

# CASHEW RECIPE BOOK

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*Cashew  
Delights.  
Eat Cashew!  
For Excellent  
Health.*





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Cashew Recipe Book

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# Cashew Recipe Book

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# Foreword



Cashews are highly nutritious and rich in nutrients like proteins, good fats and oils, vitamins, minerals, and antioxidants. Numerous studies have highlighted the benefits of cashews on the human body which is why consumption is recommended; “A cashew a day will definitely keep the doctor away!”

The role of local consumption in the sector cannot be overemphasized due to the rippling effect on processing and its economic potentials such as job creation, income generation among others.

While the nut is one of the most delicious and popular nuts consumed as snacks in the world, the apples on the other hand are underutilized despite the various recipes that can be developed from both. Africa, despite contributing to about 61% of the world’s production (2021), consumes not more than 5%, which needs to be improved.

The Market Oriented Value chains for jobs and growth in the ECOWAS region (GIZ/MOVE) - formerly Competitive Cashew Initiative (GIZ/ComCashew) - together with the African Cashew Alliance (ACA) have been championing the consumption of cashews through various interventions by creating visibility for products from cashews through promotional activities like tasting events, exhibitions; presentations on the nutritional benefits of the cashew kernels and apples, as well as advocacy for promotion of local consumption.

The purpose of the cashew recipe book, therefore, is to introduce readers to hands-on recipes for both cashew kernels and apples with the aim of increasing demand and consumption. Twenty-eight (28) recipes; some suitable for desserts, side and main dishes and vegetarian from different regions have been documented to provide readers with options.

These recipes are recommended for all, and we encourage you to patronize the recipes and share them with your friends and families. What about you prepare one of these recommended recipes each week? That would really be taking your health into your own hands by increasing your nutrition and wellbeing. Invite friends and family over and have a cashew party!

Bon appétit! Enjoy!

Ernest Mintah  
Managing Director  
African Cashew Alliance (ACA)



# Table of Contents

Introduction	1
Cashew Apple Biscotti	4
Cashew Apple Banana Bread	6
Cashew Apple Granola	8
Cashew Apple Passion Fruit Jam	10
Cashew Apple Omelet	12
Cashew Apple Juice Recipes	14
Sweet Cashew Apple	16
Cashew Pineapple Ginger	16
Cashew-Mango-Passion	17
Cashew Apple Spring Rolls	18
Cashew Apple Flakes	20
Cashew Milk Cake with Kernels	22
Cashew Kernel Biscuit	24
Cashew milk	26
Cashew Ice Cream	28
Cashew Apple Noodles	30
Stuffed Potato with Cashew Apples	32
Cashew Shawarma	34
Cashew Apple Potato Dumplings	36
Cashew Apple Kebab/Skewer/Fillets	38
Cashew Apple Coconut Curry Sauce	40
Cashew Burger	42
Yam Porridge with Cashew Apples	44
Cashew nut soup	46
Cashew Apple Chicken Light soup	48
Cashew Apple Okro Stew	50
Cashew Apple Moqueca	52
Cashew Apple Egg Stew	54





# Introduction

“Oh wow, is that in existence!” This is the regular response accompanied by great interest anytime cashew products are displayed at exhibitions. Cashew has so much potential, especially when it comes to food. This has been the main inspiration to develop a cashew recipe book.

The benefits and uses of cashew apples and kernels are not well known. More than 98% of cashew apples are underutilized. This is due to the high perishability of the cashew apples and lack of experience in the usage.

Cashew nuts are better known and its consumption in Africa is growing steadily. Cashew nuts are consumed mostly as snacks after it has been grilled, salted and spiced up. They are loved by consumers due to its high nutrition, crunchiness, and delicious nature. Besides this, cashew nuts can also be incorporated into meals and the fruits are processed into juices, pastry products, sorbets, ice creams, vinegar, among others.

Today, the consumption of cashew nuts is growing at 4-7% annually on the global market. India remains the number one consumer of cashew nuts with 37% of the global consumption, 20% in the USA and 18% in Europe.

Various scientific research confirms cashews as good source of nutrition for cardiovascular health to insulin resistance and diabetes, weight management, lipoproteins and dyslipidemia, inflammation and oxidation, gut health, aging and cognition, to importance for some forms of cancer. This is due to the good nutritional composition of the nuts: they are high in vitamins K and minerals such as magnesium, phosphorus, zinc, manganese, potassium, selenium and copper. They are also a source of fiber, thiamin, and pantothenic acid. Moreover, cashews are high in iron which contributes to the normal functioning of the immune system.

