



Boiled Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



480 min.

SERVINGS



12

CALORIES



431 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 pounds peanuts raw green



1.5 cups salt plus more to taste

Equipment





pot

Directions

- ☐ In a 10- to 12-quart stockpot, stir 1/2 cup salt into 2 gallons of water until the salt dissolves, and add the raw peanuts. Use a large dinner plate or two to help submerge the floating peanuts. Allow to soak for 8 hours or overnight. (This step saves a little time boiling, and thus fuel, but if you don't have the luxury of time, skip this step. Skip it also if you're using green peanuts.)
- ☐ Drain the soaking water and fill the pot of peanuts with 2 gallons of fresh water and the remaining cup of salt. Note the level of the water on the side of the pot. Bring to a boil, reduce the heat to low, and simmer, covered, for 6 to 8 hours (or 2 to 3 hours for green peanuts), keeping the water in the pot within an inch or so of its original level with regular additions of water, until the peanuts are soft as a roasted chestnut or softer.
- ☐ When the peanuts have boiled for 3 hours (or 1 hour for green peanuts), sample them to check their texture and salinity.
- ☐ Remove a peanut, and when it is cool enough to handle, crack open the shell and give the kernel a chew, slurping some brine with it. If the peanut crunches, it should be cooked further. If the brine lacks enough salt, add by 1/4-cup amounts; if it is too salty, remove a portion of the water and replace with the same volume of fresh water. Allow an hour for the salinity to equalize before testing again. Sample every hour until the peanuts are pleasantly yielding and as salty and appetizing as a good pickle.
- ☐ When the peanuts are cooked to your satisfaction, turn off the heat and allow them to cool in the pot for an hour (or 30 minutes for green peanuts). When cool enough to handle, drain and eat immediately or store in the shell, in a sealed container, in the refrigerator or freezer. (Boiled peanuts will keep for 7 to 10 days in the refrigerator and for several months in the freezer.)
- ☐ Reprinted with permission from The Lee Bros. Charleston Kitchen by Matt Lee & Ted Lee, © 2013 Clarkson Potter
- ☐ Matt Lee and Ted Lee, founders of The Lee Bros. Boiled Peanuts Catalogue, a mail-order source for Southern pantry staples, grew up in Charleston, South Carolina. They are the authors of The Lee Bros. Southern Cookbook, which won the James Beard Award for Cookbook of the Year in 2007, and The Lee Bros. Simple Fresh Southern, which won the IACP Award for Best American Cookbook in 201
- ☐ They are contributing editors for Travel + Leisure and contributors on Cooking Channel's Unique Eats.

Nutrition Facts



 **PROTEIN 17.03%**  **FAT 72.67%**  **CARBS 10.3%**

Properties

Glycemic Index:1.19, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:20.053913033527%

Nutrients (% of daily need)

Calories: 430.91kcal (21.55%), Fat: 37.5g (57.69%), Saturated Fat: 5.78g (36.11%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 4.78g (1.74%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 14163.3mg (615.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.54%), Manganese: 2.03mg (101.62%), Vitamin B3: 12.04mg (60.2%), Folate: 181.44µg (45.36%), Magnesium: 142.49mg (35.62%), Copper: 0.69mg (34.57%), Vitamin B1: 0.51mg (34.02%), Phosphorus: 293.32mg (29.33%), Fiber: 7.18g (28.73%), Iron: 3.08mg (17.09%), Potassium: 565.37mg (16.15%), Vitamin B5: 1.34mg (13.37%), Vitamin B6: 0.26mg (13.15%), Zinc: 1.64mg (10.93%), Calcium: 88.89mg (8.89%), Selenium: 5.48µg (7.83%), Vitamin B2: 0.1mg (6%)