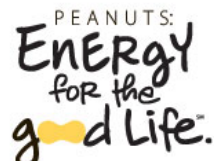


# PEANUT FLOUR RECIPES



THESE DELICIOUS DISHES CAN BE MADE USING  
12 PERCENT LIGHT ROAST PEANUT FLOUR  
PRODUCED BY PROTEIN PLUS, LLC

To purchase peanut flour visit:  
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## OUR THANKS TO THE FOLLOWING FOR ALLOWING US TO SHARE THEIR PEANUT FLOUR RECIPES

**Pages 1 thru 4**  
Nabila Covington  
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**Pages 5 thru 13**  
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**Page 14**  
Various Chefs and Peanut Lovers  
Credits listed for each recipe.

**Pages 15 thru 18**  
THE PEANUT INSTITUTE  
P.O. Box 70157  
Albany, Georgia 31708-0157

Check out our  
Gluten-Free  
recipe section

**Pages 19 thru 23**  
Gluten-Free Recipes From  
Various Sources

**Page 25**  
Nutritional Facts

## Nutty Cream Cheese Pound Cake

### Ingredients

1 stick butter	1/2 teaspoon baking soda
1/2 cup shortening	1/2 teaspoon salt
3 cups sugar	1 teaspoon vanilla
1 (8oz) cream cheese	1 cup chopped peanuts
6 eggs	2 cups all purpose flour
1 cup peanut flour	

1. Cream butter, shortening, and cream cheese.
2. Gradually add sugar, beating well at medium speed.
3. Add eggs one at a time, beating well after each addition.
4. Combine flour, soda and salt: add to creamed mixture, stirring just until blended.
5. Stir in remaining ingredients.
6. Pour batter into greased and floured 10 inch tube pan.
7. Bake at 325 degrees for 1 1/2 hours.
8. Cool in pan 10-15 minutes
9. Remove from pan.
10. Use your favorite icing, if desired.

## Peanut Butter and Jelly Cookies

2 sticks margarine  
1 cup firmly packed brown sugar  
3 large eggs  
1 teaspoon vanilla  
1 1/2 cup all purpose flour  
1/4 teaspoon salt  
2 cups finely chopped peanuts  
1 cup peanut flour  
4 tablespoons of your favorite jelly

1. In large bowl of an electric mixer, beat margarine, and sugar until creamy.
2. Separate eggs, place whites in small bowl, lightly beat and set aside. Then beat yolks and vanilla into butter mixture.
3. In another bowl stir together flour, peanut flour, and salt. Gradually add to butter mixture, blending thoroughly. To shape and fill cookies (1) with your hands, roll dough into balls about 1 inch in diameter. (2) Dip each ball in egg whites, and then roll in finely chopped peanuts to coat. Place on greased baking sheets, spacing them 1 inch apart. (3) With your thumb or tip of a spoon, make an indentation in the center of each ball. (4) Neatly fill each indentation with about 1/4 teaspoon jelly or jam of your choice.

Bake in 375 degree oven for 12 minutes or until lightly brown. Let cool on baking sheets for about a minute, then transfer to racks and let cool completely. Store in an airtight container. Makes about 3 1/2 dozen.

## Peanut Butter Chocolate Brownies

1 box Chocolate cake mix  
1 cup peanut flour  
1 1/2 sticks margarine  
1/2 cup milk  
2 eggs  
1/2 cup chopped peanuts  
1/2 cup chocolate chips

1. Mix all ingredients (except for chopped nuts and chocolate chips) in a bowl.
2. Spoon mixture onto a greased 13x9 cake pan-press with your hand to spread evenly.
3. Sprinkle chocolate chips and chopped peanuts on top.
4. Bake in preheated oven (350 degrees) for 25-30 minutes.

## Peanut Chocolate Chip Cookies

3/4 cup butter (room temp)  
1/2 cup granulated sugar  
1/3 tablespoon brown sugar  
2 eggs  
2 tablespoons milk (up to 4 tablespoons if needed for moisture)  
1/2 cup peanut flour  
1 1/2 cup all purpose flour  
1/2 teaspoon salt  
1 tablespoon baking powder  
1 cup chocolate chips  
1/2 cup chopped peanuts

1. With an electric mixer, cream butter and sugars together until smooth and pale.
2. Beat in eggs.
3. Mix peanut flour, all purpose flour, salt and baking powder in a bowl.
4. Alternately, add flour and milk in 1/3 increments to eggs and mix until smooth.
5. Fold in chocolate chips and pecans.
6. Preheat oven to 350 degrees F.
7. Scoop dough with teaspoon on a greased cooking sheet 3 inches apart.
8. Cook 15 mins or until light golden color. Makes 42

### **Peanut Cream Cheese Pound Cake**

3 sticks butter  
1 (8oz) package cream cheese  
3 cups sugar  
6 large eggs  
2 cups cake flour  
1 cup peanut flour

Cream butter and cream cheese with mixer. Add sugar slowly. Add eggs one at a time, beating after each until yolk is broken. At low speed, add flour. Blend until smooth. Pour into large greased and floured tube or loaf pan. Place in COLD oven. Bake at 295 degrees for 2 hours.

### **Chocolate Chip Nutty Pound Cake**

1 stick butter	1 cup peanut butter
1/2 cup shortening	1/2 teaspoon baking soda
3 cups sugar	1/2 teaspoon salt
1 (8 oz) cream cheese	1 teaspoon vanilla
6 eggs	1 cup chocolate chips
2 cups all purpose flour	1/2 cups cocoa
1 cup peanut flour	1/2 cup Hershey's Chocolate Syrup

1. Cream butter, shortening and cream cheese.
  2. Gradually add sugar, beating well at medium speed.
  3. Add eggs, one at a time, beating well after each addition.
  4. Add chocolate syrup.
  5. Combine flour, soda and salt-add to creamed mixture stirring just until blended.
  6. Stir in remaining ingredients.
  7. Pour batter into a greased and floured 10 inch tube pan.
  8. Bake at 325 degrees F for 1 1/2 hours
  9. Cool in pan for 10-15 min.
  10. Remove from pan.
- Use favorite icing if desired.

