

1. PEANUT BUTTER

Ingredients:

Roasted groundnuts	200	gm.
Salt	2.0	gm.
Sugar	1.0	gm.
Refined Groundnut Oil	1.5	gm.



Method:

- ▶ Split each kernel into halves and remove the heart (germ).
- ▶ Discard the hearts by sieving and the spoilt and discolored kernels by handpicking.
- ▶ Heat the de-skinned halves in a pan; allow a little cooling and while still warm, grind in blender with salt and sugar at low speed for about 10 seconds.
- ▶ Mix the contents in the blender with a spatula and run the mixer at a low speed adding oil gradually and then grind at high speed for a minute. Remove the contents to a glass jar and allow maturing for about two hours before use.
- ▶ Store in refrigerator.

Product yield: 170 gm.

Product cost (Rs): 9.75

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	680.9
♦	Carbohydrates (gm.)	32
♦	Protein (gm.)	30.8
♦	Fats (gm.)	47.7
♦	Minerals (gm.)	2.9
♦	Fibre (gm.)	3.6

2. GROUNDNUT BURFI-1

Ingredients:

Groundnut kernels	200	gm.
Sugar	200	gm.
Water	50	ml
Groundnut oil	2.0	gm.
Sesame seeds (<i>til</i>)	5.0	gm.
Grated dry coconut	2.0	gm.
Chopped dry fruits (optional)	a little	
Cardamom powder	2.0	gm.
Nutmeg (<i>jaiphal</i>) powder	2.0	gm.



Method:

- ▶ Roast kernels in a *karahi* (deep pan) for about 10-15 minutes. Cool and remove skins and then grind to obtain a coarse powder.
- ▶ Prepare sugar syrup by heating sugar and water in another *karahi*. Continue heating till the syrup is about one thread consistency.
- ▶ Add groundnut powder, *illaichi* and nutmeg powder and stir.
- ▶ Add oil and cook with continuously stirring on a low flame till the mixture leaves the sides of the *karahi*.
- ▶ immediately spread it on a greased plate and garnish it with *til* seeds, grated coconut and other chopped dry fruits.
- ▶ Allow it to cool and then cut it into rectangular pieces. It stays for 8-10 days without refrigeration.

Product yield: 390 gm.

Product cost (Rs): 26.00

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	516.5
♦	Carbohydrates (gm.)	65.4
♦	Protein (gm.)	13.8
♦	Fats (gm.)	22.2
♦	Minerals (gm.)	1.4
♦	Fibre (gm.)	1.8

3. GROUNDNUT BURFI -2

Ingredient:

Groundnut kernels	250	gm.
Sugar	200	gm.
Ghee	10	gm.
Nutmeg	0.5	gm.
Water	100	ml.



Method:

- ▶ Roast Groundnut and Then Remove the Skin and Grind to A Fine Powder.
- ▶ Add water to sugar in a pan and cook for about 5 minutes on medium heat and check consistency by putting a drop temperature. Remove this solidified drop with fingers and break it. If it is crisp it is ready.
- ▶ Add groundnut powder, nutmeg in to this syrup.
- ▶ Mix well and pour in a greased *thali* (flat dish)
- ▶ Allow it to cool and then cut into rectangular pieces.
- ▶ Store in a jar

Product yield: 350 gm.

Product cost (Rs): 14.95

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	661
♦	Carbohydrates (gm.)	75.9
♦	Protein (gm.)	18.8
♦	Fats (gm.)	31.3
♦	Minerals (gm.)	1.8
♦	Fibre (gm.)	2.2

4. GROUNDNUT CHUTNEY RELISH

Ingredients:

Groundnut seeds	50	gm.
fresh coconut pieces	100	gm.
Green chillies	25.	gm.
Ginger piece	2.5	gm.
Fresh curd	100	gm.
Salt to taste	5.0	gm.

For the seasoning :

Mustard (<i>rai</i>) seeds	2.5	gm.
Curry leaves	5.0	gm.
Groundnut oil	2.0	gm.



Method:

- ▶ Place groundnuts in a *karahi* and roast on slow flame for 10 minutes stirring frequently. Allow cooling and remove the skin.
- ▶ Grind together de-skinned kernels, coconut pieces, chopped green chillies , ginger, curd and salt to a smooth paste.
- ▶ Transfer the chutney into a serving bowl.
- ▶ Heat oil in a pan and add mustard seeds. When it splutters, add curry leaves and add this seasoning to the chutney.

Product yield: 280 gm.

