

Peanut



Leaflet #10



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Peanuts are also known as groundnuts or monkey nuts and are a member of the Legume family. Liked by many on toast or in a 'PB&J' sandwich.

These are often used in place of almonds in curry. It is important to check with the supplier about the possibility of cross-contamination.

Peanut (groundnut) oil is often used for frying, particularly in oriental cuisine.

In some bars in the USA and Canada, peanuts are served in their shells, pictured above, by the bucket. The shells, or husks, are just dropped on the floor, often with a stray kernel.

The peanut shells are left to be trodden underfoot on wooden floors, which serves two purposes. The husks absorb any spilt drinks, and the oils released soak into the wood, both polishing and protecting it from 'water damage'.

Ask your doctor

We do not give medical advice.

Please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.

Other names to look for:

Beer nuts
Cacahuette
Chinese nuts
Earthnuts
Groundnuts
Goober pea
Mandelonas
Monkey nuts
Groundnut oil