### **Maple Fruit Timbales**

3/4 cup chopped peanuts	1 1/4 cup all purpose flour
2 sticks margarine	1/2 cup peanut flour
1 cup sugar	1 1/2 teaspoon baking powder
1/4 cup brown sugar	1 cup milk
1/2 cup maple syrup	3 eggs
1 teaspoon cinnamon	Favorite pie filling
1/4 teaspoon salt	

1. Combine margarine and sugars in mixing bowl.
2. Beat at medium speed until smooth and pale.
3. Add eggs, milk, and maple syrup and beat until smooth.
4. Mix cinnamon, salt, peanut flour, all purpose flour and baking powder in a bowl.
5. Alternately, add flour mixture and milk in 1/3 increments to eggs and mix until smooth.
6. Stir in chopped peanuts
7. Preheat oven to 350 degrees
8. Divide dough into greased muffin top tray
9. Bake until muffins are golden colored and firm (15 min)
10. Top with favorite pie filling. Makes 30

### **Nutty Blueberry Squares**

1 box yellow cake mix  
3/4 cup peanut flour  
3/4 cup chopped peanuts  
1 stick melted margarine  
1/2 cup milk  
2 eggs  
1 cup fresh or frozen blueberries

1. Mix all ingredients, except for blueberries in a large bowl.
2. Spread in a greased 13x9 cake pan.
3. Sprinkle blueberries, press lightly over top by hand
4. Place in preheated (350 degree) oven for 30 minutes.

## Indulgent Peanut Chocolate Chip Muffin Tops

### Ingredients:

½ cup Butter (room temperature)  
1/3 cup Granulated Sugar  
2 tbsp Brown Sugar  
2 Eggs (room temperature)  
¼ cup Peanut Flour  
1 ¼ cups All-Purpose Flour  
½ tsp Salt  
1 tbsp Baking Powder  
½ cup Milk  
1 cup Chocolate Chips

### Preparation:

1. In an electric mixer cream butter and sugars together until smooth and pale
2. Beat in eggs.
3. Mix peanut flour, all purpose flour, salt and baking powder in a bowl
4. Alternately add flour and milk in 1/3 increments to eggs and mix until smooth
5. Fold in chocolate chips .
6. Preheat oven to 350 degrees F.
7. Divide dough into pre-greased muffin top molds or scoop onto a non-stick tray like cookies
8. Bake until risen and firm - about 15 minutes
9. Remove from pan and serve immediately or cool, wrap and freeze
10. To re-warm, heat in toaster or microwave

## Chipotle-Orange and Peanut Chicken Marinade

Ideal as a marinade, basting or dipping sauce, it works magic with grilled chicken or oven-cooked wings. The peanut flour is the essence of peanut butter but with the fat removed making all these sauces low calorie favorites. The sauces are intensely flavored so a little goes a long way. This recipe is enough to coat one pound of boneless, skinless chicken breast to serve four.

### Ingredients:

2 Tbsp peanut flour  
1 ½ Tbsp orange juice  
1 tsp chipotle peppers, canned (use more according to desired heat)  
Few drops fresh lemon juice

### Preparation:

In a small bowl, stir peanut flour and orange juice to form a thin paste. Stir in remaining ingredients. Will have a thin consistency. Use as a marinade.

## Peanut Oven-Fried Chicken with Citrus-Ginger Sauce

Hands-On Time: 15 minutes, Total Time: 33 minutes

### Ingredients:

16 saltine crackers  
¼ cup USA-GROWN PEANUTS  
1 tsp. paprika  
½ tsp. salt  
½ tsp. pepper  
2 egg whites  
Vegetable cooking spray  
Parchment paper  
1¼ to 1½ lb. chicken breast tenders  
¼ cup light roast peanut flour made with USA-GROWN PEANUTS  
2 Tbsp. grated fresh ginger (about 1 (2-inch) piece)  
½ cup orange juice  
¼ cup sweet chili sauce  
2 Tbsp. creamy peanut butter made with USA-GROWN PEANUTS  
1 Tbsp. soy sauce  
2 tsp. lime juice  
1½ tsp. aromatic peanut oil made with USA-GROWN PEANUTS  
GARNISH: chopped USA-GROWN PEANUTS

PREHEAT: oven to 425°. Process crackers and peanuts in a blender or food processor 30 to 45 seconds or until finely ground. Stir together cracker mixture, paprika, salt and pepper. Whisk egg whites just until foamy.

PLACE a wire rack coated with cooking spray in a parchment paper-lined 15 x 10-inch jelly-roll pan. Dredge chicken tenders in peanut flour; dip in egg whites, and dredge in cracker mixture. Place chicken on wire rack.

BAKE at 425° for 18 to 20 minutes or until golden brown and done, turning once after 12 minutes.

Meanwhile, Squeeze juice from grated ginger into a small bowl; discard solids. Combine ginger juice, orange juice, and next 5 ingredients in a blender or food processor. Pulse 2 or 3 times or until smooth and well blended. Serve immediately with chicken tenders. Garnish, if desired.

Makes 4 servings

Note: This recipe was tested using 12% fat light roast peanut flour.