Product cost (Rs): 27.30

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	376
♦	Carbohydrates (gm.)	13.3
♦	Protein (gm.)	8.8
♦	Fats (gm.)	31.9
♦	Minerals (gm.)	1.5
♦	Fibre (gm.)	3.7

5. CRUNCHY-NUTTY-CHOCOLATY

Ingredients:

Groundnut seeds	200	gm.
Gum (<i>gond-katira</i>)	30	gm.
Sugar	175	gm.
Water	50	ml.
Groundnut oil	5.0	gm.
Instant drinking chocolate	15.0	gm.
Cold milk	20	ml.
Caster sugar	10	gm.
<i>Illaichi</i> powder	2.0	gm.
Nutmeg (<i>jaiphal</i>) powder	2.0	gm.
Dry fruits (<i>kismish, kaju and badam</i>)	15-20	gm.
Silver coated sugar balls	10.0	gm.
Groundnut oil for frying	10.0	gm.



Method:

- ▶ Roast groundnut seeds in a *karahi* with continuous stirring for about 10-15 minutes. Cool and remove their skin.
- ▶ Grind the de-skinned seeds into a coarse powder.
- ▶ Fry gum granules in a pan and mix them with the groundnut powder, add *illaichi* and nutmeg powders and mix well.
- ▶ Prepare sugar syrup by heating sugar and water in another *karahi*. Continue heating till the syrup is of about one thread consistency.
- ▶ Add the groundnut-gum-*illaichi*-nutmeg mixture into sugar syrup and stir well.
- ▶ Add oil and cook with continuous stirring on low flame till the mixture leaves the sides of the *karahi*. Immediately spread it on a greased tray/plate to make a one-inch thick layer.
- ▶ Cool for 3-4 hours.
- ▶ Fry the dry fruits a little and chop them when cool. Take milk in a bowl and mix the chocolate powder and caster sugar so as to form a thick paste of chocolate.
- ▶ Add some chopped dry fruits in it and spread this chocolate paste on base prepared above. Garnish with the rest of the chopped dry fruits.
- ▶ Refrigerate it for 4-5 hours. Remove and garnish with silver-coated sugar balls.
- ▶ Cut into square pieces and serve.

Product yield: 400 gm.

Product cost (Rs): 40.95

Nutritive value (per 100 gm. serving)

◆ Energy (kcal)	66.9	◆ Carbohydrates (gm.)	543.8
◆ Protein (gm.)	13.8	◆ Fats (gm.)	24.5
◆ Minerals (gm.)	1.6	◆ Fibre (gm.)	2.1

6. NUT CHOCOLATE

Ingredients:

Fresh butter	125	gm.
Cocoa powder	50	gm.
Drinking chocolate powder	10	gm.
Milk powder	200	gm.
Groundnut powder (fine)	75	gm.
Sugar	125	gm.



Method:

- ▶ Sieve milk powder without any lumps. Mix with little water to make a batter.
- ▶ Keep a heavy bottom *karahi* with the diluted mixture and keep stirring till it becomes thick.
- ▶ Add sugar and cook till it becomes semi solid consistency.
- ▶ Remove from fire. Mix butter, sieved cocoa, drinking chocolate powder and stir well.
- ▶ Put it back on fire and stir till it becomes like a ball. Pour a little mixture in water and remove from fire if it floats like a ball.
- ▶ Add groundnut powder and mix well. Put it back on fire, pour in greased square plate and level The top.

Product yield: 495 gm.

Product cost (Rs): 154.05

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	453.7
♦	Carbohydrates (gm.)	46.3
♦	Protein (gm.)	15.0
♦	Fats (gm.)	23.2
♦	Minerals (gm.)	3.0
♦	Fibre (gm.)	1.1

7. CRISPY MASALA GROUNDNUT

Ingredient:

Groundnut	200	gm.
<u>for pest</u>		
Besan	90	gm.
Tapkir	5.0	gm.
Adaddal flour	5.0	gm.
Salt	10.0	gm.
Garam Masala	2.0	gm.
Clove Powder	4.0	gm.
<u>for Masala</u>		
Black Salt	1.0	gm.
Chilly Powder	4.0	gm.
Clove Powder	0.5	gm.
Salt	3.0	gm.
Coriander powder	1.0	gm.
Garam Masala	1.0	gm.
Amchur	1.5	gm.
Groundnut oil (for frying)	55	gm.



Method:

- ▶ Mix all the ingredients (for paste) and also mix groundnut them.
- ▶ Add water and make paste.
- ▶ Heat the oil for frying in a Karachi.
- ▶ Then fry these besan coated groundnut (one by one seed fry) in hot oil.
- ▶ Deep fry on low flam till brown.
- ▶ Mix the all spices. And prepare masala for apply on crispy groundnut.
- ▶ immediately sprinkle masala on hot fried crispy groundnut.
- ▶ Cool and store in an airtight container. It lasts for about 2 month at room temperature.

Product yield: 280 gm.

Product cost (Rs): 30.55

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	594.6
♦	Carbohydrates (gm.)	42.9
♦	Protein (gm.)	24.2
♦	Fats (gm.)	36.2
♦	Minerals (gm.)	3.0
♦	Fibre (gm.)	4.6

8. GROUNDNUT SHAKARPARE

Ingredients:

Groundnut seeds	100	gm.
Sugar	100	gm.
Water	100	ml.



