tablespoons |
| Milk | 2 tablespoons |

Method

Preheat oven to 375 F. Combine ½ cup peanuts, sugar, flour, butter and orange peel in a bowl and set aside. Press seams of crescent rolls together and roll to form a 14 x 7 inch rectangle. Sprinkle rectangle with reserved peanut mixture. Roll rectangle from long side as if to form a jelly roll in a semi-circle on a lightly buttered baking sheet, and make cuts 1 inch apart about two-third way through. Bake 20-25 minutes. Remove from oven and cool slightly. Frost peanut crescent roll with honey peanut frosting and sprinkle with ¼ cup chopped peanuts. To make frosting, blend peanut butter, confectioners' sugar, honey and milk until smooth.

Makes 16 servings of 171 calories each.

Carrot Bran Muffins

Ingredients

| | |
|--------------------------|------------------------|
| Bran flakes | 1 cup |
| Milk | $\frac{3}{4}$ cup |
| Carrot, finely shredded | 2 cups |
| Flour | 1 cup |
| Brown sugar | 1 cup |
| Peanut oil | 2 tablespoons |
| Lemon juice | 1 tablespoon |
| Baking powder | 1 teaspoon |
| Baking soda | $\frac{1}{2}$ teaspoon |
| Ground cinnamon | $\frac{1}{4}$ teaspoon |
| Salt | $\frac{1}{4}$ teaspoon |
| Egg, slightly beaten | 1 |
| Roasted peanuts, chopped | $\frac{1}{2}$ cup |

Method

Combine all ingredients, stirring until completely moistened. Grease 2 $\frac{1}{2}$ inch muffin tin; fill half to two-third with muffin mixture. Bake at 400 F for 15 minutes or until tester comes out clean. Yields 12 to 14 muffins of 138 calories each.

Nutty Granola Coffee Cake

Ingredients

| | |
|------------------|------------------------|
| Granola | 1 cup |
| Sour cream | $\frac{3}{4}$ cup |
| Flour | 1 cup |
| Baking soda | $\frac{3}{4}$ teaspoon |
| Baking powder | $\frac{3}{4}$ teaspoon |
| Salt | $\frac{1}{2}$ teaspoon |
| Ground mace | $\frac{1}{2}$ teaspoon |
| Butter, softened | $\frac{1}{2}$ cup |
| Granulated sugar | $\frac{1}{2}$ cup |
| Eggs | 3 |

Method

Preheat oven to 350 F. Combine granola and sour cream in a large bowl; let stand 15 minutes to allow cereal to soften. In small bowl, combine flour, baking soda, baking powder, salt and cream mixture; beat well. Stir in flour mixture; set aside. Prepare filling.

Filling:

| | |
|----------------------------|------------------------|
| Brown sugar, firmly packed | $\frac{1}{2}$ cup |
| Roasted peanuts, chopped | $\frac{1}{2}$ cup |
| Sour cream | 2 tablespoons |
| Ground cinnamon | $\frac{1}{2}$ teaspoon |
| Butterscotch morsels | 6 ounces |

Combine sugar, peanuts, sour cream and cinnamon in a small bowl; mix well.

Spread half the granola batter into greased and floured 10" tube pan. Dot half the filling over batter. Sprinkle butterscotch morsels over filling. Cover with remaining batter and top with remaining filling. Bake at 350 F for 50 minutes. Loosen edges. Cool cake completely; remove from pan. Yields 8 to 10 servings of 167 calories each.

