



MAAHIRI FOODS • HERITAGE OIL SERIES

TRADITIONAL GHANI OILS

A visual guide to seven seed and fruit oils

BLACK SESAME • COCONUT • MUSTARD • SAFFLOWER
WHITE SESAME • GROUNDNUT • SUNFLOWER

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Seven oils, one traditional craft

Each chapter follows the same guide format: traditional ghani extraction, how pressed oil differs from refined oil, cooking uses, health considerations, and questions to ask a mill.

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About this edition

The following seven oil guides are collected in one volume. Photos and product notes are illustrative; they do not depict Maahiri Foods' actual equipment or production. Check current food rules and supplier documentation before using product wording on packaging.

Ganuga Black Sesame Oil

How black sesame seeds are pressed in a traditional ghani, how the oil differs from refined oil, and what to know about cooking and health



Traditional animal-powered sesame ghani — illustrative image, not Maahiri Foods equipment.

The key idea

Black sesame oil begins with cleaned sesame seeds that are crushed to release oil. A traditional ghani uses a rotating pestle in a wooden or stone mortar. Some traditional sesame methods add water in stages during crushing. Roasting, seed variety, filtration and refining can affect the oil's colour and aroma; the seed's black colour alone does not prove a special health benefit.

01 | FROM BLACK SESAME SEED TO OIL

How traditional ghani extraction works

A ghani works like a large mortar and pestle. Sesame seeds sit in a bowl-shaped pit while a heavy upright pestle turns and crushes them. In the traditional animal-powered form, a beam connected to the pestle moves as an animal walks in a circle. Regional ghani designs and seed handling differ. [1]



Traditional ghani pressing black sesame seeds; actual presses and practices vary.

- 1. Select and inspect the seeds** Start with sound, clean black sesame. Remove stones, dust and damaged or mouldy seeds. Proper drying and clean storage protect seed quality.
 - 2. Clean and prepare** Seeds are cleaned and brought to a suitable moisture level. Some oil mills gently heat or roast sesame before pressing; others use a different preparation. Roasting strengthens aroma and can darken the oil. [2, 3]
 - 3. Load the ghani** The operator places seeds into the central mortar. A wooden pestle is fitted into the bowl, and the moving beam turns it over the seed mass.
 - 4. Crush and work the seed mass** As the pestle rotates, pressure breaks the seed structure and releases oil. FAO describes a sesame ghani method that adds measured water in stages during crushing; the operator breaks up and works the compacted mass as oil appears. Exact practice varies by mill. [1]
 - 5. Collect oil and remove cake** Oil drains from the pit or is collected after pressing. The compressed seed material left behind is called sesame oil cake.
 - 6. Settle and filter** The crude oil is allowed to settle and may be filtered to remove seed particles. This clarification step is different from full industrial refining. [2]
- Ask about heat and water.** A ghani is not automatically a cold-press process. Pestle friction, seed warming or roasting, and water used in the traditional method can affect processing conditions. Ask the mill what it does and how it monitors the process. [1, 2]

Ghani pressed and refined describe different things

Ghani pressed describes how oil is extracted. Refined describes additional processing after extraction. Sesame oil may be pressed first and then refined. A refined oil can still come from sesame seed; the later steps are used to adjust odour, colour, acidity and keeping quality.

Feature	Ghani-pressed oil	Refined sesame oil
Main process	Seeds are crushed in a mortar by a turning pestle; oil is settled or filtered.	Oil receives further treatment such as neutralisation, bleaching and deodorisation.
Taste and aroma	May be stronger, especially if the seeds were roasted.	Usually milder and more uniform in flavour and appearance.
Colour	Can vary with black sesame type, roasting, settling and filtration.	Often lighter and more uniform after refining.
What it tells you	Traditional extraction does not guarantee a low temperature.	Refining changes flavour and minor components; it does not make sesame oil allergy-safe for everyone.

Sesame seeds may be roasted before pressing for a fuller aroma. Research finds roasting conditions can change oil colour and levels of some minor components, while very high temperatures or prolonged roasting may affect quality. Ask whether black sesame is roasted, how, and at what temperature. [3]

Black seed does not mean black oil. Sesame oil can range from light gold to deeper brown depending on seed, roasting, settling and filtration. Check the finished batch rather than making a colour claim based only on the seed name.



Traditional sesame ghani scene; illustrative image, not Maahiri Foods production.

Uses and health considerations

Black sesame oil can add a nutty aroma to tempering, curries, sautéed dishes, marinades and dressings. A roasted style usually has a more pronounced flavour, while refined sesame oil is generally milder. Choose based on the product label and the taste you want.



Sesame oil with a South Indian meal; follow cooking directions for the actual product.

What the health evidence says

Sesame oil is made mostly of unsaturated fats, including oleic and linoleic acids; exact amounts vary by seed and processing. Replacing some saturated fats with unsaturated fats can support healthier blood cholesterol. Sesame oil also contains lignans such as sesamin and sesamol, but their presence is not proof of a medical effect. Small clinical trials have reported changes in some health markers, yet researchers say more studies are needed. Sesame oil is food, not a treatment for diabetes, blood pressure or cholesterol. [4, 5, 7]

Practical takeaway. Use a moderate amount for flavour and as part of a varied diet. Do not make a disease-treatment or guaranteed health claim from the traditional press method or black seed colour.

Cooking, storage and allergy

- Avoid heating any oil until it smokes; do not repeatedly reheat or reuse cooking oil.
- Store it tightly closed in a cool, dry, dark place and follow the product's best-before guidance.

Sesame allergy can be serious. Anyone with a sesame allergy should follow their allergist's advice and should not assume that ghani pressing, settling, filtering or refining makes this oil safe. Mills should identify sesame cross-contact risks and review applicable allergen labelling rules. [6]

Questions to ask your sesame oil mill

Confirm the actual traditional process, food-safety controls and product claims before describing the oil on a label or website.

- Are the seeds black sesame, and how are they cleaned, dried and stored?
- Is the press a wooden or stone ghani? Is it animal-powered or motor-driven?
- Are seeds roasted or warmed before crushing? If so, how is temperature controlled?
- Does the mill add water during crushing? How are water and oil separated afterward?
- How is oil settled, filtered and stored, and how are oil-contact surfaces cleaned?
- Can the supplier provide batch records, quality tests and food-safety documentation?
- What sesame-allergen information and cross-contact controls apply to this product?