Method:

- ▶ Roast groundnut seeds in a *karahi* on low flame with continuous stirring for about 10-15 minutes
- ▶ Cool for a few minutes.
- ▶ Prepare sugar syrup by heating sugar and water in a pan. Continue heating till the syrup is of two-thread consistency.
- ▶ Add roasted groundnuts with skins to it.
- ▶ Stir continuously. Continue cooking on low flame till the syrup starts to dry.
- ▶ Remove the pan from fire and continue stirring till the entire syrup gets dried up and each sugarcoated groundnut seed gets separated.
- ▶ Allow it to cool for 10-15 minutes and serve.
- ▶ Store in a clean dry container. It stays for about 15 days without refrigeration.

Product yield: 195 gm.

Product cost (Rs): 10.40

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	496.4
♦	Carbohydrates (gm.)	64.7
♦	Protein (gm.)	13.5
♦	Fats (gm.)	20.4
♦	Minerals (gm.)	1.3
♦	Fibre (gm.)	1.6

9. GROUNDNUT MILK

Ingredient:

Groundnut	100	gm.
Sugar	15	gm.
Water	1.0	lit.
Nutmeg	0.5	gm.



Method:

- ▶ Roast groundnut kernels slightly. Cool and remove skin.
- ▶ split each kernel into halves and remove the heart (germ).
- ▶ discard the hearts by sieving and the spoilt and discolored kernels by handpicking.
- ▶ place groundnut halves in mixer and grind at a low speed to form a groundnut paste
- ▶ add water and sugar to the paste and grind first at low and then at high speed for about two minutes. Leave for 10 minutes.
- ▶ remove the contents into a strainer or pass through a cloth to extract the milk. Keep (milk residue 260 gm.) aside for preparing groundnut halwa and other preparations described later.
- ▶ boil the milk and. Add green cardamom powder before boiling for flavors (optional).

Product yield: ***500 ml..***

Product cost (Rs): ***14.95***

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	126.4
♦	Carbohydrates (gm.)	8.4
♦	Protein (gm.)	5.3
♦	Fats (gm.)	8.0
♦	Minerals (gm.)	0.5
♦	Fibre (gm.)	0.6

10. GROUNDNUT HALWA

Ingredient:

Milk residue	200	gm
Milk powder	50	gm.
Sugar	50	gm.
Ghee	10	gm.
Nutmeg	0.5	gm.



Method:

- ▶ mix the first three ingredients in a pan
- ▶ add ghee in small quantities at a time and cook with continuous stirring.
- ▶ continue heating till the entire mass leaves the side of the pan.
- ▶ Transfer to a greased plate.
- ▶ cool a little and serve.

Product yield: 250 gm.

Product cost (Rs): 49.40

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	671.7
♦	Carbohydrates (gm.)	48.9
♦	Protein (gm.)	26.2
♦	Fats (gm.)	41.3
♦	Minerals (gm.)	3.2
♦	Fibre (gm.)	2.5

11. GROUNDNUT VADA AND CHUTNEY

Ingredients:

Groundnut for Milk residue	250	gm.
(Milk residue 215gm.)		
Sago powder	250	gm.
Coriander leaves	5.0	gm
Curry leaves	2.0	gm
Green chilly	20	gm
Ginger	5	gm.
Salt	5	gm
Sugar	8	gm
Lime juice	1	gm.
Asafetida	2	gm
Groundnut oil for deep frying	30	gm.



Method:

- ▶ Grind together coriander leaves, curry leaves, green chilly, ginger, salt, sugar and lime juice.
- ▶ Add above to groundnut milk residue and sago powder and grind to a pest.
- ▶ Add asafetida and mix well. Keep it for 1 hour.
- ▶ Prepare round *vada* and deep fry.

Product yield: 550 gm.

CHUTNEY

Ingredients:

Groundnut curd	100	gm	Mint leaves	5.0	gm
Coriander leaves	5.0	gm	Curry leaves	2.0	gm
Green chilly	10	gm	Ginger	5.0	gm
Salt	5.0	gm	Sugar	10.0	gm

Method:

- ▶ Grind together mint leaves, coriander leaves, curry leaves, green chilly, salt and sugar to a paste in a blender.
- ▶ Mix the paste with groundnut curd.

Product yield: 120 gm.

Product cost (Rs): 44.20

Nutritive value (per 100 gm. serving)

♦ Energy (kcal)	486.8	♦ Carbohydrates (gm.)	55.9
♦ Protein (gm.)	12.3	♦ Fats (gm.)	23.7
♦ Minerals (gm.)	1.5	♦ Fibre (gm)	1.9

12. SALTED GROUNDNUT

Ingredient:

Groundnut kernels	200	gm.
Iodized salt	15	gm.
Water	200	gm.



Method:

- ▶ Soak groundnut kernels in salt-water for about 12 hours.
- ▶ remove water and drying groundnut.
- ▶ roast the groundnut kernels in hot sand / oven till slight brown
- ▶ Peel of the skin.
- ▶ The product, if kept in an air tight container, can be store for 30 days at room temperature.

