

Trade catalogue 2026

Chekku oils and Kerala snacks

Authorised importer of RAS Chekku Oils and Southern Bites snacks for the UK and France



About us

Health, the traditional way.

Arokkiyam means health. We are a family business bringing natural, carefully made products to retailers and families in the UK and France.

We are the authorised importer of two trusted brands: RAS Chekku Oils, family-run and cold-pressing oils since 1978, and Southern Bites, hand-cooked snacks with the taste of Kerala.



The chekku method

Whole seeds

Oils are cold-pressed from whole seeds, coconut and groundnuts selected for quality.

Slow cold press

A traditional wooden chekku turns slowly, without high heat, so the oil keeps its natural aroma and colour.

Unrefined

Settled and filtered naturally, with no chemical refining, bleaching or deodorising.

Our brands



RAS Chekku Oils

Five cold-pressed oils for cooking, tempering and traditional care.



Southern Bites

Five hand-cooked Kerala snacks, made in small batches in India.



Cold-pressed oils



Sesame

1 L · 2 L · 5 L

RAS Chekku Gingelly Oil

Nutty, golden and warming. The everyday oil of South Indian kitchens.

Best for: Everyday cooking, tempering, pickles and chutneys



Coconut

1 L · 1 L wide-mouth

RAS Chekku Coconut Oil

Clear and fragrant, cold-pressed from dried coconut for the true taste of Kerala.

Best for: Kerala-style cooking, frying, hair and skin care



Peanut

1 L · 2 L · 5 L

RAS Chekku Groundnut Oil

Rich and full-bodied, with the natural aroma of freshly cold-pressed groundnuts.

Best for: Deep frying, curries, stir-fries and tempering



Mustard

1 L

RAS Cold Pressed Mustard Oil

Bold and pungent, cold pressed from mustard seeds for a characteristic kick.

Best for: Pickles, marinades, Bengali and North Indian dishes



Castor

500 ml

RAS Castor Oil

Thick and traditional, a trusted household staple passed down through generations.

Best for: Traditional hair and skin care

Benefits of each oil



RAS Chekku Gingelly Oil

- ✓ Keeps well naturally, thanks to sesame's own antioxidants, sesamol and sesamin
- ✓ Nutty, mellow flavour for tempering, sautéing and gentle frying
- ✓ Traditionally used in South India for oil massage and oil pulling



RAS Chekku Coconut Oil

- ✓ Stable at high heat, ideal for frying and Kerala-style cooking
- ✓ Light coconut aroma that suits curries, stir-fries and baking
- ✓ Traditionally used as a natural moisturiser for hair and skin



RAS Chekku Groundnut Oil

- ✓ Rich, nutty aroma that deepens curries and stir-fries
- ✓ Handles everyday frying and deep frying well
- ✓ Keeps the natural colour and flavour of fresh groundnuts



RAS Cold Pressed Mustard Oil

- ✓ Natural pungency that gives pickles and marinades their bite
- ✓ Traditionally heated until it smokes to mellow the flavour in Bengali cooking
- ✓ Traditionally used for warming body massage in winter



RAS Castor Oil

- ✓ Thick, rich texture that coats and conditions hair and skin
- ✓ Naturally high in ricinoleic acid, a fatty acid unique to castor
- ✓ Traditionally used on hair, eyebrows and lashes (external use)



Traditional uses are shared for information only and are not medical advice. Always follow the product label.

Hand-cooked snacks



Banana chips

200 g

Kerala Chips

Thin, crisp slices of banana, the classic Kerala snack.

Best for: Tea time, lunch boxes, sharing



Jackfruit chips

200 g

Jackfruit Chips

Golden strips of jackfruit, lightly sweet and crunchy.

Best for: Tea time, snacking, gifting



Savoury mix

250 g

Kerala Mixture

Spiced sev with peanuts, lentils and curry leaves.

Best for: Tea time, parties, sharing bowls



Rice spirals

200 g

Baby Murukku

Bite-sized, crunchy spirals made the traditional way.

Best for: Snacking, lunch boxes, festivals



Rice crackers

200 g

Spicy Thatta

Flat, crisp rice crackers with a spicy kick.

Best for: Tea time, snacking, sharing

Instant mixes and sprouted flours

✓ Authorised distributor for London and Buckinghamshire

Quick multigrain dosa mixes, oat-based pancake mixes, sprouted flours and ragi malt. Retailers in London and Buckinghamshire can order them through Arokkiyam.



Dosa mix 300 g

Spinach Multigrain Dosa

Multigrain dosa mix with spinach for quick, vibrant green dosas.



Dosa mix 300 g

Beetroot Multigrain Dosa

Multigrain dosa mix with beetroot for colourful pink dosas.



Dosa mix 300 g

Carrot Multigrain Dosa

Multigrain dosa mix with carrot for golden-orange dosas.



Pancake mix 300 g

Blueberry Pancake Mix

Blueberry pancakes made with oats and grains, with no refined white flour.



Pancake mix 300 g

Strawberry Pancake Mix

Strawberry pancakes made with oats and grains, with no refined white flour.



Pancake mix 300 g

Vanilla Pancake Mix

Vanilla pancakes made with oats and grains, with no refined white flour.



Pancake mix 300 g

Chocolate Pancake Mix

Chocolate pancakes made with oats and grains, with no refined white flour.



Sprouted flour 500 g

Sprouted Ragi Flour

Finger millet, sprouted then milled, for rotis, porridge and dosas.



Sprouted flour 500 g

Sprouted Wheat Flour

Whole wheat, sprouted then milled, for chapatis, rotis and baking.



Malt drink mix

Ragi Malt with Cocoa

Ragi malt with cocoa powder for a warm or cold chocolatey drink.

At a glance

Full range

Product	Brand	Type	Pack size
RAS Chekku Gingelly Oil	RAS Chekku	Sesame	1 L · 2 L · 5 L
RAS Chekku Coconut Oil	RAS Chekku	Coconut	1 L · 1 L wide-mouth
RAS Chekku Groundnut Oil	RAS Chekku	Peanut	1 L · 2 L · 5 L
RAS Cold Pressed Mustard Oil	RAS Chekku	Mustard	1 L
RAS Castor Oil	RAS Chekku	Castor	500 ml
Kerala Chips	Southern Bites	Banana chips	200 g
Jackfruit Chips	Southern Bites	Jackfruit chips	200 g
Kerala Mixture	Southern Bites	Savoury mix	250 g
Baby Murukku	Southern Bites	Rice spirals	200 g
Spicy Thatta	Southern Bites	Rice crackers	200 g

Trade prices, case sizes, barcodes and product specifications are available on request.

Product images are for illustration. Always read the label for ingredients, allergens and usage. Packaging may change.

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Stock Arokkiyam in your store

Retailers and wholesale buyers in the UK and France: contact us for trade prices, samples and delivery. We usually reply within one working day.

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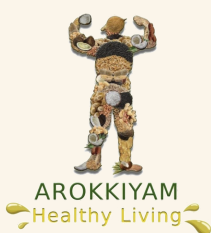
Hospitality (UK)

RPS Food Logistics

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