Groundnut Bread

Ingredients

| | |
|---------------------------|--------------|
| Warm water | 2 ½ cups |
| Yeast dry or compressed | 2 packets |
| Salt | 1 tablespoon |
| Margarine, melted | 1 tablespoon |
| Flour (do not sift) | 7 cups |
| Crunchy peanut butter | 1 cup |
| Margarine, softened | ¼ cup |
| Egg white | 1 |
| Cold water | 1 teaspoon |
| Cocktail peanuts, chopped | ¼ cup |

Method

Measure warm water into a large warm mixing bowl. Sprinkle or crumble in yeast; stir until dissolved. Add salt and melted margarine. Add flour and stir until well blended (dough will be sticky). Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Turn dough out onto lightly floured board. Divide into 2 equal portions. Roll half of dough into an oblong, 15 x 10 inches. Combine crunchy peanut butter and softened margarine. Cover dough with half of mixture. Then, beginning at wide side of dough, roll up tightly toward you. Taper ends and seal edges by pinching together. Starting at one end, coil roll of dough on a greased baking sheet. Repeat for other half of dough. Cover, let rise in a warm place, free from draft, until doubled in bulk, about 1 hour.

With sharp knife score tops of loaves, criss-crossing top three times in each direction.

Bake in hot oven at 450 F for 25 minutes. Remove from oven and brush with egg white mixed with cold water. Sprinkle with chopped cocktail peanuts. Return to oven, bake 5 minutes longer. Makes 2 round loaves of 2,892 calories each.

Pumpkin Nut Bread

Ingredients

| | |
|--------------------------|---------------|
| Eggs | 4 |
| Granulated sugar | 3 cups |
| Peanut oil | 1 cup |
| Water | 1/3 cup |
| Pumpkin pie filling | 1 can |
| Flour | 3 ½ cups |
| Baking soda | 2 teaspoons |
| Salt | 1 ½ teaspoons |
| Ground cinnamon | 1 teaspoon |
| Dates, chopped | 1 ½ cups |
| Roasted peanuts, chopped | 1 cup |

Method

Preheat oven to 350 F. Grease and flour three 9-inch loaf pans. In a large bowl beat eggs slightly. Gradually stir in sugar, oil, water and pumpkin. Add in flour, soda, salt and cinnamon and mix well. Stir in dates and peanuts. Pour one-third of the batter into each loaf pan. Bake for 1 hour, or until bread pulls away from sides of pan. Cool in pans on wire rack for 10 minutes, then remove from pan and cool completely on rack. Yields 3 loaves; about 18 servings. Calories per loaf = 3,118.

All American Peanut Butter Cookies

(Criss-Cross Cookies)

Ingredients

| | |
|----------------------|------------------------|
| Butter, softened | 1 cup |
| Creamy peanut butter | $\frac{3}{4}$ cup |
| Granulated sugar | $\frac{1}{2}$ cup |
| Brown sugar | $\frac{1}{2}$ cup |
| Vanilla extract | $\frac{1}{2}$ teaspoon |
| Egg | 1 |
| Flour | 1 $\frac{1}{2}$ cups |
| Baking soda | $\frac{3}{4}$ teaspoon |
| Baking powder | $\frac{1}{2}$ teaspoon |
| Salt | $\frac{1}{4}$ teaspoon |

Method

Combine butter, peanut butter, both the sugars, vanilla and egg. Beat until light and fluffy. Stir together dry ingredients and add to butter mixture, blending thoroughly. Shape into 1-inch balls and place about 2 inches apart on a baking sheet. Flatten with fork tines in a criss cross-pattern. Bake at 350 F for 10 minutes or until lightly browned. Yields 4 dozen cookies of 146 calories each.

Flourless (Soft) Peanut Butter Cookies

Ingredients

| | |
|----------------------|------------|
| Granulated sugar | 1 cup |
| Egg | 1 |
| Creamy peanut butter | 1 cup |
| Vanilla extract | 1 teaspoon |

Method

Mix all ingredients thoroughly. Drop by teaspoonful onto baking sheet and press with fork. Bake at 325 F for approximately 10 minutes. Cool before removing from baking sheet. Yields 2 to 3 dozen cookies of approximately 49 calories each.