Product yield: ***185 gm.***

Product cost (Rs): ***10.40***

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	616.2
♦	Carbohydrates (gm.)	28.9
♦	Protein (gm.)	28.3
♦	Fats (gm.)	43.0
♦	Minerals (gm.)	2.7
♦	Fibre (gm.)	3.4

13. GROUNDNUT CHIKKI

Ingredients:

Groundnut Kernels (Hps)	250	gm.
Jaggary	150	gm.
Ghee	10	gm.
Water	10	ml



Method:

- ▶ Roast groundnut and remove its skin. Split whole kernel in to halves.
- ▶ Take jaggery in a frying pan and heat till it becomes like a soft paste.
- ▶ Add groundnut halves , mix well and then transfer the mixture to a greased flat plate and spread evenly.
- ▶ Cut into pieces and fill in the container.
- ▶ Store in air tight container.

Product yield: 350 gm.

Product cost (Rs): 22.10

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	597
♦	Carbohydrates (gm.)	59.8
♦	Protein (gm.)	18.9
♦	Fats (gm.)	31.3
♦	Minerals (gm.)	2.0
♦	Fibre (gm.)	2.2

14.GROUNDNUT FLAKES

Ingredient:

For flakes

Groundnut	300	gm.
Salt	30	gm.

For masala

Groundnut oil	10	gm.
Chilly powder	5.0	gm.
Salt	4.2	gm.
Black salt	4.0	gm.
Sugar	20	gm.
Black pepper powder	2.2	gm.
Garam Masala	2.2	gm.
Amchur	3.0	gm.



Method:

- ▶ Dissolve salt in water enough to submerge the groundnut kernels.
- ▶ Leave overnight
- ▶ Drain off the salty water and replace with plain water .
- ▶ Heat the content and allow to boil for ten minutes.
- ▶ Drain off the excess water and spread kernels between the two layers of a tissue papper.
- ▶ Crush each kernel with a wooden hammer or pestle to obtain flakes.
- ▶ Dry roast the flakes in a Karachi or oven.
- ▶ Sieve the all spices. And ready for apply on flakes.
- ▶ immediately sprinkle oil and masala on hot groundnut flakes.
- ▶ Cool and store in an airtight container. It lasts for about 15-20 days at room temperature.

Product yield: ***300 gm.***

Product cost (Rs): ***23.40***

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	637.5
♦	Carbohydrates (gm.)	35.1
♦	Protein (gm.)	25.8
♦	Fats (gm.)	43.7
♦	Minerals (gm.)	2.7
♦	Fibre (gm.)	4.0

15.ROUNDNUT GUJJHIA

Ingredients:

Dough to form covering:

white flour (<i>maida</i>)	200	gm.
groundnut oil	100	ml
water	10	ml.

Mixture for filling:

Groundnut seeds	100	gm.
Roasted semolina (<i>suji</i>)	50	gm.
<i>Khoya</i> (<i>mawa</i>)	100	gm.
Desiccated grated coconut	25	gm.
Sesame (<i>til</i>) seeds	25	gm.
Caster sugar	300	gm.
Cardamom (<i>illaichi</i>) powder	2.0	gm.
Nutmeg powder (<i>jaiphal</i>)	2.0	gm.
Chopped dry fruits	50	gm.
Groundnut oil for frying	15	gm.



Method:

Preparation of the dough:

- ▶ Heat oil slightly and mix it well with flour.
- ▶ Slowly add sufficient water to knead it into tight dough.

Preparation of the filling:

- ▶ Roast the groundnuts, cool and remove the skins and grind them to coarse powder.
- ▶ Add to it coarsely ground *til* powder and mix well.
- ▶ Add rest of the ingredients of the filling and mix well.

Preparation of gujjhia:

- ▶ Make 20 balls of equal size from the dough. Divide the filling mixture into equal number of parts.
- ▶ Roll out each ball into a circular *puri* of about 9-10 cms diameter.
- ▶ Place the filling on one side in each *puri*. Fold the other side and cover the filling and seal the edges by moistening the brim and pressing the edges with fingers.
- ▶ Heat oil in a *karahi* and fry *gujjhias* on slow flame till brown. Serve cool. These *gujjhias* can stay without refrigeration for 8-10 days.

Product yield: 900 gm.

Product cost (Rs): 89.70

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	369.3
♦	Carbohydrates (gm.)	41.6
♦	Protein (gm.)	4.7
♦	Fats (gm.)	20.5
♦	Minerals (gm.)	0.8
♦	Fibre (gm.)	1.5

16.GROUNDNUT KACHORI

Ingredient:

For the covering:

Maida (white flour)	100	gm.
Groundnut oil	5.0	gm.
Water	70	ml.
Salt	1.5	gm.