## **Peanut Beer Batter Chicken Strips with Coriander-Maple Peanut Sauce**

### Ingredients:

#### Peanut Beer Batter Chicken Strips:

1 large egg  
3/4 cup beer (English ale or oatmeal stout)  
1 1/2 cups peanut flour  
1 teaspoon baking soda  
1 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1/2 cup finely chopped peanuts  
24 ounces boneless, skinless chicken breast strips  
3 cups peanut oil

#### Coriander-Maple Peanut Sauce:

1/2 cup cilantro leaves  
1/3 cup unsalted peanuts  
2 tablespoons chili paste  
2 garlic cloves  
1 teaspoon salt  
1/2 cup rice vinegar  
1/4 cup hot water  
1/4 cup maple syrup

### Preparation:

Prepare the Cilantro-Maple Peanut Sauce, combining the cilantro and peanuts in the work bowl of a food processor. Pulse 4 to 5 times to crush peanuts and combine ingredients. Add the remaining ingredients and puree until well combined. Transfer a serving bowl. Set aside.

Prepare the Peanut Beer Batter Chicken Strips, in a large bowl, lightly beat the egg; whisk in the beer, then 1 cup of the peanut flour, baking soda and salt. Fold in chopped peanuts. Cover and let stand for half hour before using.

Heat oil in a large skillet (cast-iron works great) over medium-high heat to 360 degrees F. Dredge the chicken strips in the remaining peanut flour, then dip into the batter; let excess drip off. Place the chicken strips in the heated oil. After about 1 minute, turn the strips. Continue to turn the strips occasionally until they are golden, cooking for a total of 4 to 6 minutes. Transfer to a paper towel lined tray. Pat more towels on top to absorb excess oil. Season with salt and serve with the Cilantro-Maple Peanut Sauce.

### Makes:

4-6 Servings

## **Peanut Flatbread Wraps filled with Turkey and Spicy Chutney Mayonnaise**

### Ingredients:

#### Peanut Flatbread:

1/2 ounce fresh yeast  
1 1/2 teaspoons granulated sugar  
1 1/2 cups warm (not hot) water  
1 tablespoon olive oil  
1 1/4 cups bread flour (plus more for rolling)  
1 cup peanut flour  
1 1/2 teaspoons salt

#### For Filling:

3/4 cup low-fat mayonnaise  
1/4 cup mango chutney  
1 teaspoon curry powder

12 ounces cooked sliced turkey meat  
3 cups watercress, tough stems discarded  
1/2 cup plus 1 tablespoon coarsely chopped lightly salted peanuts

### Preparation:

To prepare the flatbread: In the bowl of an electric mixer, combine the yeast, sugar, and water. Stir with a fork to combine. Set aside for 5 minutes until foamy and bubbly. Stir in 1 tablespoon of the olive oil. Attach the dough hook to the mixer and add the flours and salt to the mixer. Mix until it forms a smooth ball; the dough may be sticky. Continue to add additional flour, if necessary, until the surface is dry enough to handle. Divide the dough into 6 equal size balls. Place on a lightly greased sheet pan and brush the remaining olive oil on top. Cover the pan with plastic wrap and let proof for 2 hours at room temperature.

Place a pizza stone in the oven and preheat to 450 degrees. Pat each ball into 4-inch disk and sprinkle liberally with flour. Roll each disk on a floured surface into a thin, 10-inch circle. Prick the circle copiously with a fork to prevent puffing. Place each rolled dough onto the stone and cook until the edges are crisp but the middle remains chewy and pliable, about 2 to 3 minutes. Set aside to cool. Wraps can be made and stored in airtight storage bags or on a sheet pan tightly covered with plastic wrap for 2 to 3 days.

To prepare the wrap filling: Mix mayonnaise, chutney, and curry powder in small bowl. Season to taste with salt and pepper. Spread 3 tablespoons curry-chutney mayonnaise in 2-inch wide strip in the center of each peanut flatbread. Top with 2 ounces of turkey, 1/2 cup watercress and 1 1/2 tablespoons peanuts. Fold sides of peanut wrap over ends of filling, then roll up burrito-style, enclosing filling completely. Repeat with remaining ingredients. Cut each turkey wrap in half on diagonal.

### Makes:

6 servings

## Peanut-Spice Crusted Pork Medallions with Ancho-Peanut Sauce

### Ingredients:

#### Ancho Peanut Sauce:

2 roma tomatoes  
1 teaspoon olive oil  
Salt  
1 shallot, peeled and chopped  
1 garlic clove, crushed  
1/2 cup unsalted roasted peanuts  
1/2 cup natural peanut butter  
1 ancho chile, seeded, deveined and soaked in warm water  
1/2 teaspoon ground cinnamon  
2 cups chicken broth

#### Peanut Crust:

1/2 cup unsalted dry roasted peanuts  
1/4 cup peanut flour  
2 teaspoons zatar  
1 teaspoon garam marsala  
1 teaspoon ground cumin  
2 14-16 ounce pork tenderloins, each cut crosswise into 6 slices  
1 tablespoon peanut oil  
1/2 cup peanut flour  
1 egg, beaten  
Salt

### Preparation:

Preheat oven to 375 degrees F.

To prepare the ancho-sauce: Rub the tomatoes with olive oil and place in a small roasting pan with the shallot and garlic. Drizzle with olive oil and season with salt. Roast until tomatoes are soft and slightly charred, about 20 minutes. Set aside to cool. In a blender or food processor, puree the tomato mixture until smooth. Add the peanuts, peanut butter, ancho chile, chicken broth and cinnamon, and puree until smooth. Transfer the mixture to a small saucepan and simmer for 5 minutes. Adjust seasoning with salt if necessary. Prepare up to 2 days in advance. To prepare the peanut crust: Grind the peanuts in a food processor and pulse until fine; do not overdo this step or the nuts will turn oily and pasty. Add the peanut flour, zatar, garam marsala and cumin, and pulse 3 to 4 times to combine. Transfer the spice mixture to a large plate.

Preheat the oven to 375 degrees F.