Possible product wording

Gānugalo piṇḍina nalla nuvvula nūne

Telugu transliteration: black sesame oil pressed in a ganuga

Use this wording only if it matches the supplier's actual process. Have the Telugu script checked before printing, and review the complete retail label against current FSSAI and Legal Metrology requirements.

Sources

- [1] K. T. Achaya, FAO, "Ghani: A traditional method of oil processing in India." <https://www.fao.org/4/t4660t/t4660t0b.htm>
 - [2] Tamil Nadu Agricultural University, "Sesame Processing." https://www.agritech.tnau.ac.in/postharvest/pht_oilseeds.html
 - [3] Ji et al., "Effect of roasting treatment on the chemical composition of sesame oil," LWT (2019). <https://doi.org/10.1016/j.lwt.2018.11.008>
 - [4] A. Jafari et al., "Physicochemical, potential nutritional, antioxidant and health properties of sesame seed oil: a review," 2023. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10292629/>
 - [5] Atefi et al., "The effects of sesame oil on metabolic biomarkers: a systematic review and meta-analysis of clinical trials," 2022. <https://doi.org/10.1007/s40200-022-00997-2>
 - [6] Health Canada, "Position on Highly Refined Oils Derived from Food Allergen Sources" (sesame oil section). <https://www.canada.ca/en/health-canada/services/food-nutrition/food-labelling/allergen-labelling/position-highly-refined-oils-derived-food-allergen-sources.html>
 - [7] American Heart Association, "Fats in Foods." <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fats-in-foods>
- Photo note: Images are AI-generated illustrations. They do not show Maahiri Foods' actual equipment, production or product.*

Ganuga Coconut Oil

How coconut oil is made, how traditional pressing differs from refining, and what to know about cooking and health



Illustrative traditional-style coconut ghani; not Maahiri Foods equipment.

The key idea

Coconut oil may be pressed from dried coconut kernel (copra) in a ghani or mechanical expeller. Other methods make oil from fresh coconut milk or cream. The exact product depends on the starting material and process. A traditional press does not by itself prove the oil is cold-pressed or has a health advantage.

01 | FROM COCONUT TO OIL

How traditional coconut oil extraction works

Many traditional copra oils start with mature coconut kernel that has been dried. In some mills, the copra is pressed in a ghani, a bowl-shaped press with a rotating pestle; elsewhere it is chopped, conditioned and pressed in an expeller. Mill practices vary, so ask which route is used. [1]



Illustrative ghani with coconut kernel; actual equipment and methods vary.

- 1. Select and open mature coconuts** The husk and shell are removed and the white kernel is separated. Sound, clean kernel is used; damaged or mouldy material should be rejected.
 - 2. Dry the kernel into copra** The kernel is dried by a controlled sun, hot-air or other drying method to lower moisture. Drying conditions and cleanliness affect quality and storage. [2]
 - 3. Prepare the copra** The dried kernel is cut or broken into smaller pieces. Some mills warm or cook the copra before pressing to help release oil; others use different conditioning steps.
 - 4. Crush and press** Copra is loaded into the ghani or expeller. A rotating pestle or screw applies pressure; friction and any preheating can raise the temperature. Do not assume the process is cold just because it is traditional.
 - 5. Collect and clarify** The oil is drained, then allowed to settle or filtered to remove particles. The pressed solid left behind is coconut oil cake. [2]
- A different route uses fresh coconut.** Grated fresh kernel can be squeezed with water to make coconut milk. The oil-rich cream is separated by settling and heating, or by another separation method. That wet process differs from pressing dried copra. [3]

02 | UNDERSTANDING THE TERMS

Pressed and refined describe different things

Pressed describes extraction; refined describes later treatment. Oil can be mechanically pressed first and refined afterward. Virgin coconut oil generally refers to oil made from fresh kernel with limited processing, but terms and standards depend on the applicable specification and producer. Check the label and process record.

Feature	Traditional / less refined	Refined coconut oil
Starting material	Often dried coconut kernel (copra); some products use fresh kernel.	Often crude oil pressed from copra; starting route varies by producer.
Processing	Pressed and usually settled or filtered; exact heat and steps vary.	Further treatment such as degumming, neutralisation, bleaching and deodorisation.
Taste and aroma	May have a more noticeable coconut aroma and flavour.	Usually milder and more uniform in flavour and appearance.
What it tells you	A press or 'virgin' claim needs a clear process definition.	Refining does not remove the oil's high saturated-fat character.

Refining is used to reduce compounds that affect odour, colour, acidity or keeping quality. A coconut-oil study examined conventional degumming, neutralisation, bleaching and deodorisation; refining can also change minor components. The outcome depends on the oil and process. [4]

Ganuga pressed does not automatically mean cold-pressed. Press friction, preheating and kernel conditioning can add heat. Ask the mill how temperature is measured and documented.



Illustrative expeller scene; it is not a ghani or Maahiri Foods production.

Uses and health considerations

Coconut oil is a cooking fat used in curries, sautéing, baking and other dishes where its flavour or texture suits the recipe. Virgin-style oil may contribute more coconut aroma; refined oil is usually milder. Choose according to the product label and the taste you want.



Coconut oil with a South Indian meal; use the cooking guidance on the actual product.

What the health evidence says

Coconut oil is high in saturated fat. The American Heart Association reports that saturated fat can raise LDL cholesterol, and its review found coconut oil raised LDL compared with non-tropical vegetable oils. A later systematic review found no clinically relevant improvement in body composition or lipid profile versus other fats, while noting low certainty in the evidence. Coconut oil has no established special benefit for weight loss or heart-disease prevention. [5, 6, 7]

Practical takeaway. Enjoy it for flavour if it fits your meals, but use moderate amounts and include unsaturated oils such as groundnut, sunflower or olive oil as part of a varied diet. The extraction method does not change this basic saturated-fat consideration.