For the filling:

Groundnut (Roasted)	160	gm.
Sesame seeds	3.5	gm.
Chilly Powder	4.0	gm.
Sugar	4.5	gm.
Salt	5.0	gm.
Black pepper powder	0.5	gm.
Garam Masala	1.0	gm.
Amchur	3.0	gm.
Groundnut oil (for frying)	50.0	gm.



Method:

Preparation of dough:

- ▶ Add the warm oil and salt to the flour and mix thoroughly.
- ▶ To this slowly add sufficient water to knead into a tight – dough and keep it covered with a wet cloth.

Preparation of the filling:

- ▶ Roast the groundnut and when slightly cool, remove their skins.
- ▶ Grind to a coarse powder. To this add the rest of the ingredients of the filling and mix well.

Preparation of the kachori :

- ▶ Divide the dough prepared above into 14-15 equal part and form balls.
- ▶ Divide the filling mixture also into equal number of parts.
- ▶ Roll out each ball into a circular puri of above 8-9 cm diameter.
- ▶ Place the filling in the centre of each puri. Fold the edges, add with wet finger, and seal them in the centre.
- ▶ Roll out with the palm of the hand into a small puri of about 6-7cm diameter.
- ▶ Heat the oil for frying in a Karachi.
- ▶ Deep fry on low flam till brown.
- ▶ Serve hot with groundnut chutney or green chutney or tomato souse.
- ▶ Store in an airtight container. It stays for about 8-10 days without refrigeration.

Product yield: 330 gm.

Product cost (Rs): 16.25

Nutritive value (per 100 gm. serving)

♦ Energy (kcal)	534.1	♦ Carbohydrates (gm.)	36.8
♦ Protein (gm.)	16.8	♦ Fats (gm.)	35.5
♦ Minerals (gm.)	2.2	♦ Fibre (gm.)	2.6

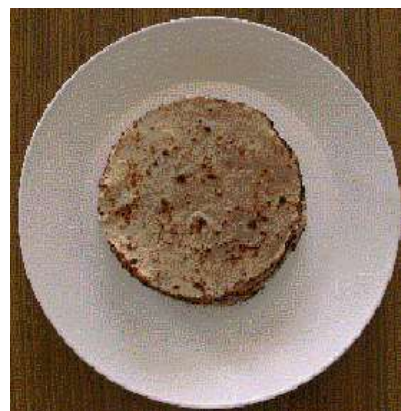
17. GROUNDNUT CHAPATI

Ingredients:

Wheat	450	gm.
Groundnut kernels	50	gm.

Method:

- ▶ Grind the wheat and groundnut kernels in a blender to a fine powder.
- ▶ Knead the composite flour to prepare dough.
- ▶ Prepare small balls for rolling out *chapati*
- ▶ Cook *chapati* on a hot *tawa* in the same way as wheat-flour chapati is cooked



Product yield: 475 gm.

Product cost (Rs): 14.30

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	382.7
♦	Carbohydrates (gm.)	68.5
♦	Protein (gm.)	14.1
♦	Fats (gm.)	5.8
♦	Minerals (gm.)	2.8
♦	Fibre (gm.)	2.1

18.GROUNDNUT KURKURE

Ingredient:

Groundnut	150	gm.
Besan	60	gm.
Rice flour	40	gm.
Groundnut oil	250	gm.
(Total oil consumption 55gm)		
Turmeric powder	1	gm.
Chilly powder	4	gm.
Salt	6	gm.
Black salt	6	gm.
Cumin	1	gm.
Black pepper powder	3.5	gm.
Water (for residue)	1000	ml



Method:

- ▶ Grind the groundnut kernels in a mixture to a fine powder.
- ▶ Add water and leave for 10 minutes.
- ▶ Remove the contents into a strainer or pass through a cloth to extract the milk. Keep the residues (milk residues 100 gm.) aside for preparing groundnut kurkure.
- ▶ Add rice flour, besan, all spices, curd to the residues and prepare dough.
- ▶ Heat the oil for frying in a Karahi.
- ▶ This dough was filled in sev maker/machine and fry in different shape.
- ▶ Cool and store in an airtight container. It lasts for about 15-20 days at room temperature.

Product yield (gm.): 230

Product cost (Rs.): 22.10

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	751.6
♦	Carbohydrates (gm.)	48.1
♦	Protein (gm.)	23.0
♦	Fats (gm.)	51.9
♦	Minerals (gm.)	2.7
♦	Fibre (gm.)	3.9

19.GROUNDNUT CHAKRI

Ingredient:

Groundnut (for Milk residue	150	gm.
Wheat flour	75	gm.
Groundnut oil	250	gm.
(Total oil consumption	45 gm)	
Turmeric powder	0.5	gm.
Green chilly	20	gm.
Salt	4.5	gm.
Sesame seeds	5	gm.
Curd	70	gm.
Ginger	1.0	gm.
Water (for residue)	500	ml



Method:

