



Groundnut oil extraction process and Nutritional values | Health benefits of groundnut oil



Groundnut is considered as an important oil crop across the world due to its high oil content. The groundnut (peanut) kernels are rich in oil (48–50%) and protein (25–28%), and are the source of several vitamins, minerals, antioxidants, biologically active polyphenols, flavonoids, and isoflavones.

Groundnut oil is extracted by crushing the groundnut kernels with force. Peanut oil is used for culinary purposes right from the ancient times. In India, traditionally bullocks were led around the 'chekku' filled with groundnut kernels, which turned the wooden crusher to extract oil.

Later due to modernization, the traditional chekku was replaced by rotary machine extractors. Nowadays, the tradition heads back as the people realize the health values in it.

Cold pressed oil extraction:



Cold pressed or wood pressed groundnut oil is produced by crushing the groundnut kernels with wooden churner to expel out the oil.

By this method, the friction between the mortar and the wooden churner is reduced which in turn the heat generation gets suppressed. As a result, the oil is extracted below 30°C without losing its natural properties whereas in rotary machine chekku, the oil extracted gets heated up to 120°F .

In South India, the wood variety preferred for the wooden churner is vaagai (*Albizia lebbek*) as it absorbs the mild heat generated while crushing the seeds and maintains atmospheric temperature. The expelled oil remains at room temperature whereas the machine expelled oils are hot enough not even to touch.

Nature of Groundnut oil:

Cold pressed groundnut (peanut) oil is a naturally sweet and flavored edible oil. It has a strong peanut flavor and nutty aroma. Groundnut oil is preferred mainly for its high energy, high burning and smoking point ,having monounsaturated fats, vitamin A, D and E.

Wood pressed groundnut oil has a deep yellow color and mild sweet taste whereas refined groundnut oil looks light yellow in color and has a neutral taste.

The standardized physical nature for a pure wood pressed groundnut oil according to FSSAI (Food Safety and Standards Authority of India) is

PARAMETER	FSSAI STANDARD VALUE
Refractive Index @ 40 °C	1.4620 - 1.4640
Saponification value	188 - 196
Unsaponifiable matter	Not more than 1%
Iodine value	85 -99
Test for Argemone oil	Shall be negative
Turbidity temperature	39 -41 °C
Acid value	Not more than 6.0

The groundnut oil which meets these standards would be certainly pure and devoid of admixtures.

Uses:

- Groundnut oil is predominantly used in cooking. As it is having a high smoking point, this oil is preferred in case of deep frying.
- Other than cooking, groundnut oil is used in making skin care and baby care products.
- Safe to use as a body massage oil.
- Have a wide range of therapeutic uses and health benefits.

For more info visit:

<http://www.arogiyamstores.com/products/indian-cold-pressed-groundnut-oil.php>

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