Sweetheart Cookies

Ingredients

| | |
|---------------------------|------------|
| Butter, softened | 1 cup |
| Granulated sugar | 1 1/3 cups |
| Brown sugar | 1 1/3 cups |
| Eggs | 2 |
| Vanilla extract | 1 teaspoon |
| Flour | 1 1/2 cups |
| Baking soda | 1 teaspoon |
| Quick cooking rolled oats | 3 cups |
| Roasted peanuts, chopped | 1 1/2 cups |
| Semi-sweet chocolate bits | 6 ounces |

Method

Preheat oven to 375 F. Cream butter and sugar in a large mixing bowl; add eggs and vanilla. Beat until fluffy. Mix flour with soda in a large bowl, add oats and toss to coat with flour mixture. Add to first mixture a cup at a time until completely mixed. Stir in peanuts and chocolate bits. (Batter will be stiff). Drop from a teaspoon onto a cookie sheet. Bake for 10-12 minutes. Yields 6 dozen cookies of 232 calories each.

Peanutty Bar Delights

Ingredients

| | |
|----------------------------|------------|
| Flour | 1 ½ cups |
| Baking powder | 1 teaspoon |
| Salt | 1 teaspoon |
| Granulated sugar | 1 cup |
| Butter | ¼ cup |
| Egg | 1 |
| Whole roasted peanuts | ½ cup |
| Brown sugar | 1 cup |
| Egg whites, stiffly beaten | 2 |
| Vanilla extract | 1 teaspoon |

Method

Combine flour, baking powder, salt and sugar in bowl; mix well. Cut in butter until crumbly. Add egg; mix well. Press into greased 9 x 12 inch pan. Press peanuts into mixture. Add brown sugar to stiffly beaten egg whites; beat until smooth. Add vanilla. Pour over peanuts. Bake at 325 F for 45 minutes. Cut into squares while warm. Yields 24 servings (4 dozen) of 1,188 calories each.

Peanut Butter Temptations

Ingredients

| | |
|----------------------------|------------|
| Butter | 1 cup |
| Creamy peanut butter | ½ cup |
| Granulated sugar | ½ cup |
| Brown sugar | ½ cup |
| Egg | 1 |
| Vanilla extract | ½ teaspoon |
| Flour | 1 ½ cups |
| Baking soda | ¾ teaspoon |
| Salt | ½ teaspoon |
| Peanut butter cups (candy) | 48 |

Method

Combine butter, peanut butter, sugar, egg and vanilla. Stir in dry ingredients until blended. Roll dough into 1-inch balls. Press into 1 ½ inch muffin tins. Bake at 350 F for 12 minutes. Remove from oven and immediately press one miniature peanut butter cup candy into each hot cookie crust. Allow to cool. Yields 4 dozen cookies of 112 calories each.

Peanut Dip Tops

Ingredients

| | |
|------------------------------|------------|
| Butter, softened | ½ cup |
| Granulated sugar | 1 cup |
| Egg | 1 |
| Creamy peanut butter | ¾ cup |
| Vanilla extract | ½ teaspoon |
| Flour | 2 cups |
| Baking soda | ½ teaspoon |
| Salt | ½ teaspoon |
| Semi-sweet chocolate, melted | 4 ounces |
| Roasted peanuts, chopped | ¼ cup |

Method

Cream butter and sugar until light and fluffy. Beat in egg, peanut butter and vanilla. Thoroughly blend flour, baking soda and salt. Gradually add to creamed mixture. Beat until well mixed. Form into 1-inch balls. Place on greased baking sheet 2 inches apart. Using bottom of glass, flatten into 2-inch circles. Bake at 375 F for 15 minutes or until golden. Remove from baking sheets and cool. Spread about ½ teaspoon of melted chocolate on each cookie. Sprinkle with chopped peanuts. Yields 4 ½ dozen cookies of 137 calories each.

Peanut Brittle Cookie

Ingredients

| | |
|--------------------------|--------------|
| Butter | 1 cup |
| Salt | 1 teaspoon |
| Vanilla extract | 1 ½ teaspoon |
| Brown sugar | 1 cup |
| Self-rising flour | 2 cups |
| Chocolate chips | 6 ounces |
| Roasted peanuts, chopped | ½ cup |

Method

Blend butter, salt and vanilla. Add brown sugar. Blend. Add flour and chocolate chips. Press into a greased and floured 15 x 10 x 1 inch pan. Sprinkle with peanuts. Bake at 375 F for 25 minutes. Cool and cut or break. Yields 4 dozen cookies of 123 calories each.