Cooking and storage

- Use the oil for recipes that suit its flavour and the product's stated cooking use.
- Avoid heating any oil until it smokes; do not repeatedly reheat or reuse cooking oil.
- Keep it tightly closed in a cool, dry place away from direct sunlight; coconut oil may become solid in cooler conditions.

Anyone with a known coconut allergy or a previous reaction should follow advice from a qualified clinician. Do not claim that a traditional or refined process makes a product suitable for every allergic person.

Questions to ask your coconut oil mill

Confirm the exact process, food-safety controls and product claims before describing the oil on a label or website.

- Is the starting material fresh coconut kernel or dried copra?
- Is oil extracted in a wooden ghani, motorised ghani, screw expeller or by a wet process?
- How are coconuts opened and kernels dried, and how is moisture and mould risk controlled?
- Are the kernels heated or conditioned before pressing? How is temperature monitored?
- Is the oil settled, filtered or refined after pressing? Which steps are used?
- Can the supplier provide batch records, quality tests and food-safety documentation?
- What allergen information and cross-contact controls apply to this specific product?

Possible product wording

Gānugalo piṇḍina kobbari nūne

Telugu transliteration: coconut oil pressed in a ganuga

Use this wording only if it matches the supplier's actual process. Have the Telugu script checked before printing, and review the complete retail label against current FSSAI and Legal Metrology requirements.

Sources

- [1] K. T. Achaya, FAO, "Ghani: A traditional method of oil processing in India." <https://www.fao.org/4/t4660t/t4660t0b.htm>
- [2] Tamil Nadu Agricultural University, "Knowledge Based Information on Coconut: Coconut Processing." https://www.agritech.tnau.ac.in/expert_system/coconut/coconut/coconut_processing.html
- [3] FAO, "Coconut oil extraction: intermediate moisture content method." <https://www.fao.org/family-farming/detail/en/c/1620023/>
- [4] Liu et al., "Effects of chemical refinement on the quality of coconut oil," 2019. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6542917/>
- [5] American Heart Association, "Saturated Fats." <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats>
- [6] Neelakantan et al., "The Effect of Coconut Oil Consumption on Cardiovascular Risk Factors," *Circulation* (2020). <https://doi.org/10.1161/CIRCULATIONAHA.119.043052>
- [7] Duarte et al., "The effects of coconut oil on the cardiometabolic profile," *Lipids in Health and Disease* (2022). <https://pmc.ncbi.nlm.nih.gov/articles/PMC9429773/>

Photo note: Images are AI-generated illustrations. They do not show Maahiri Foods' actual equipment, production or product.

Ganuga Mustard Oil

How mustard seeds are pressed in a traditional ghani and what to know about refining cooking food grade and health



Traditional animal-powered mustard ghani — illustrative image, not Maahiri Foods equipment.

The key idea

Mustard oil is pressed from cleaned mustard or rapeseed varieties. A traditional ghani uses a rotating pestle in a wooden or stone mortar. Seed variety and the way seeds are prepared affect the oil's pungency and composition. The press method alone does not establish erucic-acid content or prove a health benefit.

01 FROM MUSTARD SEED TO OIL

How traditional ghani extraction works

A ghani works like a large mortar and pestle. Mustard seeds sit in a bowl-shaped pit while a heavy upright pestle turns and crushes them. In the traditional animal-powered form, a beam connected to the pestle moves as an animal walks in a circle. Regional ghani designs and seed handling differ. [1]



Traditional ghani pressing mustard seeds; actual presses and practices vary.

- 1. Select and inspect the seeds** Start with sound, clean mustard seeds. Remove stones, dust and damaged or mouldy seeds. Proper drying and clean storage protect seed quality.
 - 2. Clean and prepare** Seeds are cleaned and brought to a suitable moisture level. Some mills warm or condition the seeds before pressing; practices vary. Ask the supplier whether the seeds are heated or roasted and how the process is controlled. [1, 2]
 - 3. Load the ghani** The operator places seeds into the central mortar. A wooden pestle is fitted into the bowl, and the moving beam turns it over the seed mass.
 - 4. Crush and work the seed mass** As the pestle rotates, pressure breaks the seed structure and releases oil. FAO notes that mustard and rapeseed seeds need more water during crushing than sesame in the described ghani practice. Depending on the mill, water may be added in stages while the operator breaks up and works the compacted seed mass. Warm, moist conditions can help develop mustard's pungent aroma. Actual practice varies by region and mill. [1]
 - 5. Collect oil and remove cake** Oil drains from the pit or is collected after pressing. The compressed seed material left behind is called mustard oil cake.
 - 6. Settle and filter** The crude oil is allowed to settle and may be filtered to remove seed particles. This clarification step is different from full industrial refining. [2]
- Ask about heat and water.** A ghani is not automatically a low-temperature process. Pestle friction, seed warming and water used in the traditional method can affect processing conditions. Ask the mill what it does and how it monitors the process. [1, 2]

02 UNDERSTANDING THE TERMS

Ghani pressed and refined describe different things

Ghani pressed describes how oil is extracted. Refined describes additional processing after extraction. Mustard oil may be pressed first and then refined. Refining is an additional step used to adjust odour, colour, acidity and keeping quality.

Feature	Ghani-pressed oil	Refined mustard oil
Main process	Seeds are crushed in a mortar by a turning pestle; oil is settled or filtered.	Oil receives further treatment such as neutralisation, bleaching and deodorisation.
Taste and aroma	May be stronger, especially if the seeds were roasted.	Usually milder and more uniform in flavour and appearance.
Colour	Can vary with seed variety, preparation, settling and filtration.	Often lighter and more uniform after refining.
What it tells you	Traditional extraction does not guarantee a low temperature.	Refining changes flavour and other components; it does not by itself show the oil has low erucic acid.

Mustard seed variety and processing affect pungency, colour and composition. In India, the current FSSAI standard permits “Kachi Ghani” or “Cold Pressed” wording for mustard oil only when its allyl isothiocyanate content is at least 0.20% by weight. Confirm the latest rule and test result before making either label claim. This aroma marker does not measure erucic acid. [2]

Appearance does not identify the seed variety or erucic-acid level. Mustard oil can range from yellow-gold to deeper amber depending on seed, preparation, settling and filtration. Check batch records and test results instead of inferring composition from colour.



