

Delicious dishes made from nuts attract users

Do you know how to make delicious nuts? Summer has come and must be apart from cooking black beans or grapefruit tea you know about this food. Not only delicious, nutritious! The seeds also have a lot of processing methods, if you don't know, try going to the kitchen.

Recently, netizens are buzzing and hunting for a type of seed with a rather strange name for many people who are nuts. So what is the seed? How to use it? And how to make it so delicious is not everyone knows. If you are wondering about this issue, please refer to the following article of Network Administrator to find out about this new seed.

The seed is also known as the seed, which is a familiar type of central people, especially in Nha Trang. These seeds often grow in the forest, have no preservatives, no pesticides, little fat and calories but are rich in minerals, vitamins and other nutrients.



Ground nuts are a natural electrolyte that both helps refreshments and enhances the body's metabolism. Therefore, it is very beneficial for people who are struggling with weight problems. Some nutrients in groundnut include Chloride, Lauric acid, and iron, potassium, calcium, magnesium, sodium, and Phosphorus. In fact, the amount of potassium in the seeds is twice as high as the amount of potassium in bananas.

According to the researchers, patients with high blood pressure often have low potassium levels. Therefore, eating regular seeds may be quite effective in regulating blood pressure due to high levels of potassium and lauric acid.

Besides, the seeds also support digestion, help absorb nutrients including vitamins, minerals, amino acids . The seeds also support the absorption of calcium and magnesium, thereby helping the bones become Stronger, more sturdy. Ground nuts also help improve insulin secretion and sugar use. For fitness athletes, Dat county is a warehouse that provides fast energy, helps athletes recover and regenerate damaged tissues.



Besides such great uses, the nuts can also process a lot of delicious dishes, so you can show them to the whole family to enjoy. Seeds can be rinsed with fruits, pineapple leaves, or syrups to bring out the wonderful taste and color when eaten. Here are 3 ways to make delicious dishes that people often apply, please consult.

1. How to make delicious alum sugar rim



Resources:

This is a fairly simple way of processing, not time-consuming. As the name suggests, the main ingredient we need to prepare is the rock sugar and the nuts.

Making:

When choosing to buy seeds, we should choose the seeds which are fresh and young, then wash them with water about 3-4 times. After washing, put in the pot, add the ginseng juice and boil for 3-4 minutes, use the chopsticks to stir well. When you have enough time, turn off the stove and pour it into a clean basket, rinse with boiling water to cool, drain and prepare for the rim process.

The rim of sugar will take a little bit of time, because in the rim process will help penetrate the sugar into the seeds to help the seed taste good, natural sweet.

Alum sugar we can buy in supermarkets, or groceries are all sold. We can buy alum sugar or small alum sugar. After buying sugar, if they buy alum sugar, it is recommended to pedal small, as small as possible, then put the seeds and alum sugar into the same pot and start the rim. During the rim process, we should lightly simmer.

Note : you do not need to add any more water because the watering granule has a water-accumulating nature, so when you boil water, it will be much.

If you do this, sometimes use chopsticks to stir the seeds well and have eye-catching colors. After about 15 minutes or a shorter time, when the sugar starts to match again, you should turn off the stove and north out for cooling, if it is too long to lead to a fire, more seeds will be tough and lose the delicious taste. , nutritious.

With this road rim dish, we can use it together with yogurt or fruit juice, nothing great in this summer.

2. Seeds with pineapple rim



Summer has arrived, we can easily buy pineapples anywhere. Pineapple is a familiar snack for many people, not only delicious, sweet, pineapple also contains a lot of good nutrition for health. Pineapple is rich in vitamin C, low in calories, no fat and bad cholesterol . If combined pineapple and nuts, it will give you an extremely attractive and full of nutrients.

Resources:

1. Pineapple or Southern people called Thom and westerners called pineapple.
2. The next indispensable material is the seed.
3. Finally, alum sugar.

Making:

If you like to eat a little more fruit for a cool bar, you can choose pineapple to the rim. The way to do it is similar to the rim of sugar.



After the seed is purchased, we also prepare preliminary treatment to wash, boil over boiling water, rinse again and drain.

The pineapple peeled and removed all eyes, leaving the whole fruit through boiling water. **Note that it** should be covered with boiling water and not soaked. Then use a knife to thinly slice the pineapple pieces so that they are equal to the nuts and can be bigger but don't be too different from looking at the form. Alum sugar should also be crushed to make it easy to rim.

Next go to the rim of the seed and pineapple. We put the nuts in a pot, with 1 kg of rice we will give 250gr - 300gr of sugar, if you like sweet food, you can add, depending on the taste of each person.



During the rim process, we should not add water or any other ingredients. You turn your hands evenly for 2-3 minutes, then continue to add pineapple to the island evenly for about 5 minutes, then go out. Note that when the road is yellow, it is better to make it too long to burn or lose the taste of your food!

3. How to cook kernels with jackfruit



With this last dish, we will need to prepare more ingredients, but in return our food will be more attractive.

Resources:

1. 200gr jackfruit.
2. 250gr nuts.
3. 50gr of flour.
4. 1 pack of jelly flute.
5. 500ml of fresh milk without sugar.
6. 100ml coconut milk.
7. Condensed milk, sugar, semolina and little pink products.

Making:

First, you make coconut milk for tea. Pour 500 ml of fresh milk without sugar to the bowl, season the sugar to taste. Add 1 tablespoon of condensed milk to create sweetness for chan juice. Stir in the coconut milk. Leave to cool before refrigerating.



Black jelly flute made according to instructions on packaging. Here I use 25gr of jelly and 200ml of water is the toughness jelly. When jelly uses a knife to cut into large pomegranate seeds.

Put in the flour, add 1-2 drops of pink food coloring. Prepare more boiling water and knead the dough until it is no longer sticky, smooth. Squeeze a small round member into a boil, then take it out to get into the ice bowl.

The seeds were fresh and blanched in boiling water and put together with a small fear.



When you eat, you take a little jelly jelly, a little pearl, add jackfruit and a little flour, add the coconut milk to the cold mix. Because the water of coconut milk was cold, I didn't use any more ice. If you want to eat more ice, then add shaved ice to jackfruit tea.

Above, Network Administrator has just synthesized how to make delicious nuts for you! This recipe is extremely simple, delicious, hygienic, and cooling this summer. Roll up your sleeves, try going to the kitchen to experience its deliciousness!

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