Chocolate Peanut Layer Cake

Ingredients

| | |
|--------------------------|-------------|
| Flour | 3 ¼ cups |
| Granulated sugar | 2 ½ cups |
| Baking powder | 4 teaspoons |
| Salt | 1 teaspoon |
| Butter, softened | ½ cup |
| Creamy peanut butter | ½ cup |
| Milk | 1 ½ cups |
| Eggs | 3 |
| Roasted peanuts, chopped | 1 1/3 cups |

Method

Mix flour, sugar, baking powder and salt in a large mixing bowl. Add butter, peanut butter and milk; beat for 2 minutes. Add eggs and beat for another 2 minutes. Fold in peanuts. Divide batter between 3 greased and floured 9-inch layer cake pans. Spread batter evenly in pans and bake at 350F in the oven for 25-30 minutes or until cake shrinks in slightly from edge of pan. Turn out onto wire racks; cool.

Filling

| | |
|-----------------------------|------------|
| Butter | 1 cup |
| Confectioners' sugar | ½ cup |
| Creamy peanut butter | 1 1/3 cups |
| Semi-sweet chocolate pieces | 6 ounces |

Method

Beat butter and sugar until smooth in a medium-sized mixing bowl. Blend in peanut butter. Melt chocolate pieces in double boiler over hot (not boiling) water. Stir chocolate into peanut butter mixture. Chill for 15 minutes or until thick enough to spread. With a sharp knife, trim cake layers so they are flat. Brush off crumbs. Place one cake layer on serving platter and spread with some of the filling. Top with second layer, more filling, then add the third layer. Spread the top and sides of the cake with remaining filling. Smooth surface. Chill until filling is firm.

Makes 10 servings of 571 calories each.

Peanut Clusters (for cake decoration)

Ingredients

| | |
|-----------------------------|-------------------|
| Semi-sweet chocolate pieces | 3 ounces |
| Roasted peanuts | $\frac{3}{4}$ cup |

Method

Melt chocolate pieces in small saucepan over low heat. Mix melted chocolate with peanuts. Drop mixture by heaping teaspoons on an aluminum foil-lined cookie sheet to make 12 clusters until firm.

For the frosting

Melt semi-sweet chocolate pieces in small saucepan over low heat; cool to room temperature. Remove filled cake from refrigerator. Pour melted chocolate in center of cake. Working quickly with a spatula, spread the chocolate thinly over top allowing it to drip over sides. Spread chocolate thinly to cover sides of cake. Place clusters on top of cake, spacing them evenly and pressing them into the soft chocolate. Chill cake until ready to serve. Yields 12 servings of 42 calories each.

Peanut Cream Cheese Frosting

Ingredients

| | |
|-------------------------------|-------------|
| Cream cheese, softened | 8 ounces |
| Margarine or butter, softened | ½ cup |
| Confectioners' sugar | 16 ounces |
| Vanilla extract | 2 teaspoons |
| Roasted peanuts, chopped | 1 cup |

Method

Cream cheese and butter. Add sugar, beating until light and fluffy. Stir in vanilla. Frost cake layers. Sprinkle chopped peanuts between layers and over cake.

Makes 2 servings of 1,817 calories each.

Spicy Peanut Raisin Pie

Ingredients

| | |
|---|--------------|
| Eggs | 3 |
| Granulated sugar | 1 cup |
| Dark corn syrup | 1 cup |
| Melted butter | ¼ cup |
| Seedless raisins | ½ cup |
| Roasted peanuts, chopped | 1 cup |
| White vinegar | 1 teaspoon |
| Vanilla extract | 1 teaspoon |
| Ground cloves | 1/8 teaspoon |
| 9 inch, unbaked, deep dish pastry shell | |

Method

Beat eggs. Add sugar, syrup and butter. Mix well. Stir in remaining ingredients. Pour into pie shell. Bake at 350 F for 40 minutes or until set.