To prepare pork medallions: Place beaten eggs and peanut flour in two separate dishes. Dredge the pork medallions in the peanut flour; shake off excess. Dip in egg mixture, season with salt and pepper, and pat all sides with the peanut spice crust to evenly coat. Heat the peanut oil in a large nonstick skillet or well seasoned cast iron pan over medium heat. Add the spice crusted tenderloins and saute until crusted, lightly browned and cooked through, about 3 to 4 minutes per side. Take care when turning not to rub off the crust and adjust the heat, if necessary, to prevent burning. Transfer pork slices to a platter or individual serving plates. Spoon the sauce over each serving.

Makes: 6 to 8 Servings

## PB&J Snack Bars

Be sure to sprinkle the peanut topping around the edges of the pan to seal in the jelly mixture.

Hands-On Time: 20 minutes; Total Time: 2 hours, 12 minutes.

### Ingredients:

1¼ cups butter, divided  
2 cups all-purpose flour  
½ cup powdered sugar  
½ cup powdered sugar  
1¼ cups grape or strawberry jelly  
1 cup creamy peanut butter made with USA-GROWN PEANUTS  
¾ cup light roast peanut flour made with USA-GROWN PEANUTS, divided  
1 cup salted USA-GROWN PEANUTS, chopped  
½ cup uncooked quick-cooking oats  
3 Tbsp. light brown sugar  
2 Tbsp. granulated sugar  
⅛ tsp. salt

### Preparation:

PREHEAT oven to 350°. Line bottom and sides of a 13 x 9 inch pan with heavy-duty aluminum foil, allowing 2 to 3 inches to extend over sides; lightly grease foil.

Cut 1 cup butter into small pieces. Pulse butter pieces, all-purpose flour, and powdered sugar in a food processor 5 to 6 times or until mixture is crumbly. Press mixture into bottom of prepared pan.

BAKE at 350° on an oven rack one-third up from bottom of oven 22 to 24 minutes or just until golden brown. Meanwhile, whisk together jelly, peanut butter, and ¼ peanut flour in a small bowl until smooth.

MICROWAVE remaining ¼ cup butter in a microwave-safe bowl at HIGH 25 seconds or until melted. Stir in peanuts, next 4 ingredients, and remaining ½ cup peanut flour until well blended and crumbly.

SPREAD jelly mixture over crust, leaving a ½ inch border. Sprinkle peanut mixture around edges of pan and over jelly mixture.

BAKE at 350° for 30 minutes or just until jelly mixture begins to puff. Cool completely in pan on a wire rack (about 1 hour).

Carefully and quickly lift baked bars from pan, using foil sides as handles. Place on a cutting board, and cut into 24 bars.

Makes 24 servings.

Note: This recipe was tested using 12% fat light roasted peanut flour.

## Zesty Lime and Ginger-Peanut Chicken Kebobs Marinade

Ideal as a marinade, basting or dipping sauce, it works magic with grilled chicken or oven-cooked wings. The peanut flour is the essence of peanut butter but with the fat removed making all these sauces low calorie favorites. The sauces are intensely flavored so a little goes a long way. This recipe is enough to coat one pound of boneless, skinless chicken breast to serve four. Nutrition Claim: Excellent source of protein

### Ingredients:

2 Tbsp peanut flour  
1 Tbsp water  
1 tsp tamari sauce  
1 tsp fresh grated ginger  
½ tsp fresh lime juice  
¼ tsp fresh lime peel, grated  
½ tsp finely chopped fresh mint

### Preparation:

In a small bowl, stir in peanut flour and water to form a paste. Stir in remaining ingredients. Will have a thick paste-like consistency. Rub over chicken as marinade

## Peanut BBQ Chicken Marinade

Ideal as a marinade, basting or dipping sauce, it works magic with grilled chicken or oven-cooked wings. The peanut flour is the essence of peanut butter but with the fat removed making all these sauces low calorie favorites. The sauces are intensely flavored so a little goes a long way. This recipe is enough to coat one pound of boneless, skinless chicken breast to serve four. Nutrition Claim: Excellent source of protein

### Ingredients:

2 Tbsp peanut flour  
1 Tbsp water  
1 Tbsp ketchup  
1 Tbsp brown sugar  
2 tsp mustard  
¼ tsp garlic salt  
Black pepper to taste

### Preparation:

In a small bowl, stir peanut flour and water to form a paste. Stir in remaining ingredients. Will have consistency of traditional BBQ sauce. Use as marinade, apply with basting brush or use as table-top dipping sauce.

## Peanut Streusel Mango Muffins

### Preparation Time:

Prep: 15 min., Bake: 24 min., Cool: 30 min.

### Ingredients:

½ cup coarsely chopped dry roasted, salted USA-GROWN PEANUTS  
¼ cup light roast peanut flour made with USA-GROWN PEANUTS  
2 cups all-purpose flour, divided  
½ cup firmly packed light brown sugar, divided  
5½ Tbsp. butter, melted and divided  
1 tsp. baking soda  
½ tsp. baking powder  
½ tsp. ground cinnamon  
¼ tsp. salt  
2 medium mangoes (about 2 lb.), peeled and chopped\*  
½ cup granulated sugar  
½ cup low-fat buttermilk  
1 large egg  
12 aluminum foil baking cups

\*2 cups frozen cubed mango, thawed, may be substituted.

### Preparation:

1. Preheat oven to 375°. Stir together chopped peanuts, peanut flour, ½ cup all-purpose flour, ¼ cup light brown sugar, and 3½ Tbsp. melted butter until mixture is crumbly.
2. Stir together baking soda, next 3 ingredients, and remaining 1½ cups all-purpose flour in a bowl.
3. Process mango in a blender or food processor 15 to 20 seconds or until pureed. Pour puree into a measuring cup to equal 1 cup. (If necessary, discard any remaining puree, or reserve for another use.)
4. Whisk together 1 cup mango puree, granulated sugar, buttermilk, egg, and remaining ¼ cup brown sugar and 2 Tbsp. melted butter in a medium bowl until well blended. Gradually whisk in flour mixture just until combined.
5. Place baking cups in a muffin pan. Spoon batter into cups, filling two-thirds full. Sprinkle peanut streusel mixture over batter.
6. Bake at 375° for 22 to 24 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. Gently transfer muffins from pan to a wire rack using a knife or metal spatula, and cool completely (about 20 minutes).

