

The Cashew Cookbook

Your sure way to healthy living

Nutritious & Delicious Cashew Dishes

13 Everyday Recipes



Competitive Cashew initiative

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Snacks & Starters

Cashew Meat Pie
Cashew-Apple Brochette
Mexi-Cashews

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Cashew Meat Pie

Servings: 18 - 20

Ingredients

- 🥜 2 pounds minced beef
- 🥜 500g roasted cashews
- 🥜 500g chopped onions
- 🥜 500g cabbage chopped
- 🥜 500g carrots
- 🥜 300ml soya sauce
- 🥜 150ml vegetable oil
- 🥜 100ml oyster sauce
- 🥜 1 egg white
- 🥜 Salt and pepper to taste
- 🥜 Spring roll pastry sheets



Photo: ACi

Method

- 👉 In a saucepan, season minced beef and allow cooking until meat is tender
- 👉 In another saucepan, thinly slice all the vegetables and fry with the vegetable oil
- 👉 Add the oyster and soya sauce, and salt and pepper to taste
- 👉 Crush the roasted cashews into small pieces or use broken cashew kernels to mix with the vegetables
- 👉 Place the mixture in 50g portions into the pastry sheet and fold into semi circles. Seal with egg wash
- 👉 Fry in hot oil until golden brown, drain on kitchen paper and serve

Serving tip: A vegetarian alternative can be prepared by omitting the minced meat and adding vegetables.

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Cashew-Apple Brochette

Servings: 6

Ingredients

- 🌰 6 - 8 cashew apples
- 🌰 2 onions diced
- 🌰 2 green peppers
- 🌰 garlic cloves ground
- 🌰 2 tablespoons of cooking oil
- 🌰 1 beef stock Maggie cube or equivalent
- 🌰 1 teaspoonful dry chili powder
- 🌰 1 teaspoonful black pepper powder
- 🌰 Salt to taste
- 🌰 50g mustard



Photo: ACi

Method

- 🔥 Peel and cut the cashew apples into large cubic pieces
- 🔥 Dip in boiled water for 2 minutes, drain and allow to cool
- 🔥 Prepare marinade using garlic, beef stock, seasoning pepper, salt and mustard
- 🔥 Add the cashew apples to the marinade
- 🔥 Put the cashew apple pieces on a barbeque stick with the onion and green pepper pieces. Grill on medium heat
- 🔥 Add more marinade to the apples whilst turning them on the heat

Serving tip: Serve with salad, lemon-rice or curry-rice

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Mexi-Cashews

Servings: 24

Ingredients

- 🥚 1 egg white
- 🥜 2 ½ cups cashews
- 🌶️ 1 tablespoonful chili powder
- 🥜 ½ teaspoonful cayenne powder
- 🍬 2 teaspoonful sugar
- 🧂 2 teaspoonful salt
- 🍷 Cooking oil



Photo: ACi

Method

- 🔥 Preheat the oven to 150 °C
- 🔥 Line a baking sheet with foil, and grease with oil
- 🔥 In a bowl, whip the egg white with a few drops of water until frothy
- 🔥 Add the cashews to the egg white and toss to mix
- 🔥 Use a slotted spoon to transfer the kernels to a clean large bowl
- 🔥 Mix the spices together in a bowl and then toss to coat
- 🔥 Spread the mixture in one layer on the baking sheet
- 🔥 Bake in oven for about 25 - 35 minutes until they are crisp and browned
- 🔥 Transfer the cashews to a surface to cool

Serving tip: Can be served as a snack with cashew apple juice or other fruit juices or as a garnish for other dishes

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African Chicken à la Puppet with Attiéké

Servings: 4

Ingredients

- 🥥 1 can coconut milk (light)
- 🥥 2 chicken breasts (Butterflied)
- 🥥 2 bunch green onion
- 🥥 2 dozen cashews
- 🥥 Chicken spice (salt free)
- 🥥 Salt/pepper
- 🥥 Attiéké



Photo: ACi

Method

- 🔥 Put chopped fine green onion into a large pan (no heat yet) with a can of coconut milk, cashews and a few pinches of salt and pepper – mix with already cooked attiéké
- 🔥 Turn heat high and stir until milk is evaporated to desired thickness
- 🔥 After butterflying the chicken for thinner strips, cover chicken with oil
- 🔥 Sprinkle spice on each chicken portion and add a pinch of pepper
- 🔥 Grill or fry chicken portions over high heat for 2- 3 minutes. (Depending on thickness of course)
- 🔥 Remove and let chicken sit on large plate
- 🔥 Cut chicken into bite size pieces and spread evenly over the plate
- 🔥 Cover the entire chicken with the cooked Attiéké from the still warm pan

Serving tip: Attiéké is an Ivoirian specialty that is made from cassava. African Chicken à la Puppet can also be served with rice dishes such as fried rice and also with vegetable stir fry.