- ▶ Grind the groundnut kernels in a mixture to a fine powder.
- ▶ Add water and leave for 10 minutes.
- ▶ Remove the contents into a strainer or pass through a cloth to extract the milk. Keep the residues (milk residues 100 gm) aside for preparing groundnut chakri.
- ▶ And then wheat flour was covered with a wet cloth and put in pressure-cooker.
- ▶ Steam it in a pressure-cooker for 10-15 minutes (3 whistles) and take out.
- ▶ Sieve the wheat flour after cooling.
- ▶ Add salt, sesame, turmeric, ginger & chilly paste to the sieve wheat flour, mix with curd to smooth dough consistency.
- ▶ Heat the oil for frying in a Karahi.
- ▶ Put this dough in a chakri pressing machine and press it in different shape.
- ▶ And deep fry on medium flame, till those turn golden brown color.
- ▶ The product, if kept in an air tight container, can be stored for 15-20 days at room temperature.

Product yield: 250 gm.

Product cost (Rs): 22.75

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	561.1
♦	Carbohydrates (gm.)	35.6
♦	Protein (gm.)	17.8
♦	Fats (gm.)	38.6
♦	Minerals (gm.)	2.4
♦	Fibre (gm.)	2.7

20.SPICY GROUNDNUT

Ingredient:

Groundnut (Roasted)	200	gm.
Groundnut oil	10	gm.
Chilly powder	2.5	gm.
Salt	2.1	gm.
Black salt	2.0	gm.
Sugar	10	gm.
Black pepper powder	1.1	gm.
Garam Masala	1.1	gm.
Amchur	1.5	gm.



Method:

- ▶ roast groundnut and then remove the skin.
- ▶ Sieve the all spices. And prepare masala for apply on groundnut splits.
- ▶ immediately sprinkle oil and masala on groundnut splits. and mix well.
- ▶ Cool and store in an airtight container. It lasts for about 1 month at room temperature.

Product yield: 220 gm.

Product cost (Rs): 14.30

Nutritive value (per 100 gm. serving)

◆	Energy (kcal)	586.5
◆	Carbohydrates (gm.)	30.3
◆	Protein (gm.)	24.1
◆	Fats (gm.)	41
◆	Minerals (gm.)	2.5
◆	Fibre (gm.)	3.4

21. GROUNDNUT BALLS

Ingredient:

Groundnut (Roasted)	150	gm.
Ghee	10	gm.
Dates (without seeds)	100	gm.
Coconut powder	5.0	gm.



Method:

- ▶ Roast the groundnut and when slightly cool, remove their skins. Grind to a coarse powder.
- ▶ Take the dates, and remove their seeds and grind.
- ▶ Heat of the ghee in a pan .
- ▶ Add groundnut powder and dates. And mix well.
- ▶ Heat for 10-15 min. remove from flame and make into round ball.
- ▶ Decorate with coconut powder and dry fruits.

Product yield: ***250 gm.***

Product cost (Rs): ***16.25***

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	518
♦	Carbohydrates (gm.)	46.7
♦	Protein (gm.)	16.9
♦	Fats (gm.)	29.3
♦	Minerals (gm.)	2.4
♦	Fibre (gm.)	3.6

22. GROUNDNUT SWEET

Ingredient:

Groundnut (Roasted)	130	gm.
Besan	70	gm.
Ghee	50.0	gm.
Sugar	200	gm.
Nutmeg	2.0	gm.



Method:

- ▶ Roast the Groundnut and Then Remove the Skin and Grind to Fine Powder.
- ▶ Add ghee, milk slightly and mix well with besan.
- ▶ And sieve besan to remove any lump.
- ▶ Add ghee at a time and cook with continuous stirring.
- ▶ Heat mixture on low flame till brown.
- ▶ Add water to sugar in a pan and cook for about 5 minutes on medium heat and check consistency by putting a drop temperature. Remove this solidified drop with fingers and break it. If it is crisp it is ready.
- ▶ Add roasted besan, groundnut powder, nutmeg in to this syrup.
- ▶ Mix well and pour in a greased *thali* (flat dish)
- ▶ Allow it to cool and then cut into rectangular pieces.
- ▶ Store in a jar

Product yield: ***430 gm.***

Product cost (Rs): ***39.65***

Nutritive value (per 100 gm. serving)

◆	Energy (kcal)	522.9
◆	Carbohydrates (gm.)	64.4
◆	Protein (gm.)	10.8
◆	Fats (gm.)	24.7
◆	Minerals (gm.)	1.3
◆	Fibre (gm.)	1.6

23. GROUNDNUT KHAMAN

Ingredient:

Groundnut (Roasted)	50	gm.
Besan	50	gm.
Salt	15	gm.
Backing Powder	3.0	gm.
Sugar	15	gm.
Green Chilly	10	gm.
Red chilly	5	gm.
Coriander leaves	5.0	gm.
Curry leaves	5.0	gm.
Turmeric	5.0	gm.
Leman juice	5	ml
Sesame	5.0	gm.
Oil	15	gm.
Cumin seeds	4.0	gm.
Asafetida	2.0	gm.



