



REDISCOVERING GROUNDNUTS

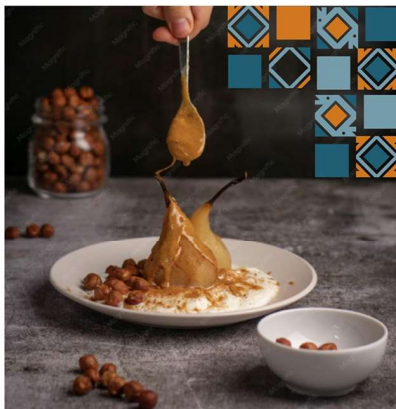
A proudly South African Ingredient Story

Local, familiar, yet underused

South African groundnuts are one of those ingredients we all know but perhaps do not always fully appreciate. Familiar, affordable and deeply versatile, they have long been part of everyday food culture, yet their potential in professional kitchens remains far greater than their current use suggests.

For chefs, caterers and food innovators, groundnuts offer an opportunity to rediscover a locally relevant ingredient that can add flavour, texture, depth and value across a wide range of dishes.

Groundnuts are not limited to snack bowls or peanut butter. In the hands of a creative chef, they can become a crust, a crumb, a sauce, a garnish, a thickener, a dressing, a dessert component or the flavour base of a memorable dish.



Plant Forward Innovation

As more consumers explore plant-forward, flexitarian and sustainable eating, groundnuts offer chefs a familiar and accessible way to build more satisfying dishes. They pair well with grains, legumes, vegetables, herbs, spices and sauces, making them a strong partner in modern menu design. Rather than replacing tradition, groundnuts can help chefs reinterpret it.

Cost-conscious Menu Planning

In a time where kitchens are under pressure to manage food costs without compromising quality, groundnuts offer a practical and flavourful solution. They can add substance, richness and texture to dishes while supporting creative, cost-conscious menu development - a small quantity can transform a sauce, lift a salad, enrich a stew or add crunch and satisfaction to plant-forward meals.

Diners increasingly want to know where their food comes from and why ingredients have been chosen. South African groundnuts give chefs a simple but meaningful story to tell: a local crop, a versatile ingredient and a practical way to support home-grown food systems.

Rediscovering South African groundnuts is about reconnecting with ingredients that belong to our own food landscape. They offer chefs a way to tell a local story on the plate - one that connects agriculture, culture, flavour and innovation.

Choosing and promoting South African groundnuts supports a local value chain that includes large and small farmers, processors, suppliers and food manufacturers. For the hospitality and foodservice sectors, this is an opportunity to make ingredient choices that do more than meet kitchen needs - they also contribute to local economic activity and help strengthen South Africa's agricultural base.

By promoting greater awareness and use of South African groundnuts, the SA Groundnut Forum and Association aim to support both the local industry and the chefs who continue to shape the way South Africans eat.