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Cashew Tatale with Beans

Servings: 4

Ingredients















-  4 overripe plantain fingers
-  1 full teaspoonful milled pepper
-  1 full teaspoonful ground onion
-  75g hard flour
-  50g palm oil
-  50g cashews
-  Salt to taste



Photo: ACi

Method

-  Pound the plantain
-  Grind onion and pepper and mix with the pounded plantain
-  Add flour and salt to taste
-  Add broken chunks of cashews
-  Put a little palm oil on fire in a frying pan until hot
-  Using a ladle, fetch the plantain mixture into the hot oil in bits and fry
-  Keep turning to prevent burning and serve when ready

Serving tip: Tatale can be eaten alone, with vegetable sauce, gravy or with beans and gari or served with roasted cashew at the side.

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Cashew in Palava Sauce with Fish

Servings: 2 - 3

Ingredients

- 🥥 ¼ cup palm oil or vegetable oil
- 🥶 2 red chilies (optional)
- 🥘 1 bouillon cube (shrimp flavored preferably)
- 🐟 ½ pound fish (catfish or snapper)
- 🥬 ½ pound of frozen chopped spinach
- 🧅 ¼ cup chopped onions
- 🍅 1 large crushed tomato
- 🥜 150g cashews (finely broken)



Photo: ACI

Method

Fish preparation

- 🔥 Cut fish into nuggets
- 🔥 Coat with flour
- 🔥 Deep fry, turn once until golden brown on both sides
- 🔥 Drain on absorbent paper

Kontomire (spinach) Stew preparation

- 🔥 Heat the oil in a medium pan and fry the onions until golden
- 🔥 Add crushed tomatoes, chilies, and season with bouillon cube
- 🔥 Cook for 10 - 15 minutes on low heat, stirring regularly but not continuously
- 🔥 Add the prepared fish. Simmer on very low heat, stirring regularly to prevent burning
- 🔥 Drain any water from defrosted spinach and add the spinach to mixture
- 🔥 Add the broken cashew kernels and stir
- 🔥 Cover and simmer on low heat for 10 - 15 minutes, or until the spinach is soft and cooked
- 🔥 Stir regularly, taking care not to break up the fish too much.

Serving tip: Serve with rice, yam, plantain or alloco. Fish can be replaced with chicken or with boiled beans for a healthy vegetarian option. Slightly cooked vegetables like carrots and bell peppers can also be added to palava sauce for more color and taste.

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Chicken with Cashew Fried Rice

Servings: 6

Ingredients
























-  4 cups cold cooked rice
-  250g cooked chicken
-  2 eggs beaten
-  ½ cup green peas
-  1 medium onion
-  3 carrots diced
-  Spring onions
-  Seasoning
-  Soy sauce (light)
-  Oyster sauce
-  Salt
-  Pepper
-  Oil
-  50g roasted cashews and chopped or cashew splits/butts/pieces



Photo: ACi

Method

-  Beat the eggs lightly and add a dash of salt and oyster sauce
-  Chop the cooked chicken meat and dice the onions, spring onions and carrots
-  Heat wok and add oil
-  When ready pour in the egg mixture and use a fork stir until it becomes scrambled then remove from fire
-  Briefly stir fry the onion on high heat, remove and set aside. Do same from the green peas and the carrots
-  Turn down the heat to medium, add oil and stir fry the rice
-  Add the soy sauce, salt, pepper and oyster sauce
-  Add the chicken, onion, green peas, spring onions and eggs and combine thoroughly
-  Add roasted and chopped cashews, butts/splits or pieces

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Cashew Nut Homemade Butter / Paste

Servings: 2 cups

Ingredients

- 🌰 500g roasted cashews
- 🌰 ½ teaspoon vanilla powder
- 🌰 ½ teaspoon salt



Photo: ACi

Method

- 🔴 Add all ingredients into a food processor bowl and process until nice and smooth (Permit resting periods to prevent damage to the processor, as the cashews are hard)
- 🔴 Process until nuts release their oils and turn into butter
- 🔴 Do not add any type of liquid!
- 🔴 Cashew butter is ready to be used or served

Serving tip: Cashew butter makes a good bread spread or ingredient for sauce or soup. It is also a healthy substitute for dishes that require groundnut paste or peanut butter. Crushed or broken pieces of cashew can be mixed with blended paste for a chewy crunchy cashew butter bread spread.

Store in an airtight containers for better preservation.