Traditional mustard ghani scene; illustrative image, not Maahiri Foods production.

03 COOKING AND HEALTH

Uses and health considerations

Mustard oil brings a distinctive pungent aroma to tempering, curries, fish dishes and pickles. It is used in several regional Indian cuisines, including eastern and northern cooking. Refined mustard oil is usually milder in aroma. Choose a food-grade product that matches the flavour and cooking directions you need.



Mustard oil with a regional Indian meal; follow cooking directions for the actual product.

What the health evidence says

Mustard oil contains mostly unsaturated fats, but its fatty-acid profile varies by mustard species and seed variety. Some mustard oils contain substantial erucic acid. FSSAI defines a separate low-erucic-acid category with a maximum of 2% of total fatty acids. EFSA set a tolerable daily intake for erucic acid based mainly on animal evidence and noted that high exposure can be a concern, particularly for some children. A review found that health effects of high-erucic-acid mustard oil in humans remain unclear and that stronger studies are needed. Mustard oil is food, not a treatment for heart disease or other conditions. [2, 3, 4]

Practical takeaway. Use a moderate amount as part of a varied diet. The ghani method does not prove low erucic acid or a health benefit; ask for the relevant product test and follow food-grade rules in the market where it is sold. [2, 5]

Cooking, storage and allergy

- Avoid heating any oil until it smokes; do not repeatedly reheat or reuse cooking oil.
- Store it tightly closed in a cool, dry, dark place and follow the product's best-before guidance.

Some people are allergic to mustard. Anyone with a diagnosed mustard allergy should follow their clinician's advice and avoid products containing mustard. Use only oil sold and labelled for human consumption where it is marketed; food-sale rules vary by country. Check for cross-contact risks and follow the applicable allergen-label rules.

04 FOR MAAHIRI FOODS

Questions to ask your mustard oil mill

Confirm the actual traditional process, food-safety controls and product claims before describing the oil on a label or website.

- Which mustard or rapeseed seed variety is used, and how are the seeds cleaned, dried and stored?
- Is the press a wooden or stone ghani? Is it animal-powered or motor-driven?
- Are seeds warmed or conditioned before crushing? If so, how is the process controlled?
- Does the mill add water during crushing? How are water and oil separated afterward?
- How is oil settled, filtered and stored, and how are oil-contact surfaces cleaned?
- Can the supplier provide batch records, food-safety documentation, and an erucic-acid test where applicable?
- What mustard-allergen information and cross-contact controls apply to this product?

Possible product wording

Gānugalo piṇḍina āvāla nūne

Telugu transliteration: mustard oil pressed in a ganuga

Use this wording only if it matches the supplier's actual process. Have the Telugu script checked before printing, and review the complete retail label against current FSSAI and Legal Metrology requirements.

Sources

- [1] K. T. Achaya, FAO, "Ghani: A traditional method of oil processing in India." <https://www.fao.org/4/t4660t/t4660t0b.htm>
- [2] Food Safety and Standards Authority of India, "Food Product Standards, Chapter 2.2 Fats, Oils and Fat Emulsions," Version 4, 7 May 2025. https://www.fssai.gov.in/upload/uploadfiles/files/Chapter%202_2_Fats_oils_and_fat_emulsions.pdf
- [3] European Food Safety Authority, "Erucic acid a possible health risk for highly exposed children," 9 November 2016. <https://www.efsa.europa.eu/en/press/news/161109>
- [4] Poddar et al., "Mustard oil and cardiovascular health: Why the controversy?" *Journal of Clinical Lipidology*, 2022. <https://doi.org/10.1016/j.jacl.2021.11.002>
- [5] American Heart Association, "Fats in Foods." <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fats-in-foods>
- Photo note: Images are AI-generated illustrations. They do not show Maahiri Foods' actual equipment, production or product.*

Ganuga Safflower Oil

How safflower kernels are prepared and pressed in a traditional ghani, how the oil differs from refined oil, and how to use it thoughtfully



Traditional animal-powered wooden ghani — illustrative image, not Maahiri Foods equipment.

The key idea

Safflower oil comes from the kernels of safflower seeds. In the traditional process, the hard seed coat is removed first; the kernels are then crushed in a ghani, a wooden or stone mortar turned by a pestle. Safflower varieties can produce oils with different fatty-acid profiles, so the seed type and product test matter as much as the extraction method. [1, 2]

01 FROM SAFFLOWER SEED TO OIL

How traditional ghani extraction works

A traditional ghani is a large mortar and pestle. A beam attached to the upright pestle is yoked to an animal; as the animal walks around the mortar, the pestle rotates and crushes the material inside. Designs and handling differ by region and mill. [1]



Traditional hand winnowing and animal-powered ghani; illustrative, not a record of a specific mill.

- 1. Select and clean** Choose mature, sound safflower seed. Remove stones, dust, stalks and damaged seed. Careful drying and clean storage help protect quality.
 - 2. Decorticate the seed** Safflower seed has a hard outer hull. FAO describes traditional preparation by passing seed between grinding stones, then sieving and winnowing. This separates hull fragments so that the kernel-rich “meats” are pressed. [1]
 - 3. Load the kernel** The operator puts the prepared kernels into the ghani’s central pit. A stout wooden pestle sits in the mortar and is connected to the moving beam.
 - 4. Crush gradually** The animal’s steady circular movement turns the pestle. Pressure and friction break open the kernels and release oil. The operator may loosen or work the mass as needed. Specific practices, including any moisture or warming, vary; a ghani method alone does not prove the oil stayed at a particular temperature. [1]
 - 5. Separate oil and cake** Oil is collected through an outlet or lifted from the pit into a clean vessel. The pressed kernel material left behind is oil cake, which may be used as an agricultural or animal-feed ingredient only where suitable and permitted.
 - 6. Settle and filter** The oil is allowed to settle and may be filtered to remove fine seed particles. This is clarification; it is not the same as the full refining process. [1, 2]
- Ask the mill about the whole process.** Check how it removes hulls, handles seed moisture, cleans equipment, settles and filters oil, and stores finished batches. Traditional extraction can vary between mills.