NOTE: To make ahead, freeze baked, cooled muffins in a heavy-duty zip-top plastic freezer bag up to 1 month. To reheat, remove muffins from baking cups, wrap in a paper towel, and microwave at HIGH 20 seconds or until thoroughly heated. For testing purposes only, we used 12% fat light roast peanut flour.

Makes 1 Dozen

## Beer Battered Chicken with Peanut Sauce

### Ingredients:

Peanut Sauce Yield: 2 ½ cups:

- 1 cup smooth peanut butter
- 1 ½ tsp Sambal Oelek
- 1 pack Williams™ Red Curry Seasoning
- 2 ½ Tbsps. granulated sugar
- 1 cup unsweetened coconut milk
- 1/3 cup water
- 1 ½ tsps. Vietnamese fish sauce
- 1 tsps. fresh lemon juice
- 1 tsps. soy sauce

Mango Chutney Yield – 8 cups:

- 4 cups mango battons, peeled
- 2 cups Spanish onion, peeled and julienned
- 3 Tbsp. fresh ginger, peeled and julienned
- 6 garlic cloves, peeled and lightly bruised
- ½ cup yellow raisins
- 3 cups white vinegar
- 2 cups orange juice
- 4 cups dark brown sugar
- 1 pack Williams™ Curry Seasoning

Beer Battered Chicken:

- 2 qts. peanut oil
- 1 pack of Williams™ Tempura Batter Mix
- ½ + 1/8 cups All Purpose Flour
- ½ + 1/8 cups Peanut Flour
- 1 cup water cold
- 1 cup cold beer
- 10 chicken tenders
- Peanut Sauce or Mango Chutney

Preparation:

For Peanut Sauce:

1. Combine all ingredients in blender; puree.

For Mango Chutney:

1. Combine all ingredients in non-reactive saucepan over medium heat; bring to simmer; lower heat; cook until liquid is reduced by 80%.
2. Transfer to clean bowl; cool to room temperature; cover; reserve in refrigerator.

Assembly:

1. Heat fryer to 375 degrees F.
2. Combine tempura mix and flours in bowl.
3. Whisk in water and beer until smooth.
4. Dust chicken with flour, dip in batter; dust in flour; dip in batter deep fry until internal temperature reaches 160 degrees F.; drain.
5. To serve arrange chicken on plates; garnish with peanut sauce or mango chutney; serve.

## PEANUT BUTTER COOKIE EXTRAORDINAIRE (Soft, Chewy & Delicious)

- ¾ cup creamy peanut butter
- ½ cup butter (softened – not melted)
- 1 ¼ cups light brown sugar, firmly packed
- ¼ cup granulated sugar
- 3 tablespoons milk
- 2 tablespoons applesauce
- 1 tablespoon vanilla
- 1 egg
- 1 ¼ cup all-purpose flour
- ½ cup Protein Plus peanut flour
- ¾ teaspoon salt
- ¾ teaspoon baking soda

Mix together peanut butter, butter, applesauce, and milk and vanilla. Mix on low speed until well blended, about 1 ½ minutes. Mix together brown sugar, and granulated sugar, and slowly add while mixing. Stop and scrape down bowl sides. Add egg. Mix at low speed just until blended, about 30 seconds.

Combine flour, peanut flour, salt and baking soda in small bowl. Turn on mixer to stir speed and gradually add dry ingredients, mixing just until blended.

Drop by heaping teaspoonfuls 2 inches apart onto un-greased baking sheets.

Bake at 350°F for 7 ½ to 8 ½ minutes or until set and lightly browned. Remember that ovens vary in cooking times and temperatures.

Makes about 3 dozen cookies.

Recipe by Protein Plus, LLC

## Peanut Butter Cookies (Traditional Semi-Crunchy)

- 1 cup margarine or butter
- 1 cup brown sugar
- ¾ cup granulated sugar
- ¾ cup peanut butter
- 2 eggs (beaten)
- 3 tablespoons apple sauce
- 1 ½ cups flour
- 1 ½ cup Protein Plus 12% Peanut Flour
- 1 teaspoon soda
- ½ teaspoon salt

Add ingredients in order listed, mixing well after each. Roll into 1" balls and place on un-greased (no-stick) cookie sheet. Flatten and press with a fork if crisscross is desired. Bake at 350°F for 13 minutes. Cool on rack before serving or storing.

Makes about 2 ½ to 3 dozen cookies.

Recipe by Protein Plus, LLC



### **Panisses Peanut and Chickpea “French Fries”**

1 cup peanut flour  
1 cup chickpea flour\*  
2 cups (approx.) cold water  
salt to taste  
freshly ground black pepper to taste  
1 tbsp. olive oil  
oil, for frying

Put the peanut and chickpea flour in a large bowl and stir in the cold water, beat with an eggbeater or wire whisk for 1 to 2 minutes, or until you have a smooth paste. Stir in the salt, pepper, and olive oil.

Pour into a heavy-bottomed saucepan and heat over a medium flame, stirring constantly with a wooden spoon. After 5 to 10 minutes, the mixture will thicken, then become lumpy, and finally form a mass like pate a choux. Remove from the flame and beat until the dough is very smooth. Spoon into the oiled pan and allow to cool. When the panisse dough is cool, cut it into little sticks (1 ½ inch wide and about 2 inches long) as you would potatoes for French Fries.

