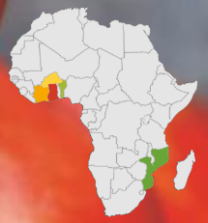




Cashew Recipes



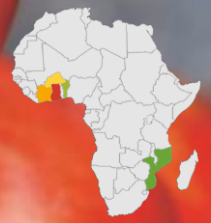
# The Cashew Cookbook

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

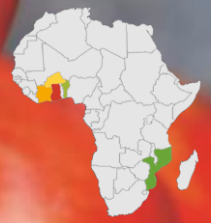
African Chicken a la Puppet with Attieke  
Cashew Tatale with Beans  
Cashew in Palava Sauce with Fish  
Chicken with Cashew Fried Rice

## Desserts

Cashew Nut Homemade Butter / Paste  
Cashew Pancakes  
Cashew Éclairs (Choux Pastry)  
Coconut Cashew Banana Bread

## 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

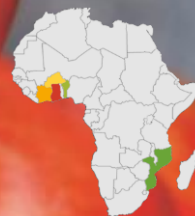


Photo: ACi

### 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.



## 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

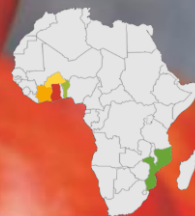


Photo: ACi

### 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



## 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

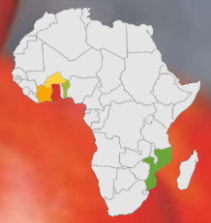


Photo: ACi

### 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



## 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

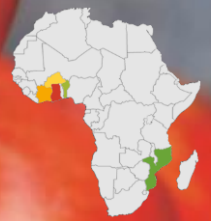


Photo: ACi

### 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 Ivorian 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

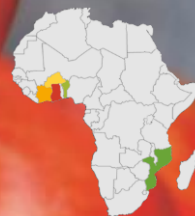


Photo: ACi

### 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.



## 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

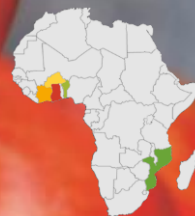
-  Cut fish into nuggets
-  Coat with flour
-  Deep fry, turn once until golden brown on both sides
-  Drain on absorbent paper

#### 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.





## Chicken with Cashew Fried Rice

Servings: 6

### Ingredients
























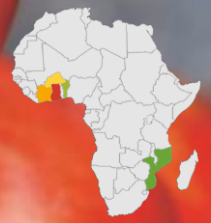
-  4 cups cold cooked rice
-  250g cooked chicken
-  2 eggs beaten
-  ½ cup green peas
-  1 medium onion
-  3 carrots diced
-  Spring onions
-  Seasoning
-  Soy sauce (light)
-  Oyster sauce
-  Salt
-  Pepper
-  Oil
-  50g roasted cashews and chopped or cashew splits/butts/pieces



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



## Cashew Nut Homemade Butter / Paste

Servings: 2 cups

### Ingredients








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

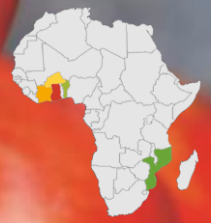


Photo: ACi

### 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.



## Cashew Pancakes









Servings: 10

### Ingredients

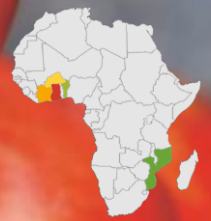
-  1 ¼ cups of cashew flour
-  1 teaspoonful baking powder
-  ½ teaspoonful ground cinnamon
-  ¼ teaspoonful salt
-  2 large eggs
-  ½ cup milk
-  1 tablespoonful cooking oil
-  2 tablespoonful maple syrup
-  1 teaspoonful vanilla extract



### 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

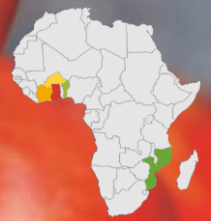
-  50g flour mixed with cashew flour (Can be obtained by grinding broken cashew pieces into flour)
-  40g sugar
-  40g margarine
-  125ml water
-  2 eggs
-  15g chocolate



### 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

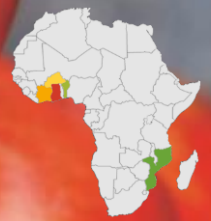
-  6 bananas, mashed
-  3 large eggs
-  ¾ cup coconut oil
-  1 ½ cups sugar
-  420ml can light coconut milk
-  3 cups unbleached all-purpose flour
-  3 cups whole-wheat pastry flour
-  1 tablespoonful baking powder
-  1 ½ teaspoonful baking soda
-  1 ½ teaspoonful salt
-  ¾ cups roasted and unsalted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




Servings: 2 - 3

### Ingredients

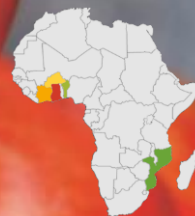
-  1 cup roasted cashews
-  ¼ cup cocoa powder
-  3 tablespoonful maple syrup
-  Pinch of salt
-  1 cup water



### 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

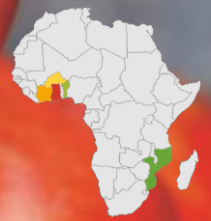
-  2 - 3 cashew apples
-  Pinch of salt
-  Pinch of white pepper powder
-  Pinch of sugar



### 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://www.ird.org/uploads/cep\\_cashew\\_cookbook\\_english.pdf](http://www.ird.org/uploads/cep_cashew_cookbook_english.pdf)

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### Editorial Team:

Mary Adzanyo

Director Private Sector Development

[mary.adzanyo@giz.de](mailto:mary.adzanyo@giz.de)

Ann-Christin Berger

ACi Communications Manager

[ann-christin.berger@giz.de](mailto:ann-christin.berger@giz.de)

Sylvia Pobee

ACi Communications Officer

[sylvia.pobee@giz.de](mailto:sylvia.pobee@giz.de)

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