02 UNDERSTANDING THE TERMS

Ghani-pressed and refined describe different things

Ghani-pressed describes the extraction method. Refined describes additional treatment after oil has been extracted. Oil may be mechanically pressed and then refined; pressing and refining are not mutually exclusive categories.

Feature	Ghani-pressed safflower oil	Refined safflower oil
How it is made	Kernels are crushed in a traditional mortar; oil is collected, settled and possibly filtered.	Oil gets further treatment, commonly including degumming, neutralisation, bleaching and deodorisation.
Taste and aroma	May retain more seed character; flavour depends on seed, preparation and filtration.	Usually milder and more uniform in taste, smell and colour.
Appearance	May be deeper or cloudier if less filtered; varies by batch.	Often lighter and clearer after refining.
What the term does not prove	Does not certify a low pressing temperature, exact nutrient content or a health outcome.	Refining changes flavour and minor components; it does not turn one fatty-acid profile into another cultivar's profile.

Two common safflower oil profiles

Conventional safflower is often high in linoleic acid, a polyunsaturated omega-6 fat. High-oleic safflower is bred to contain much more oleic acid, a monounsaturated fat; the Indian standard for high-oleic safflower oil specifies at least 70% oleic acid among total fatty acids. Actual composition varies, so check the product specification or laboratory report. [2]

Cooking implications. High-oleic oil is generally more resistant to oxidation during heating than high-linoleic oil, but handling, freshness and temperature also matter. Do not infer profile from colour, taste or the phrase “cold pressed.” Follow the product’s cooking guidance.

03 COOKING AND HEALTH

Uses and health considerations

Safflower oil has a light flavour that works in everyday cooking where the oil should not dominate. It can be used for sautéing, shallow frying, baking, dressings and finishing, depending on the oil's variety, processing and label instructions. Traditional pressed safflower oil may have a more noticeable seed character than refined oil.



Safflower oil in a home-cooking setting; follow the directions for the actual product.

What the health evidence supports

Safflower oil is predominantly unsaturated fat, but its mix of polyunsaturated and monounsaturated fats depends on the cultivar. Linoleic acid is an essential dietary fat; high-oleic safflower oil has more monounsaturated fat. Replacing some saturated fat with unsaturated plant oils can help improve blood cholesterol and lower cardiovascular risk as part of an overall balanced eating pattern. This general evidence does not mean safflower oil treats disease or is uniquely beneficial compared with other unsaturated oils. [2, 3]

Practical takeaway. Use an appropriate amount and vary fats within a balanced diet. No oil can compensate for overall dietary pattern, and “traditional” or “unrefined” is not a medical claim.

Cooking and storage

- Avoid heating oil until it smokes; do not repeatedly reheat or reuse it.
- Store tightly closed, away from heat, sunlight and moisture. Follow the product's best-before date and storage directions.
- Choose the oil profile for your use: check whether the label says high-oleic or conventional/high-linoleic, and follow its cooking guidance.

04 FOR MAAHIRI FOODS

Questions to ask your safflower oil mill

Confirm the actual process, food-safety controls and product specification before describing the oil on a label or website.

- Which safflower variety is used, and is the oil conventional/high-linoleic or high-oleic?
- How are seeds cleaned, dried and stored before processing?
- How is the hull removed, and are kernels checked after grinding, sieving and winnowing?
- Is the press a traditional wooden or stone ghani? Is it animal-powered or motor-driven?
- Are kernels warmed or conditioned, and how is the process controlled?
- How are oil and cake separated; how is oil settled, filtered and stored?
- Can the supplier provide batch records, food-safety documents and a fatty-acid profile/test report?

Possible Telugu transliteration

Gānugalo piṇḍina kusuma ginjala nūne

Safflower seed oil pressed in a ganuga

Have the Telugu script and regional seed name checked by a fluent Telugu speaker before printing. Use the phrase only when the supplier's process matches it, and review the complete label against current food regulations.

Sources

- [1] K. T. Achaya, FAO, "Ghani: A traditional method of oil processing in India." Includes safflower hull removal by grinding stones, sieving and winnowing. <https://www.fao.org/4/t4660t/t4660t0b.htm>
- [2] Food Safety and Standards Authority of India, Food Products Standards compendium, Chapter 2.2: Fats, Oils and Fat Emulsions. Safflower oil and high-oleic safflower oil standards. <https://www.fssai.gov.in/food-law/regulations/compendium/food-products-standards>
- [3] American Heart Association, "Fats in Foods." Replacing saturated fat with unsaturated fat can lower cardiovascular risk as part of dietary choices. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fats-in-foods>
- [4] Adjonu et al. (2025), "The Performance of the Super-High-Oleic Acid Safflower Oil in Frying Applications." Peer-reviewed research on frying stability of a super-high-oleic product. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11899102/>

Photo note: Images are AI-generated illustrations. They do not show Maahiri Foods' actual equipment, production or product.

Ganuga White Sesame Oil

How white sesame seeds are pressed in a traditional ghani, how the oil differs from refined oil, and what to know about cooking and health



Traditional animal-powered sesame ghani — illustrative image, not Maahiri Foods equipment.

The key idea

White sesame oil begins with cleaned sesame seeds that are crushed to release oil. A traditional ghani uses a rotating pestle in a wooden or stone mortar. Some traditional sesame methods add water in stages during crushing. Roasting, seed variety, filtration and refining can affect the oil's colour and aroma; the seed's white colour alone does not prove a special health benefit.

01 FROM WHITE SESAME SEED TO OIL

How traditional ghani extraction works

A ghani works like a large mortar and pestle. Sesame seeds sit in a bowl-shaped pit while a heavy upright pestle turns and crushes them. In the traditional animal-powered form, a beam connected to the pestle moves as an animal walks in a circle. Regional ghani designs and seed handling differ. [1]



Traditional ghani pressing white sesame seeds; actual presses and practices vary.