In a heavy pot, heat olive oil, and when it is very hot fry the little sticks in the same manner as you would French Fries, not cooking too many at one time. When they are crisp and golden, turn them very carefully with a spatula. (They will be done in about 4 minutes.) Remove and drain on paper towels. Put them on trays in a slow oven (250°F) while you fry the remaining panisses.

Sprinkle with salt and pepper and, if you like, a little grated Parmesan cheese and serve.

Note: This is one of Nice’s oldest recipes. Each morning, pasta and ravioli shops sell panisses freshly made and displayed on dozens of unmatched saucers. Every family saves a precious collection of chipped saucers for the panisses preparation. These chickpea sticks are the children’s favorite lunch, favorite snack, and, when sprinkled with sugar, favorite dessert. Fried panisses seasoned with freshly ground pepper are delicious with broiled chicken, leg of lamb, or plain hamburgers.

\*You may add some toasted or popped spices.

Yield: 6 Portions

### **Chicken Peanut Crunch**

8 – 10 chicken parts of your choice  
3 teaspoons white pepper  
3 teaspoons garlic salt  
3 teaspoons seasoning salt  
1 ½ cups all-purpose flour  
1 ½ cups dark roast peanut flour  
1 teaspoon peanut oil  
1 cup water  
1 tablespoon creamy peanut butter  
1 ½ cup chopped roasted peanuts

Wash and pat dry chicken parts. Combine pepper, garlic salt and seasoning salt and sprinkle on both sides of chicken. Combine all-purpose flour and Dark Roast Peanut Flour in large plastic or brown bag. Mix well. Add chicken parts and coat with flour mixture. Grease large casserole dish (13x9x2) with 1-teaspoon peanut oil (sides and bottom). Arrange chicken pieces in one layer in casserole dish. Mix together 1-cup water and 1-tablespoon peanut butter, pour ¼ cup liquid at each corner of dish to evenly distribute in dish. Cover with foil and bake at 350°F for 1-hour or tested done. When done sprinkle with ¼ cup medium chopped nuts. Dish will make its own sauce that can be served with meat.

Yield: Makes 4-5 portions (2-pieces per serving) or 8-10 portions (1-piece per serving).

Recipe by: Jean Jackson – Columbus, GA

### **Peanut Raspberry Scones**

5 oz. peanut flour  
1 ¾ tbsp. baking powder  
¾ tsp. salt  
5 oz. sugar  
5 oz. raspberries or strawberries, frozen  
1 pt. cream  
2 lb. 8 oz. total amount

Mix all dry ingredients together with a paddle in the 20 qt. bowl.  
Add frozen fruit.  
Add cream and mix just until combined.  
Divide into 2 equal pieces and shape into 10” circles, freeze!  
Cut into 10 wedges, brush with milk and sprinkle with coarse sugar.  
Bake at 375°F for about 20 minutes.

Yield: 10 – 4 ounces Scones

Source: ©Robert Jörin 1993

## **(Bulk) Peanut Pitass: Watch it Grow!**

16 ounce dry active yeast  
6 quarts lukewarm water  
20 pounds unbleached all purpose flour  
8 pounds whole wheat flour, (or Peanut flour)  
¼ cup sugar  
¼ cup salt  
8 fl. ounces olive oil

In a large bowl, sprinkle the yeast over the warm water. Stir to dissolve. Slowly stir in enough flour to form a paste. Stir with paddle for about 1 minute, in the same direction to activate the gluten. Let this sponge rest for at least 10 minutes, or as long as 2 hours.

Sprinkle the salt over the sponge and stir in the olive oil. Mix well. Add more flour, in small amounts, until the dough is too stiff to stir. (by hand – not machine) Turn it out onto a lightly floured surface and knead for 8 to 10 minutes, until smooth and elastic. Or use dough hook and knead for 5 minutes. Place dough into a lightly greased bowl and cover with plastic wrap. Let rise until at least doubled in size, approximately 1 ½ hours.  
\*\* For BEST results: allow to rise overnight under refrigeration.

Place baking sheets in oven. Preheat oven to 500°F. Gently punch down the dough. Divide the dough into 3 ounce pieces, round up. Cover, while you work with the rest. Flatten each piece with lightly floured hands. Roll out each piece to a circle 8 to 9 inches in diameter, and less than ¼ inch thick. Keep the rolled-out breads covered until ready to bake, but do not stack. Place 2 breads, or more if your oven is large enough on the baking sheets, and bake for 2 to 3 minutes, or until each bread has gone into a full “balloon”.

To cook the pitass on top of the stove: Preheat a 9” or larger griddle or cast iron skillet over medium-high heat. When hot, lightly grease the surface of the griddle with a little oil. Follow the same procedure as above for making the circles. Gently put one bread onto the griddle. Cook for 15 – 20 seconds, then gently turn over. Cook for about 1 minute, until big bubbles begin to appear. Turn the bread again to the first side, and cook until the bread balloons fully.

Wrap the cooked breads together in a large kitchen towel to keep them warm and soft while you bake the remaining rolled-out breads.

Yield: 100 Portions

Source: Chef Mark Mattern ©

## **Peanut Chicken Strips with Stir Fry Vegetable Salad and Creamy Peanut Butter Dressing**

### **CHICKEN MARINADE**

1 cup whole milk  
¼ cup creamy peanut butter

1 large egg  
1 pound chicken strips (various length but only ¼ to ½ inch thick).

Directions: Wash and cut strips as needed to be approximately ¼ to ½ inch thick. Season to taste with seasoning salt and set aside. Blend together milk, peanut butter and egg. Pour over seasoned chicken and marinate for about 1-hour in refrigerator.