Makes a 9-inch pie.

Peanut Butter Custard Pie

Ingredients

| | |
|---------------------------|-------------------|
| Confectioners' sugar | 1 cup |
| Chunky peanut butter | ½ cup |
| 9-inch baked pastry shell | 1 |
| Cornstarch | ¼ cup |
| Granulated sugar | 2/3 cup + 1/2 cup |
| Salt | ¼ teaspoon |
| Scalded milk | 2 cups |
| Egg yolks, beaten | 3 |
| Egg whites | 3 |
| Butter | 2 tablespoons |
| Vanilla extract | ¼ teaspoon |

Method

Combine confectioners' sugar and peanut butter. Blend until the appearance of biscuit mix. Spread $\frac{3}{4}$ of this mixture on the bottom of the pastry shell.

Combine cornstarch, granulated sugar and salt. Add scalded** milk and mix well. Pour small amount over egg yolks. Mix well, then return to milk mixture. Cook in the top of a double boiler over medium heat until mixture thickens. Remove from heat. Stir in butter and vanilla, then pour into prepared pastry shell. Top with meringue. Makes 8 servings of 260 calories each.

To make Meringue: Beat egg white, adding sugar a little at a time until sugar is all dissolved and the meringue is stiff and glossy. Pile onto hot pie filling and sprinkle remaining peanut butter and sugar mixture over the meringue. Bake at 350 F until lightly browned. Yields 6 to 9 servings of 459 calories each.

**to scald milk, heat to just below boiling.

Southern Peanut Pie

Ingredients

| | |
|---------------------------------------|------------------------|
| Sugar | 1 cup |
| Light corn syrup | $\frac{3}{4}$ cup |
| Margarine (pref. Blue Bonnet), melted | $\frac{1}{2}$ cup |
| Eggs | 3 |
| Vanilla extract | $\frac{1}{2}$ teaspoon |
| Dry roasted peanuts | 1 $\frac{1}{2}$ cups |
| Pastry shell, unbaked, 9-inch | 1 |

Method

Combine sugar, corn syrup, melted margarine, eggs and vanilla in large mixing bowl. Beat with rotary beater until thoroughly blended. Stir in dry roasted peanuts. Turn into unbaked pastry shell. Bake in moderate oven at 375 F for 45 minutes. Serve warm or cold. Garnish with whipped cream, if desired.

Makes one 9-inch pie with 4,230 calories.

Peanut Butter Pie

Ingredients

| | |
|-------------------------|---|
| Oreo cookies, crushed | 15 |
| Butter, melted | ¼ cup |
| For filling: | |
| Creamy peanut butter | 1 ¼ cups |
| Cream cheese | 1 8-ounce package, at room temperature. |
| Sugar | 1 cup |
| Unsalted butter | 2 tablespoons |
| Whipping cream, chilled | 1 ¼ cups |
| Vanilla essence | 1 tablespoon |

Method

Mix cookies and butter together. Press into sides and bottom of a pie pan. Bake at 350 F for 10 minutes. Cool. Beat well peanut butter, cream cheese, sugar and melted butter in a bowl. In a medium bowl, beat cream with the remaining sugar and vanilla essence till soft peaks form. Stir one-fourth of the cream into the peanut-butter mixture. Fold in the remaining cream to get a thick mixture. Spoon into the prepared crust. Refrigerate till firm. Makes 8 servings of 729 calories each.

Peanut Mousse

Ingredients

| | |
|----------------------------------|--------------|
| Royal peach gelatin | 1 package |
| Sugar | 1 tablespoon |
| Boiling water | 1 cup |
| Cold water | ½ cup |
| Peanut butter, creamy or crunchy | ½ cup |
| Heavy cream, whipped | 1 cup |

Method

Dissolve royal peach gelatin and sugar in boiling water. Stir in cold water. Gradually blend into peanut butter, stirring to keep smooth. Chill until slightly thickened. Fold in whipped cream. Pour into 1 quart mould. Chill until firm. Unmold.

If desired, garnish with whipped cream and cocktail peanuts.

