

Groundnut Gojju is the comfort food you didn't know you needed—tangy, nutty, spicy, and soul-satisfying. This lesser-known jewel from Karnataka cuisine balances the creaminess of roasted peanuts with the zing of tamarind and a hint of jaggery, creating a bold, flavour-packed gravy that pairs well with rice, dosa, or even chapati. A perfect dish for those who love earthy flavours with a spicy kick!

What is Gojju made from groundnuts?

Gojju is a thick, tamarind-based South Indian gravy that beautifully melds sweet, sour, and spicy notes. When made with groundnuts (peanuts), it transforms into a protein-rich, creamy delicacy that coats your palate in warmth and nostalgia. Unlike typical chutneys or curries, groundnut gojju is a bold side dish or main accompaniment, especially in traditional homes.

How to Make Groundnut Gojju: The Traditional Way

□ Ingredients:

Main Paste

- **½ cup roasted groundnuts (skin removed)**
- **2-3 dry red chilies (adjust to taste)**
- **1 tsp black sesame seeds (optional)**
- **1 tbsp grated coconut (fresh or dry)**
- **1 small piece of jaggery**
- **1 small marble-sized tamarind or 1 tsp tamarind paste**
- **Salt to taste**

For Tempering

- **1 tsp sesame oil or ghee**
- **½ tsp mustard seeds**
- **A pinch of hing**
- **1 sprig curry leaves**

- 1-2 slit green chilies (optional)

□ Method:

1. Grind the Gojju Base:

In a blender, grind roasted groundnuts, red chilies, sesame seeds (if using), coconut, tamarind, jaggery, and salt with a little water into a thick, smooth paste.

2. Temper It:

Heat sesame oil or ghee in a pan. Add mustard seeds, let them splutter. Add hing, curry leaves, and green chilies.

3. Cook the Gojju:

Add the ground paste to the pan and cook on low flame for 5-7 minutes, adding water as needed to reach a thick gravy consistency. Let the flavours meld well.

4. Adjust and Serve:

- #### 5. Taste and adjust tamarind or jaggery for desired tang and sweetness. Serve warm.

□ Ayurvedic Benefits

1. Groundnuts are snigdha (unctuous) and balya (strengthening)—great for [Vata](#) constitution.
2. Tamarind aids digestion and elimination of toxins.
3. Sesame oil and mustard tempering enhances Agni (digestive fire).
4. Jaggery supports liver function and balances [Pitta](#) when used in moderation.
5. Coconut offers cooling and nourishing qualities, making this dish well-balanced.

□ Pro Tips from the Indian Kitchen

- Dry roast groundnuts until golden and aromatic—this makes all the difference.
- Use black sesame seeds for an extra earthy depth.
- Adjust consistency based on how you plan to eat it—thicker for chapati, thinner for rice.
- Always use fresh tamarind or high-quality paste to avoid bitterness.
- A spoon of ghee at the end can elevate the dish.

♥ Why We Love Groundnut Gojju

- It's deeply comforting, rich, and bold—like a traditional South Indian hug in a bowl
- Packs protein, taste, and energy in a small serving
- Ideal for rainy days, postpartum care, or when digestion feels weak
- Comes together with pantry staples and minimal fuss
- It's an easy dish to showcase native ingredients with pride

□ Ideal For

- Pairing with hot rice, dosas, chapatis, or millet rotis
- Lunchboxes—stays well and even tastes better the next day
- Sattvic or Ayurvedic-style cooking (when made without onion/garlic)
- Postpartum nourishment, especially for [Vata](#)-dominant individuals
- Simple but indulgent weekend meals