- 1. Select and inspect the seeds** Start with sound, clean white sesame. Remove stones, dust and damaged or mouldy seeds. Proper drying and clean storage protect seed quality.
 - 2. Clean and prepare** Seeds are cleaned and brought to a suitable moisture level. Some oil mills gently heat or roast sesame before pressing; others use a different preparation. Roasting strengthens aroma and can darken the oil. [2, 3]
 - 3. Load the ghani** The operator places seeds into the central mortar. A wooden pestle is fitted into the bowl, and the moving beam turns it over the seed mass.
 - 4. Crush and work the seed mass** As the pestle rotates, pressure breaks the seed structure and releases oil. FAO describes a sesame ghani method that adds measured water in stages during crushing; the operator breaks up and works the compacted mass as oil appears. Exact practice varies by mill. [1]
 - 5. Collect oil and remove cake** Oil drains from the pit or is collected after pressing. The compressed seed material left behind is called sesame oil cake.
 - 6. Settle and filter** The crude oil is allowed to settle and may be filtered to remove seed particles. This clarification step is different from full industrial refining. [2]
- Ask about heat and water.** A ghani is not automatically a cold-press process. Pestle friction, seed warming or roasting, and water used in the traditional method can affect processing conditions. Ask the mill what it does and how it monitors the process. [1, 2]

02 UNDERSTANDING THE TERMS

Ghani pressed and refined describe different things

Ghani pressed describes how oil is extracted. Refined describes additional processing after extraction. Sesame oil may be pressed first and then refined. A refined oil can still come from sesame seed; the later steps are used to adjust odour, colour, acidity and keeping quality.

Feature	Ghani-pressed oil	Refined sesame oil
Main process	Seeds are crushed in a mortar by a turning pestle; oil is settled or filtered.	Oil receives further treatment such as neutralisation, bleaching and deodorisation.
Taste and aroma	May be stronger, especially if the seeds were roasted.	Usually milder and more uniform in flavour and appearance.
Colour	Can vary with white sesame type, roasting, settling and filtration.	Often lighter and more uniform after refining.
What it tells you	Traditional extraction does not guarantee a low temperature.	Refining changes flavour and minor components; it does not make sesame oil allergy-safe for everyone.

Sesame seeds may be roasted before pressing for a fuller aroma. Research finds roasting conditions can change oil colour and levels of some minor components, while very high temperatures or prolonged roasting may affect quality. Ask whether white sesame is roasted, how, and at what temperature. [3]

White sesame seeds do not guarantee pale oil. Sesame oil can range from light gold to deeper brown depending on seed, roasting, settling and filtration. Check the finished batch rather than making a colour claim based only on the seed name.



Traditional sesame ghani scene; illustrative image, not Maahiri Foods production.

03 COOKING AND HEALTH

Uses and health considerations

White sesame oil can add a nutty aroma to tempering, curries, sautéed dishes, marinades and dressings. A roasted style usually has a more pronounced flavour, while refined sesame oil is generally milder. Choose based on the product label and the taste you want.



Sesame oil with a South Indian meal; follow cooking directions for the actual product.

What the health evidence says

Sesame oil is made mostly of unsaturated fats, including oleic and linoleic acids; exact amounts vary by seed and processing. Replacing some saturated fats with unsaturated fats can support healthier blood cholesterol. Sesame oil also contains lignans such as sesamin and sesamol, but their presence is not proof of a medical effect. Small clinical trials have reported changes in some health markers, yet researchers say more studies are needed. Sesame oil is food, not a treatment for diabetes, blood pressure or cholesterol. [4, 5, 7]

Practical takeaway. Use a moderate amount for flavour and as part of a varied diet. Do not make a disease-treatment or guaranteed health claim from the traditional press method or seed colour.

Cooking, storage and allergy

- Avoid heating any oil until it smokes; do not repeatedly reheat or reuse cooking oil.
- Store it tightly closed in a cool, dry, dark place and follow the product's best-before guidance.

Sesame allergy can be serious. Anyone with a sesame allergy should follow their allergist's advice and should not assume that ghani pressing, settling, filtering or refining makes this oil safe. Mills should identify sesame cross-contact risks and review applicable allergen labelling rules. [6]

04 FOR MAAHIRI FOODS

Questions to ask your sesame oil mill

Confirm the actual traditional process, food-safety controls and product claims before describing the oil on a label or website.

- Are the seeds white sesame, and how are they cleaned, dried and stored?
- Is the press a wooden or stone ghani? Is it animal-powered or motor-driven?
- Are seeds roasted or warmed before crushing? If so, how is temperature controlled?
- Does the mill add water during crushing? How are water and oil separated afterward?
- How is oil settled, filtered and stored, and how are oil-contact surfaces cleaned?
- Can the supplier provide batch records, quality tests and food-safety documentation?
- What sesame-allergen information and cross-contact controls apply to this product?

Possible product wording

Gānugalo piṇḍina tella nuvvula nūne

Telugu transliteration: white sesame oil pressed in a ganuga

Use this wording only if it matches the supplier's actual process. Have the Telugu script checked before printing, and review the complete retail label against current FSSAI and Legal Metrology requirements.

Sources

- [1] K. T. Achaya, FAO, "Ghani: A traditional method of oil processing in India." <https://www.fao.org/4/t4660t/t4660t0b.htm>
 - [2] Tamil Nadu Agricultural University, "Sesame Processing." https://www.agritech.tnau.ac.in/postharvest/pht_oilseeds.html
 - [3] Ji et al., "Effect of roasting treatment on the chemical composition of sesame oil," LWT (2019). <https://doi.org/10.1016/j.lwt.2018.11.008>
 - [4] A. Jafari et al., "Physicochemical, potential nutritional, antioxidant and health properties of sesame seed oil: a review," 2023. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10292629/>
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 - [6] Health Canada, "Position on Highly Refined Oils Derived from Food Allergen Sources" (sesame oil section). <https://www.canada.ca/en/health-canada/services/food-nutrition/food-labelling/allergen-labelling/position-highly-refined-oils-derived-food-allergen-sources.html>
 - [7] American Heart Association, "Fats in Foods." <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fats-in-foods>
- Photo note: Images are AI-generated illustrations. They do not show Maahiri Foods' actual equipment, production or product.*

Ganuga Groundnut Oil

How groundnuts are pressed, how the oil differs from refined oil, and what to know about cooking, health and allergy



Traditional groundnut ghani — illustrative image, not Maahiri Foods equipment.