Method:

- ▶ Grind the groundnut kernels in a mixture to a fine powder.
- ▶ Add groundnut powder, salt, turmeric powder, pieces of green chilly, backing powder, water and mix it well with besan and make paste.
- ▶ Apply tea spoon oil to small plates and fill the paste in the plates.
- ▶ Steam it in cooker for 10-15 minuets, take out and remove.
- ▶ Allow it to cool and then cut into rectangular pieces.
- ▶ Heat the oil then add mustard, cumin, asafetida, curry leaves, green chilly, and pinch of turmeric. Then fry well.
- ▶ Add khaman, lime juice, coriander leaves, sugar powder, red chilly powder, sesame seeds, salt to the above and mix thoroughly on low flam.
- ▶ Serve hot with chutney.

Product yield: 150 gm.

Product cost (Rs): 16.90

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	499.8
♦	Carbohydrates (gm.)	46.4
♦	Protein (gm.)	16.6
♦	Fats (gm.)	27.5
♦	Minerals (gm.)	2.9
♦	Fibre (gm.)	4.6

24. CRISPY PAPADI

Ingredient:

Groundnut	50	gm.
Maida	50	gm.
Salt	1.5	gm.
Cumin seeds	1.0	gm.
Groundnut oil	250	gm.
(Total oil consumption 30 gm)		



Method:

- ▶ Grind the groundnut kernels in a mixture to a fine powder.
- ▶ Add groundnut powder, salt, oil, cumin seeds to the maida and thoroughly with water like dough.
- ▶ Make small ball and spread it into thin sheet with roti roller
- ▶ cut these sheets into round shapes.
- ▶ Deep fry these round in oil till they turn to golden brown color.

Product yield: 120 gm

Product cost (Rs): 8.45

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	606.3
♦	Carbohydrates (gm.)	40.1
♦	Protein (gm.)	15.7
♦	Fats (gm.)	42.5
♦	Minerals (gm.)	2.2
♦	Fibre (gm.)	2.2

25. SWEET CRISPY PARA

Ingredient:

Groundnut	50	gm.
Maida	50	gm.
Sugar	40	gm.
Groundnut oil	250	gm.
(Total oil consumption 35 gm)		



Method:

- ▶ Grind the groundnut kernels in a mixture to a fine powder.
- ▶ Add groundnut powder, sugar, oil, to the maida and thoroughly with water like dough.
- ▶ Make small ball and spread it into thin sheet with roti roller
- ▶ Cut these sheets into different shapes.
- ▶ Deep fry on medium flame, till they turn to golden brown color.

Product yield: ***160 gm***

Product cost (Rs): ***11.05***

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	580.1
♦	Carbohydrates (gm.)	54.7
♦	Protein (gm.)	11.7
♦	Fats (gm.)	34.9
♦	Minerals (gm.)	1.6
♦	Fibre (gm.)	1.6

26. GROUNDNUT FAFADA

Ingredient:

For dough

Groundnut	75	gm.
Besan	65	gm.
Urddal flour	10	gm.

Salt	7	gm.
Soda bicarb	0.5	gm.
Groundnut oil	250	gm.
(Total oil consumption 20 gm)		

for Masala

Black Salt	1.0	gm.
Chilly Powder	1.5	gm.

Method:

- ▶ Grind the groundnut kernels in a mixture to a fine powder.
- ▶ Add groundnut powder, salt, sugar, soda, black gram dal to the besan and thoroughly with boil water like dough.
- ▶ Make small ball and spread it into thin sheet with roti roller
- ▶ cut these sheets into different shapes.
- ▶ Deep fry on medium flam, till they turn to golden brown color.
- ▶ Mix the black salt&chilly powder. And prepare masala for apply on groundnut fafada.
- ▶ immediately sprinkle masala on hot fried groundnut fafada.
- ▶ Serve hot with groundnut chutney.

Product yield: ***170 gm***

Product cost (Rs): ***12.35***

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	514.1
♦	Carbohydrates (gm.)	38.3
♦	Protein (gm.)	19.1
♦	Fats (gm.)	31.6
♦	Minerals (gm.)	2.4
♦	Fibre (gm.)	2.9

27. GROUNDNUT KHAKHRA

Ingredient:

Groundnut	75	gm.
Maida	75	gm.
Salt	3.0	gm.
Cumin seeds	2.0	gm.
Black pepper powder	2.0	gm.
Turmeric powder	2.0	gm.
Groundnut oil	3.0	gm.

Method:

- ▶ Grind the groundnut kernels in a mixture to a fine powder.
- ▶ Add groundnut powder, salt, oil, cumin seeds, black pepper granules, turmeric powder To the maida and thoroughly with water like dough.
- ▶ Make small ball and spread it into very thin sheet with roti roller
- ▶ Cook khakhra on a hot tawa (nonstick/dosa tawa) in the same way as wheat flour chapati is Cooked.