Makes 8 servings of 4,815 calories each.

Chocolate Peanut Butter Fudge With Peanut Butter Frosting

Ingredients

For the fudge:

| | |
|--|----------------|
| Semi-sweet chocolate chips | 1 ½ cups |
| Peanut butter chips or Nestle milk chocolate and peanut butter swirled morsels | 1 ½ cups |
| Sweetened condensed milk | 1 14-ounce can |
| Vanilla extract | 2 teaspoons |
| Powdered sugar, sifted | 1/3 cup |
| A pinch of salt | |

For the frosting:

| | |
|------------------------|---------------|
| Smooth peanut butter | ½ cup |
| Margarine, softened | 5 tablespoons |
| Powdered sugar, sifted | 1 1/4 cups |
| Milk | 2 tablespoons |

For the topping:

| | |
|--|-------|
| Peanut butter chips or Nestle milk chocolate and peanut butter swirled morsels | ½ cup |
|--|-------|

Fudge: Spray an 8x8 pan with Pam and set aside. In a large microwave-safe bowl, melt chocolate and peanut butter chips in the microwave for about 1 1/2 minutes.

Stir melted chocolate, add sweetened condensed milk, stir and microwave an additional 30 seconds. Stir until smooth, add vanilla, powdered sugar and salt. Pour into prepared pan.

Frosting: With an electric mixer beat together peanut butter and margarine. Add sugar and beat until smooth. Add milk and continue beating until you get a thick frosting, if too thin add a little more powdered sugar. Spread over fudge. Add extra peanut butter chips on top and refrigerate for 2 hours or until firm.

Makes 36 servings of 200 calories each.

Peanut Patties

Ingredients

| | |
|------------------|----------|
| Sugar | 2 ½ cups |
| Milk | 1 cup |
| White corn syrup | 2/3 cup |
| Raw peanuts | 1 ½ cups |

Method

Mix all of the ingredients in a heavy boiler (a 4-quart pressure cooker would suffice). Bring to a boil. Turn burner to simmer and cook for 1 hour. Remove from heat and add 1 teaspoon vanilla. Beat until creamy as it cools. Beating is a must for it to turn out right. Spoon out into buttered muffin pan. Makes 24 servings of 187 calories each.

Peanut Butter Brownies

Ingredients

| | |
|---------------------------------|---------------|
| All-purpose flour | 2 ¼ cups |
| Baking powder | 2 ½ teaspoons |
| Salt | ½ teaspoon |
| Butter, softened | 2/3 cup |
| Creamy peanut butter | 2/3 cup |
| Granulated sugar | 1 ¼ cups |
| Dark brown sugar, firmly packed | 1 ¼ cups |
| Vanilla extract | 1 teaspoon |
| Eggs | 3 |
| Honey roasted peanuts, chopped | 1 cup |

Method

In a small bowl, combine flour, baking powder and salt. In large bowl, cream butter, peanut butter, sugars and vanilla until smooth.

Beat in eggs one at a time. Blend in flour mixture. Spread evenly in ungreased 15 x 10-inch jelly roll pan. Sprinkle surface with peanuts (lightly press into batter). Bake 25-30 minutes at 350 F, then cool completely.

Cut into 2-inch squares. Makes 15 brownies of 415 calories each.

Peanut Butter Bread

Ingredients

| | |
|---------------------------------|-------------|
| Sugar | 1 ½ cups |
| Peanut butter, creamy or chunky | 1 cup |
| Vanilla extract | 2 teaspoons |
| Milk | 3 cups |
| Flour | 4 ½ cups |
| Baking powder | 8 teaspoons |
| Salt | 1 teaspoon |
| Egg | 1 |

Method

Preheat oven to 350 F. Lightly grease two loaf pans. In large mixer bowl, beat sugar, peanut butter and vanilla until light and fluffy. Blend in milk slowly, then add egg. Add dry ingredients and beat until smooth. Spread batter evenly in prepared 9x5 inch loaf pans, and bake 45-50 minutes, or until bread tests done with a toothpick.