The key idea

Groundnut oil can be pressed mechanically in a traditional ganuga or ghani. The exact seed preparation and pressing method vary. The press name alone does not prove that oil stayed cool, is healthier than refined oil, or is suitable for people with groundnut allergy.

01 | FROM GROUNDNUT TO OIL

How ganuga extraction works

A traditional ghani works like a large mortar and pestle. Groundnut kernels sit in a bowl-shaped pit while a heavy upright pestle turns and crushes them. A beam traditionally powered by an animal turns the pestle; modern ghanis may use a motor. FAO documents groundnut as one of the seeds processed in ghanis. [1]



The rotating pestle crushes groundnut kernels; actual press designs and methods vary.

- 1. Select and inspect** Start with sound, clean groundnuts. Remove stones, damaged kernels and visible mould. Poor drying or storage can allow mould and aflatoxin contamination, so mills should use controlled sourcing and appropriate testing. [2]
- 2. Remove the pod shell** Groundnuts are shelled or decorticated so kernels can be prepared for pressing. Ask the mill whether it retains any shell or seed skin in its specific process.
- 3. Prepare the kernels** The operator may clean, sort, condition or warm kernels. These steps vary by equipment. Do not assume the kernels are pressed without heat.
- 4. Load and press** Kernels are fed into the ghani bowl. The rotating pestle crushes them and applies pressure; friction can warm the mass as oil is released.
- 5. Collect oil and cake** Oil drains or is collected from the press. The compacted groundnut material left behind is called oil cake.
- 6. Settle or filter** Small particles can be allowed to settle or removed by filtration. This is different from full industrial refining.

Ask about process conditions. Some traditional methods vary by seed and may use water or heat. Confirm the exact groundnut process, including temperature, rather than relying on the word ganuga. [1]

02 | UNDERSTANDING THE TERMS

Ganuga pressed and refined are different descriptions

Ganuga pressed tells you how the oil was extracted. Refined tells you that the extracted oil went through additional processing. Refined groundnut oil may begin with mechanically pressed oil or another extraction route.

Feature	Ganuga pressed oil	Refined groundnut oil
Main process	Kernels are crushed by a rotating pestle in a bowl-shaped press.	Oil is treated after extraction to remove selected gums, free fatty acids, pigments, odours and other substances.
Taste and appearance	May have a stronger groundnut aroma, deeper colour or fine sediment, depending on batch and filtration.	Usually milder and more uniform in appearance and flavour.
Consistency	Can vary with kernels, press settings, handling and storage.	Refining is used to improve consistency and keeping quality.
Fat profile	Depends on groundnut variety and growing conditions.	The main fatty-acid profile can remain broadly similar, though some minor compounds may be reduced.

Refining commonly includes steps such as degumming, neutralisation, bleaching and deodorisation. These steps reduce substances that affect flavour, colour, stability or storage. One groundnut-oil study found refining reduced free fatty acids and phospholipids while changing the main fatty-acid composition only slightly. Results depend on the oil and process. [3]

Ganuga pressed does not automatically mean cold pressed. Press friction can generate heat, and mills differ. A producer making a temperature-related claim should be able to explain and document the process.



Illustrative mechanical pressing scene; it is not a ganuga or Maahiri Foods production.

Uses and health benefits

Groundnut oil contains mostly unsaturated fats, including monounsaturated and polyunsaturated fats. Replacing foods high in saturated fat with unsaturated fats can help lower LDL cholesterol and reduce heart disease risk. This benefit relates to the fat composition and what the oil replaces in the diet—not to the press alone. Fat composition also varies by groundnut variety. [4, 5]



Groundnut oil shown with an everyday meal; follow the cooking guidance for the actual product.

Common kitchen uses

- Sautéing and stir-frying where the oil's flavour suits the dish.
- Frying or roasting when the product's specification and label support that use.
- Dressings, marinades and regional recipes that benefit from a nutty aroma.

Refined groundnut oil is generally milder and more uniform. Less refined oil may have a stronger aroma. For either type, avoid heating until it smokes, do not repeatedly reheat or reuse cooking oil, and store it tightly closed in a cool, dark place. [6]

Groundnut allergy needs special care

Groundnut allergy is a reaction to groundnut proteins. Less refined oils can retain proteins. A small controlled study found reactions to crude peanut oil in some peanut-allergic participants; refined oil did not trigger reactions in that study. That result does not prove every refined product is safe for every person. Anyone with a groundnut allergy should follow their allergist's advice and must not assume ganuga, unrefined or cold-pressed oil is safe. Do not make an allergy-safe claim without product-specific evidence and regulatory review. [7]

Questions to ask your oil mill

Confirm the actual process, food-safety controls and product claims before describing the oil on a label or website.

- Is the press a wooden ganuga, motorised ghani, screw expeller or another type?
- How are groundnuts sourced, dried, shelled and sorted? Are lots checked for mould and aflatoxin risk?
- Are kernels heated or conditioned before pressing? Is water added?
- How do you measure or monitor temperature during pressing?
- How is oil settled, filtered and stored, and how are oil-contact surfaces cleaned?
- Can you provide batch records, quality tests and food-safety documentation?
- What allergen information and cross-contact controls apply to this specific oil and process?

Possible product wording

Gānugalō piṇḍina verusenaga nūne

Telugu transliteration: groundnut oil pressed in a ganuga

Use this wording only if it accurately describes the supplier's process. Have the Telugu script checked before printing, and review the complete retail label against current FSSAI and Legal Metrology requirements.

Sources

- [1] K. T. Achaya, FAO, "Ghani: A traditional method of oil processing in India." <https://www.fao.org/4/t4660t/t4660t0b.htm>
- [2] Tamil Nadu Agricultural University, "Groundnut Processing." https://www.agritech.tnau.ac.in/agriculture/postharvest/pht_groundnut.html
- [3] Aluyor et al., "Effect of refining on the quality and composition of groundnut oil," African Journal of Food Science (2009). <https://doi.org/10.5897/AJFS.9000097>
- [4] American Heart Association, "Fats in Foods." <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fats-in-foods>
- [5] Shasidhar et al., "Molecular Mapping of Oil Content and Fatty Acids Using...", PLOS ONE (2017). <https://pmc.ncbi.nlm.nih.gov/articles/PMC5438992/>
- [6] American Heart Association, "Healthy Cooking Oils." <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/healthy-cooking-oils>
- [7] Hourihane et al., "Randomised, double blind, crossover challenge study of allergenicity of peanut oils in subjects allergic to peanuts," BMJ (1997). <https://pubmed.ncbi.nlm.nih.gov/9133891/>

Photo note: Images are AI-generated illustrations. They do not show Maahiri Foods' actual equipment, production or product.