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Cashew Pancakes

Servings: 10

Ingredients

- 🥜 1 ¼ cups of cashew flour
- 🥜 1 teaspoonful baking powder
- 🥜 ½ teaspoonful ground cinnamon
- 🥜 ¼ teaspoonful salt
- 🥜 2 large eggs
- 🥜 ½ cup milk
- 🥜 1 tablespoonful cooking oil
- 🥜 2 tablespoonful maple syrup
- 🥜 1 teaspoonful vanilla extract



Method

- 👉 Combine cashew flour, baking powder, cinnamon and salt in a mixing bowl
- 👉 Use a whisk/ fork to mix well until all clumps are gone
- 👉 In another bowl, combine eggs, milk, oil and vanilla
- 👉 Whisk until well combined
- 👉 Add all wet ingredients to the dry ingredients and mix well
- 👉 Grease frying pan with enough oil
- 👉 Scoop pancake batter into hot oil and shallow fry until golden brown on both sides
- 👉 Serve hot with butter or maple syrup

Serving tip: Serve with caramelized cashews and any kind of fruit on the side

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Cashew Éclairs (Choux Pastry)














Servings: 10 - 15

Ingredients

-  50g flour mixed with cashew flour (Can be obtained by grinding broken cashew pieces into flour)
-  40g sugar
-  40g margarine
-  125ml water
-  2 eggs
-  15g chocolate



Method

-  Bring the water, sugar and fat to boil in a saucepan
-  Remove from heat and add flour and mix in with a wooden spoon
-  Return to a moderate heat and stir continuously until the mixture leaves the sides of the pan
-  Remove from heat and allow to cool
-  Gradually add the beaten eggs and mix well to a dropping consistency. This makes a choux paste
-  Place the choux paste into a lightly greased baking sheet (1cm plain tube)
-  Pipe into 8cm lengths on the lightly greased baking sheet
-  Bake in moderately hot oven
-  Allow to cool
-  Slit down one side with a sharp knife
-  Fill with sweetened, vanilla-flavored whipped cream using a piping bag and small tube
-  Warm the fondant (icing) and finely cut chocolate, allow to melt slowly, adjust the consistency with a little sugar and syrup, if necessary
-  Glaze the éclairs by dipping them in the fondant; remove the surplus with the fingers. Allow to set.

Serving tip: Serve with caramelized cashews on the side.

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Coconut-Cashew-Banana Bread

Servings: 36

Ingredients

- 🌾 6 bananas, mashed
- 🌾 3 large eggs
- 🌾 ¾ cup coconut oil
- 🌾 1 ½ cups sugar
- 🌾 420ml can light coconut milk
- 🌾 3 cups unbleached all-purpose flour
- 🌾 3 cups whole-wheat pastry flour
- 🌾 1 tablespoonful baking powder
- 🌾 1 ½ teaspoonful baking soda
- 🌾 1 ½ teaspoonful salt
- 🌾 ¾ cups roasted and unsalted cashews, optional



Method

- 🔥 Preheat oven to 325°C
- 🔥 Spray three loaf pans with non-sticking cooking oil
- 🔥 In a very large bowl, blend the bananas, coconut oil, eggs, and sugar until smoothed
- 🔥 Add coconut milk and stir
- 🔥 Add flours, baking powder, baking soda, and salt
- 🔥 Fold together until well mixed
- 🔥 Pour all into the prepared pans
- 🔥 Chop the cashew kernels and sprinkle over the top of the batter. Press down slightly into the batter.
- 🔥 Bake the loaves for about 1 hour, or until a tester inserted in the center comes out clean.
- 🔥 Transfer the pans to a rack and let cool for 10 minutes, then remove the breads from the pans and place on a rack to cool completely.

Serving tip: Wrap each cooled loaf in plastic wrap. Place two wrapped loaves in a freezer bag and freeze to enjoy later.

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Cashew Hot Chocolate

Servings: 2 - 3

Ingredients

- 🌰 1 cup roasted cashews
- 🌰 ¼ cup cocoa powder
- 🌰 3 tablespoonful maple syrup
- 🌰 Pinch of salt
- 🌰 1 cup water



Method

- 🔥 Blend all ingredients in a blender using about 1 cup of water
- 🔥 Heat gently on stove until warm
- 🔥 Serve in a mug

Serving tip: Maple syrup can be replaced with honey. Serve with cashew butter sandwich or any other sandwich.

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Cashew Juice

Servings: 4

Ingredients

- 🌰 2 - 3 cashew apples
- 🌰 Pinch of salt
- 🌰 Pinch of white pepper powder
- 🌰 Pinch of sugar



Method

- 🍷 Wash and cut cashew fruits into pieces and put into a blender
- 🍷 Blend adding a little water at a time until a fine consistency is achieved
- 🍷 Add the salt, white pepper powder and the sugar
- 🍷 Strain the juice and pour into a glass
- 🍷 Serve chilled

Serving tip: A fruit juice extractor can be used instead of a blender. Cashew juice contains vitamin c and other important nutrients that children require. Serve with slices of coconut cashew banana bread, cashew meat pie or mexi-cashews as a delicious snack option for children.

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Recipe Sources:

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