### **CHICKEN BATTER**

1 cup self-rising flour  
1 cup light roasted peanut flour

1 cup finely ground roasted peanuts

Directions: Combine all ingredients into plastic or brown bag. Drop strips of chicken from marinade into flour, coat and shake off excess and deep fry.

### **Deep Frying**

Use Dutch oven if you do not have fryer. Use 1 ½ quart of peanut oil, heat oil to frying temperature (350 degrees). Drop strips of chicken one at a time into fryer. Cook 1 – 2 minutes depending on thickness or until golden brown and floats to surface. Remove from fryer, drain on paper towel. Keep warm until all strips are cooked and ready to arrange on salad.

### **SALAD**

1 Bag Romaine and Radicchio  
3 cups Shanghai Gourmet Stir-Fry International Vegetable Blend (purchase at Sam’s Club) or your favorite stir fry vegetable mix

Directions: Wash lettuce; spin dry or drain excess water on paper towel. Tear lettuce into bite size pieces and set aside in refrigerator. Spread frozen vegetables on microwave safe dish (single layer) and heat until thawed and heated through. Vegetables should still have crispness. Let cool about 5 minutes. If there is any liquid, drain it off. Add vegetables with lettuce and toss (this is not a hot salad).

Makes 4 large salads of equal portion or 8 small side salads. Arrange chicken strips on salads in equal portions depending on number of servings.

Serve with Creamy Peanut Butter Dressing.

### **CREAMY PEANUT BUTTER DRESSING**

2 ¼ cups peanut oil  
1 cup honey  
¾ cup Red Wine vinegar

3 tablespoon chopped sweet onion  
3 tablespoons Dijon mustard  
1 cup creamy peanut butter

Directions: Combine all ingredients in container of an electric blender in the order listed. Process on low speed until Mixture is thoroughly blended together.

Yield: Makes 5 cusp----fill 4 cruets 1 ¼ cups each Give some for a gift.

Recipe by: Jean Jackson – Columbus, GA<sub>18</sub>

# GLUTEN-FREE

We recognize and acknowledge that Gluten-Intolerance is an enormous problem that affects the health of millions of people today. While we do not have a cure we do have Roasted Peanut Flour, a product that is tasty, versatile, and contains no gluten.

In an effort to add a few more items to your accepted foods list we offer the following pages of recipes. As more Gluten-Free recipes become available to us we will make every effort to make them available on our website at [www.proteinplusflour.com](http://www.proteinplusflour.com) or at [www.southerngracefarms.com](http://www.southerngracefarms.com).

Remember..... Roasted Peanut Flour usage is limited only by your imagination. **It can be mixed in, blended in, or sprinkled onto food. It can be cooked in foods or consumed in its natural state. It can be dissolved into high-protein shakes or drinks.**

## Crunchy Peanut Fish Fillets

### Ingredients:

1/4 cup yellow cornmeal  
1/4 cup 12% fat peanut flour  
1/4 cup finely chopped roast peanuts  
2 teaspoons herbs d' Provence or fines herbes  
2 egg whites  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
4 (5 ounce) skinless halibut, red snapper or Boston scrod fish fillets  
1 tablespoon peanut oil  
1 tablespoon butter  
1/3 cup gluten free mayonnaise, such as Hellman's  
2 tablespoons finely chopped sweet pickles  
1/2 teaspoon dry mustard  
1/4 teaspoon hot pepper sauce (optional)  
4 lemon wedges

### Preparation:

In a shallow plate or pie plate, combine cornmeal, peanut flour, peanuts and herbs; mix well. In another shallow plate, beat egg whites with 2 teaspoons water. Sprinkle salt and pepper over fish. One at a time, dredge fish fillet in cornmeal mixture, then in egg white mixture and then again in cornmeal mixture patting to coat. Transfer to a plate; set aside.

Heat oil and butter in a 12-inch nonstick skillet over medium heat until hot. Add fish; sauté 4 to 5 minutes per side or until fish is golden brown.

Meanwhile, combine mayonnaise, pickles, mustard and, if desired, pepper sauce. Serve fish with sauce and lemon wedges.

Makes: 4 servings    Thanks to National Peanut Board

## Peanut Protein Shake

### Preparation Time:

5 minutes

### Ingredients:

2 cups Fresh Blueberries  
1/3 cup Peanut Flour  
1/2 cup Ice  
2 cups Tart Honey Frozen Yogurt  
1 1/2 cups Milk

### Preparation:

1. Place all ingredients into a blender
2. Blend at high speed for 1 minute
3. Pour in glass and serve

Makes 3 – 12 oz. Shakes

Thanks to National Peanut Board

## Pear & Peanut Butter Smoothie

1 ripe Bartlett pear, peeled, seeded, cut into chunks, chilled  
1/2 cup diced pear in syrup  
2 tbsp creamy peanut butter  
1 tbsp peanut flour  
2 tbsp granulated sugar  
1 tsp minced ginger or ginger puree  
1/2 tsp lemon zest  
2 tps lemon juice  
1 1/2 cusp ice cubes

### Preparation:

Place all ingredients in a blender and process just until smooth (over processing will make the drink less flavorful). Garnish each glass with a thin wedge of pear and serve immediately.

### Makes:

4 drinks

Thanks to National Peanut Board

## Spicy Caribbean Vegetable Stew

1 tablespoon peanut oil  
1 large onion, chopped  
1 red bell pepper, cut into 3/4-inch chunks  
4 cloves garlic, minced  
1 tablespoon Caribbean jerk seasonings  
3 cups vegetable broth, divided  
2 medium sweet potatoes, peeled, cut into 1-inch chunks (1 lb.)  
2 small zucchini or yellow squash (or 1 of each), sliced (1/2 lb.)  
1/4 cup 12% fat peanut flour  
1 (15 or 16 ounce) can red beans, rinsed, drained  
1/2 cup coarsely chopped roast peanuts  
1/2 cup chopped cilantro (optional)  
4 lime wedges

### Preparation:

Heat oil in a large saucepan over medium heat. Add onion; sauté 5 minutes. Add bell pepper and garlic; sauté 2 minutes. Sprinkle seasonings over vegetables; sauté 1 minute. Add 2-1/2 cups of the broth and sweet potatoes. Bring to a boil over high heat. Reduce heat; cover and simmer 12 minutes, stirring occasionally. Stir in squash; cover and simmer 5 to 6 minutes or until vegetables are tender, stirring once.