Let cool in pans 10 minutes, then turn loaves out and cool completely (top-sides up) on wire rack. Makes 2 loaves of 2,655 calories each.

Peanut Butter Pudding

Ingredients

| | |
|--|---------------|
| Sugar | ½ cup |
| Cornstarch | 2 tablespoons |
| Salt | ¼ teaspoon |
| Milk | 1 ½ cups |
| Half-and-half (heavy milk) | ½ cup |
| Creamy peanut butter | ¾ cup |
| Vanilla extract | 1 teaspoon |
| Garnishes: Whipped cream and chocolate curls | |

Method

Combine first 3 ingredients in a medium-size heavy saucepan; gradually whisk in milk and half-and-half. Bring to a boil over medium heat, whisking constantly. Boil, whisking constantly for 1 minute. Remove from heat (pudding will be thin).

Add peanut butter and vanilla, whisking until smooth. Pour into a bowl; place plastic wrap directly over warm pudding. Chill for 2 hours. Garnish, if desired.

Makes 2.5 cups of 795 calories a cup.

Miscellaneous



Rice Roti

Ingredients

| | |
|------------------------------|---------------|
| Rice flour | ¼ kg |
| Groundnut powder | ¼ kg |
| Finely chopped green chilies | 3 |
| Chopped onions | 100 grams |
| Oil | 3 tablespoons |
| Chopped coriander leaves | 2 tablespoons |
| Curry leaves | few |
| Chana dal (split chickpea) | 2 tablespoons |
| Salt to taste | |

Method

Soak the chana dal in water for 2 hours. Mix rice flour, groundnut powder, chana dal, curry leaves, coriander leaves, salt and oil. Add water to the mixture and prepare a dough. Prepare rotis (flat breads) on a plastic sheet. Heat oil on a pan and roast the rotis.

Bajra Roti

Ingredients

| | |
|-----------------------|---------------|
| Bajra flour | ¼ kg |
| Groundnut powder | ¼ kg |
| Chopped green chilies | 10 |
| Sesame seeds | 4 tablespoons |
| Salt to taste | |

Method

Mix bajra flour, groundnut powder, green chilies, salt and sesame seeds. Add water to the mixture and prepare a dough. Make rotis and roast them on a pan.

Precooked Full — Fat Peanut Flakes

Bleached cotyledons (without germs) are dried to 2 to 4 per cent moisture and are then ground to a fine paste. Water is added while heating and the slurry is dried to get flakes.

Peanut Butter (1)

Ingredients

Groundnut seed
Salt
Stabilizers
Sweeteners

Method

Roast the groundnut kernels to a controlled brownness (30 degrees for 40-60 min), followed by cooling and removal of skin (blanching). Remove the spoiled and discolored kernels at this stage. Grind to a paste or butter according to the product desired. Salt, stabilizers and other optional ingredients like sweeteners are blended with butter prior to cooling and packaging.

Peanut Butter (2)

Ingredients

| | |
|-------------------------|--------------|
| Roasted shelled peanuts | 2 cups |
| Peanut oil | 1 tablespoon |
| Salt | ½ teaspoon |

Method

Process ingredients continuously for 2 to 3 minutes. The ground peanuts will form a ball which will slowly disappear. Continue to process until the desired consistency is obtained. For crunchy peanut butter, stir in half cup chopped roasted peanuts after the processing is completed.

Makes 1 cup of 1,774 calories.

Magnificent Mandarin Salad

Ingredients

| | |
|---------------------------|----------------|
| Orange or plain yogurt | 1 cup |
| Honey | 1 tablespoon |
| Carrots, grated | 2 medium sized |
| Apples, chopped | 2 large |
| Celery, finely chopped | 2 stalks |
| Mandarin oranges, drained | 1 can |
| Roasted peanuts | 1 cup |
| Salt | 1 teaspoon |
| Black pepper | 1 teaspoon |
| Lettuce or watercress | 3 leaves |

Method

Mix yogurt and honey; fold in vegetables, nuts, and fruits. Season with salt and pepper (optional). Serve on a bed of lettuce or watercress. Chill if desired. Yields 4 to 6 servings.