Ganuga Sunflower Oil

How traditional pressing works, how it differs from refined oil, and what the health evidence says



Traditional wooden ganuga press — illustrative image, not Maahiri Foods equipment.

The key idea

A ganuga is a traditional press that mechanically crushes oilseeds. Ganuga pressed describes the extraction method; it does not by itself prove that the oil stayed below a particular temperature or that it is healthier than refined oil.

01 | FROM SEED TO OIL

How ganuga extraction works

The traditional press works like a large mortar and pestle. Seeds sit in a bowl-shaped pit while a heavy upright pestle turns against them. An animal traditionally powered the turning beam; modern ganugas may use a motor. Designs vary by region. [1]



The rotating pestle crushes seed in the mortar; press designs and methods vary.

- 1. Clean the seeds** Remove dust, stones, damaged seeds and other unwanted material.
- 2. Prepare the sunflower seed** The mill may remove some or all hulls depending on its equipment. Ask what it does specifically for sunflower.
- 3. Load a batch** The seeds go into the bowl. Traditional presses often work batch by batch.
- 4. Crush and press** The pestle rotates and crushes the seeds. Pressure releases oil; friction can warm the seed mixture.
- 5. Collect oil and cake** Oil is drained or collected after pressing. The compressed seed material left behind is called oil cake.
- 6. Settle or filter** Small particles may be allowed to settle or removed by filtration. This is different from full industrial refining.

Water and temperature. Traditional methods vary by seed. FAO describes water additions in one sesame-pressing example; do not assume that applies to sunflower. Ask the mill whether it adds water or heat and whether it records temperature. [1]

02 | UNDERSTANDING THE TERMS

Ganuga pressed and refined are different descriptions

Ganuga pressed tells you how oil was extracted. Refined tells you that the oil went through further processing. Refined oil can start from mechanically pressed oil or another extraction route.

Feature	Ganuga pressed oil	Refined sunflower oil
Main process	Seeds are crushed by a rotating pestle in a bowl-shaped press.	Oil is treated after extraction to remove selected gums, free fatty acids, pigments, odours and waxes.
Taste and appearance	May retain more seed flavour, colour or fine sediment, depending on batch and filtration.	Usually milder and more uniform in appearance and flavour.
Consistency	Can vary with seed, press settings, handling and storage.	Refining is used to make oil more consistent and improve keeping quality.
Fat profile	Depends mainly on sunflower variety and seed.	Main fatty-acid profile can remain broadly similar, though some minor compounds may be reduced.

Typical sunflower oil refining may include degumming, neutralisation, bleaching and dewaxing. These steps remove substances that affect appearance, flavour and storage. Research finds refining can reduce some minor compounds while having little effect on the main fatty-acid composition in the studied oil; results depend on the process. [2, 3]

Ganuga pressed does not automatically mean cold pressed. Friction can generate heat and equipment varies. A producer making a temperature-related claim should be able to explain and document the process.



Modern screw press shown for comparison; this is not a ganuga. Illustrative image.

Uses and health benefits

Sunflower oil is a liquid plant oil containing mostly unsaturated fats. Replacing foods high in saturated fat with unsaturated fats can help lower LDL cholesterol and reduce heart disease risk. The benefit is about the type of fat and what it replaces in the diet—not a special effect of the ganuga process. [4]



Sunflower oil in everyday cooking; follow the product's own cooking guidance.

Practical kitchen uses

- Dressings, marinades, dips and sauces.
- Sautéing, stir-frying, baking and roasting, when the oil is suitable for the heat used.
- Replacing butter or other solid fats with a liquid plant oil.

Refined oil is usually milder and more uniform, so cooks may choose it for a neutral flavour. Ganuga-pressed oil may have more noticeable seed flavour. For either oil, follow its cooking guidance, avoid heating until it smokes, and do not repeatedly reheat or reuse cooking oil. Store it tightly closed in a cool, dark place. [5]

What health claims are reasonable?

- Reasonable: using sunflower oil instead of foods high in saturated fat can support a heart-healthier eating pattern. [4]
- Not established by pressing alone: that ganuga oil prevents or treats disease, is automatically healthier than refined oil, or retains a specific amount of nutrients.
- Portion still matters: all oils are concentrated sources of energy.

Questions to ask your oil mill

Confirm the actual process before describing it on your product label or website.

- Is the press a wooden ganuga, motorised ghani, screw expeller or another type?
- Do you remove sunflower seed hulls before pressing?
- Do you add water or heat the seeds during pressing?
- How do you measure or monitor temperature?
- How is fresh oil settled, filtered and stored?
- How are the equipment and oil-contact surfaces cleaned?
- Can you provide batch records and food-safety or quality test results?

Possible product wording

Gānugalō piṇḍina sūryakānti nūne

Telugu: sunflower oil pressed in a ganuga

Use this wording only if it accurately describes the supplier's process. Check the complete retail label against current FSSAI and Legal Metrology requirements before printing.

Sources

- [1] K. T. Achaya, FAO, "Ghani: A traditional method of oil processing in India." <https://www.fao.org/4/t4660t/t4660t0b.htm>
- [2] Sengar et al., "Effect of refining on quality and composition of sunflower oil," *Journal of Food Science and Technology* (2015). <https://pmc.ncbi.nlm.nih.gov/articles/PMC4486537/>
- [3] Gotor & Rhazi, "Loss in the Intrinsic Quality and the Antioxidant Activity of Sunflower Oil during an Industrial Refining Process," *Molecules* (2022). <https://pmc.ncbi.nlm.nih.gov/articles/PMC8839766/>
- [4] American Heart Association, "Fats in Foods." <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fats-in-foods>
- [5] American Heart Association, "Healthy Cooking Oils." <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/healthy-cooking-oils>

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