

Peanut Butter's Popularity Spreading Across the U.S.

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Peanut butter was not "invented" by a St. Louis physician 99 years ago. The Ewondo and other Beti peoples, who live in central Cameroon, have been grinding peanuts into a butter-like paste for time immemorial. I know this as a fact because I lived in Yaounde, Cameroon, for two years as a Peace Corps volunteer and often observed my friends and neighbors hand-grinding peanuts into peanut butter the traditional Beti way with two specially carved stones called an akok and a ngok . This hand-ground peanut paste is used dozens of different ways in Cameroonian cuisine.