Precaution: The khakhra should be cooked on a low flame, while gently pressing with clean cloth.

Product yield: 150 gm.

Product cost (Rs): 9.10

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	485.5
♦	Carbohydrates (gm.)	49.8
♦	Protein (gm.)	19.2
♦	Fats (gm.)	23.3
♦	Minerals (gm.)	2.7
♦	Fibre (gm.)	2.9

28. GROUNDNUT BISCUITS

Ingredient:

Groundnut	55	gm.
Maida	55	gm.
Sugar	60	gm.
Coco powder	2.0	gm.
Fat	30.0	gm.
Baking powder	2.0	gm.
Vanilla essence	few drop	



Method:

- ▶ Grind the groundnut kernels in a mixture to a fine powder.
- ▶ Rub the fat thoroughly and add sugar powder and rub well. Than add few drop of essence and add groundnut powder, maida and mix well to a fine dough.
- ▶ Make small ball and spread it into thin sheet with roti roller
- ▶ Cut this into different shape using biscuits cutters and bake 350⁰F for 10 minutes in an oven.

Product yield: ***170 gm.***

Product cost (Rs): ***23.40***

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	593.1
♦	Carbohydrates (gm.)	66
♦	Protein (gm.)	12.1
♦	Fats (gm.)	31.2
♦	Minerals (gm.)	1.7
♦	Fibre (gm.)	1.6

29.PETTISH

Ingredient:

Groundnut	100	gm.
Rajgara Flour	25	gm.
Sago	25	gm.
Potato	50	gm.
Chilly powder	5.0	gm.
Salt	4.0	gm.
Sugar	2.0	gm.
Garam Masala	2.0	gm.
Amchur	3.0	gm.
Turmeric powder	2.0	gm.
Groundnut oil	250	gm.

(Total oil consumption 20 gm)



Method:

- ▶ Grind the groundnut kernels in a mixture to a fine powder.
- ▶ Soak the sago with water for 2-3 hours. and drain the water,
- ▶ Boil water in a container in potato and cook till the potato become smooth and eatable.
- ▶ It may be cooked in pressure cooker for 15-20 min.
- ▶ Add sago, potato, groundnut powder, salt, Chilly powder ,Sugar ,Garam Masala, Amchur,coriander leaves and mix well.
- ▶ Make small round ball.
- ▶ Deep fry these round in oil till they turn to golden brown color.

Product yield: 250 gm

Product cost (Rs): 14.30

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	407.2
♦	Carbohydrates (gm.)	34.6
♦	Protein (gm.)	12
♦	Fats (gm.)	24.5
♦	Minerals (gm.)	1.6
♦	Fibre (gm.)	2.2

30. GROUNDNUT CAKE

Ingredient:

Groundnut	100	gm.
Maida	100	gm.
Sugar	150	gm.
Coco powder	5.0	gm.
Fat	30.0	gm.
Baking powder	2.0	gm.
Vanilla essence	few drop	



Method:

- ▶ Grind the groundnut kernels in a mixture to a fine powder.
- ▶ Sieve flour and baking powder together.
- ▶ Grind the sugar, add fat and mix well.
- ▶ Add few drop of essence is added and mixed thoroughly.
- ▶ now add groundnut powder coco powder, sieve flour with baking powder to the above mixture and grind thoroughly
- ▶ Add milk to get a drop batter consistency.
- ▶ Pour the mixture into a greased cake tin and bake at 210⁰C for 25-30 min.
- ▶ Cool and serve.

Product yield: **400 gm.**

Product cost (Rs): **33.80**

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	419.8
♦	Carbohydrates (gm.)	56.8
♦	Protein (gm.)	8.3
♦	Fats (gm.)	17.7
♦	Minerals (gm.)	0.6
♦	Fibre (gm.)	0.8

31. GROUNDNUT MIX

Ingredient:

Groundnut	150	gm.
Rice flakes	50	gm.
Chilly powder	5.0	gm.
Salt	4.0	gm.
Sugar	10.0	gm.
Funnel seeds	3.0	gm.
Sesame seeds	3.0	gm.
Amchur	5.0	gm.
Turmeric powder	5.0	gm.
Curry leaves	5.0	gm.
Groundnut oil	250	gm.

(Total oil consumption 15 gm)



Method:

- ▶ Fry the flakes and groundnut seeds with curry leaves.
- ▶ Mix all the spices and prepare masala to apply on fried flakes and groundnut seeds.
- ▶ Immediately sprinkle masala on hot fried flakes and groundnut seeds.
- ▶ Cool and store in an airtight container. It lasts for about 2 months at room temperature.

Product yield: ***230 gm***

Product cost (Rs): ***19.85***

Nutritive value (per 100 gm. serving)

♦	Energy (kcal)	551
♦	Carbohydrates (gm.)	42.5
♦	Protein (gm.)	18.9
♦	Fats (gm.)	33.9
♦	Minerals (gm.)	2.5
♦	Fibre (gm.)	3.4