Whisk together peanut flour and remaining 1/2 cup broth. Stir into stew; simmer uncovered 5 minutes or until stew has thickened. Stir in beans; heat through. Ladle into four shallow bowls. Top with peanuts and, if desired, cilantro. Serve with lime wedges. Makes 4 servings.

Thanks to National Peanut Board

## Peanut Butter Pancakes

### Ingredients:

1 cup rice flour  
1/4 cup 12% fat peanut flour  
1/4 cup chopped roast peanuts  
2 tablespoons cornstarch  
2 tablespoons sugar  
1-1/2 teaspoons baking soda  
1/4 teaspoon salt  
2 large eggs  
1-1/4 cups buttermilk, well shaken  
2 tablespoons plus 1 teaspoon peanut oil, divided

### Peanut Butter Syrup

1/4 cup agave nectar  
2 tablespoons all natural creamy peanut butter

### Preparation:

In a medium bowl, combine rice flour, peanut flour, peanuts, cornstarch, sugar and baking soda; mix well.

In a small bowl, beat eggs. Stir in buttermilk and 2 tablespoons of the peanut oil. Add to dry ingredients; stir just until dry ingredients are moistened.

Coat a large nonstick skillet or griddle lightly with remaining 1 teaspoon peanut oil. Heat over medium heat until skillet or griddle is hot when a drop of water sizzles. Drop batter by scant measuring 1/4 cupfuls into hot skillet. Cook 2 minutes or until bottoms of pancakes are golden brown. Turn pancakes; continue cooking until browned on bottom, 1 to 2 minutes.

Serve pancakes with peanut butter syrup.

### Peanut Butter Syrup

Combine agave syrup and peanut butter in a small microwave safe bowl or measuring cup. Microwave agave mixture at high power 30 to 45 seconds or until hot. Stir until peanut butter is melted and well blended. Makes about 1/3 cup.

### Makes:

4 servings (about 16 3-inch pancakes)

Thanks to National Peanut Board

## Gluten-Free Peanut Bread

¾ cup peanut flour  
¼ cup *fine ground* corn meal  
1 teaspoon baking powder  
1 ½ teaspoon sugar  
2 eggs  
2 tablespoons vegetable oil  
1 cup apple sauce

Thoroughly mix dry ingredients, peanut flour, corn meal, baking powder and sugar and set aside momentarily.

With your electric mixer, mix eggs, vegetable oil, and apple sauce. Then, slowly add dry ingredients while constantly mixing. Once all dry ingredients have been added continue mixing for 2 - 3 minutes (until all peanut flour has blended in smoothly).

Pour into a non-stick oblong cake pan (or lightly spray your regular surface pan with non-stick spray) and bake at 350°F for 35 minutes or until bread springs back when lightly pressed. Cut into slices or squares.

Thanks to Quellanette Strickland for this recipe

## Peanut Flour Crêpes

3 Eggs  
10 oz. Whole Milk  
1 oz. Melted Butter  
2 oz. Peanut Flour  
2 oz. Amaranth Flour  
½ t. Sea Salt  
2 t. Chives  
pinch Baking Powder

Preparation:

1. Combine all dry ingredients in a small bowl.
2. In a separate bowl, whisk eggs and milk together.
3. Sift all dry ingredients into egg and milk mixture and whisk until smooth.
4. Stir in melted butter and chives.
5. Preheat an 8" non-stick frying pan or crêpe pan sprayed with non-stick spray.
6. Ladle in approximately 1 oz. of crêpe batter and cook until bubbles appear.
7. Flip and cook on other side until set.
8. Can be made ahead up to one day before serving.

Makes:

4 – 6 as an appetizer

Thanks to National Peanut Board

## NOTES

**Ingredients: Roasted Peanuts**

## Nutrition Facts

Serving Size 1/4 cup (30g)  
Servings Per Container 15

**Amount Per Serving**

**Calories 110**

**Calories from Fat 35**

	% Daily Value*
<b>Total Fat</b> 4g	<b>6%</b>
<b>Saturated Fat</b> 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 2g	
<b>Protein</b> 16g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	

\*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.



**Manufactured in a facility that uses peanuts.**

Protein Plus roasted peanut flour provides a healthful, lower-fat and gluten-free boost to a variety of foods. It is a great thickener for soups, a flavorful and aromatic ingredient for breads and pastries, as well as a creative coating for meats, fish and other center-of-the-plate dishes. Plus, peanut flour is a good source of vitamin E, folate, fiber, niacin, magnesium and phosphorus.

### MAY WE SUGGEST.... A SPRINKLE OF LIGHT ROAST PEANUT FLOUR

On your favorite brand of vanilla ice cream. (Tastes best when slightly mixed in.)

On your favorite cold cereal. Add milk as usual and enjoy.

On your next frozen or home made waffle. Add a light coating of margarine or butter while still hot. Next sprinkle on a generous portion of Light Roast Peanut Flour and top with your favorite syrup.

### PEANUT FLOUR USAGE IS LIMITED ONLY BY YOUR IMAGINATION

Peanut Flours produced by Protein Plus, LLC are Gluten-Free and are certified Kosher so you can enjoy our delicious recipes or have fun experimenting with this exciting high protein, low fat, gluten-free peanut product.



REVISION-5  
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