Stir Fried Vegetables

Ingredients

| | |
|--|----------------|
| Snow peas | ½ cup |
| Broccoli, cut in 1 inch pieces | ½ cup |
| Carrots, cut in 1 inch strips | 1 medium sized |
| Green onion, cut in 1 inch pieces | ½ cup |
| Celery, cut in 1 inch pieces | 2 tablespoons |
| Mushroom, sliced (drained if canned) | ¼ cup |
| Bamboo shoots, sliced | 2 medium sized |
| Water chestnuts, sliced (drained if canned) | 2 tablespoons |
| Peanut oil | ¼ cup |
| Roasted peanuts | ½ cup |
| Flour | 3 tablespoons |
| Cloves | 1 |
| Ground ginger | ¼ teaspoon |
| Molasses | ¼ cup |
| Soy sauce | ¼ cup |
| Sherry | ¼ cup |
| Dash of cayenne pepper | |

Method

Prepare vegetables. Heat oil in 10-inch skillet or wok. Add all vegetables. Cook until onions begin to look translucent (3-5 minutes). Add peanuts, flour, garlic, pepper, molasses, and soy sauce; cook, stirring until thickened. Cover, cook over low heat 5-10 minutes, stirring occasionally. Add sherry, heat through. Serve over rice or chow mein noodles. Yields 6 to 8 servings of 520 calories each.

Peanut Punch (1)

Ingredients

| | |
|-------------------------|------------|
| Shelled roasted peanuts | 8 ounces |
| Water | 1 ½ pints |
| Condensed milk | 1 can |
| Vanilla essence | ½ teaspoon |
| Nutmeg, freshly grated | ½ teaspoon |
| Honey | 1 teaspoon |

Method

Place the shelled peanuts in a blender. Pour water in gradually while blending the peanuts. Blend thoroughly. Strain mixture through a sieve lined with muslin, pouring in a little at a time. Discard the contents. Add milk and other ingredients, and sweeten to taste. Makes 4 servings of 520 calories each.

Peanut Punch (2)

This recipe comes from a Trinidadian Cookbook. Delicious and different.

Ingredients

| | |
|----------------------|---------------|
| Smooth peanut butter | ½ to 2/3 cup |
| Cold whole milk | 3 cups |
| Sugar | 4 tablespoons |
| Cinnamon to taste | |
| Nutmeg to taste | |

Method

Place all ingredients in a blender and blend on high speed for about 30 seconds or until thick and frothy. Pour into glass(es) and serve immediately.

Makes 1 serving of 1,392 calories (can be divided into 3 servings).

Groundnut Milk

Ingredients

| | |
|------------------------------------|-----------|
| Roasted and skinned groundnut seed | 100 grams |
| Sugar | 75 grams |
| Water | 1 liter |
| Cardamom | 5 |
| Essence | few drops |

Method

Remove the germs from the roasted groundnut cotyledons. Add a little water and grind the groundnut seeds to a smooth paste. Add 1 liter of water to the paste and mix it. Filter the milk. Add sugar, cardamom powder and essence and boil the milk.

Peanut Noodles

This is a nice dish to serve with fish or chicken or to eat alone. You can serve it hot, warm or at room temperature.

Ingredients

| | |
|----------------------------|---------------|
| Pasta (pref. fettuchine) | 8 ounces |
| Chunky peanut butter | ½ cup |
| Tahini | 3 tablespoons |
| Garlic, chopped | 4 cloves |
| Soy sauce | ¼ cup |
| Red pepper flakes, crushed | 1 teaspoon |
| Chili paste | 1 teaspoon |
| Rice wine vinegar | 4 tablespoons |
| Green onions, sliced | 4 |
| Carrot, shredded | 1 |

Method

Cook pasta. Blend all other ingredients except green onion and carrot. Mix hot pasta with peanut butter mixture until pasta is evenly covered. Stir in green onion and carrot.

Makes 6 servings of 368 calories each.



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