The Cashew Cookbook
Your sure way to healthy living

*Nutritious & Delicious Cashew Dishes*

13 Everyday Recipes
Snacks & Starters

Cashew Meat Pie
Cashew-Apple Brochette
Mexi-Cashews

Main Course

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Cashew in Palava Sauce with Fish
Chicken with Cashew Fried Rice

Desserts

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Cashew Pancakes
Cashew Éclairs (Choux Pastry)
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Drinks

Cashew Hot Chocolate
Cashew Juice
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

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.
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

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
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

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
African Chicken à la Puppet with Attié ké

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
- Attié ké

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 attié ké
- 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 Attié ké from the still warm pan

Serving tip: Attié ké 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.
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

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.
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)

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.
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

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
Cashew Nut Homemade Butter / Paste

Servings: 2 cups

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

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.
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
**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.
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.
Cashew Recipes

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.
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.
Recipe Sources:

http://goodcheapeats.com/2014/04/coconut-cashew-banana-bread/
http://mexican.food.com/recipe/mexi-cashews-98184

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