The consumption of cashews and its by-products continue to grow in Africa. Recipe books have been prepared by various agencies in cashew producing countries. This new book is tailored to include traditional diets in West Africa. You are welcome to enjoy exploring this book and motivated to create your own recipes to benefit from the high nutritional composition of cashew nuts and apples.

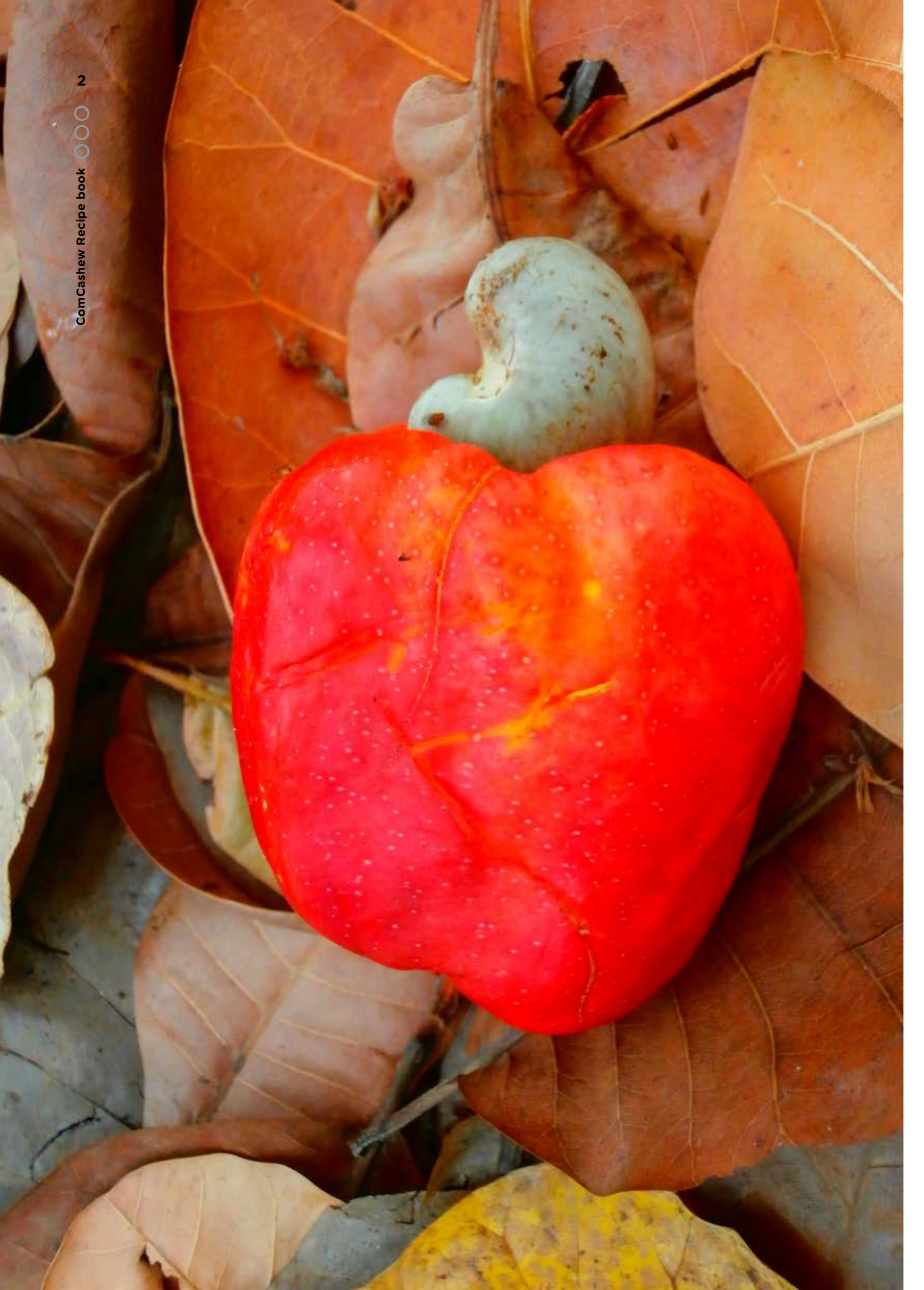
Mah, E, Schulz, J.A, Kaden, V.N., Lawless, A.L, Rotor, J., Mantilla, L.B., & Liska, D.J (2017). Cashew consumption reduces total and LDL cholesterol: a randomized, crossover, controlled-feeding trial, 2. The American journal of clinical nutrition, 105 (5), 1070-1078.

[Cashew consumption reduces total and LDL cholesterol: a randomized, crossover, controlled-feeding trial - PubMed \(nih.gov\)](#)

[Cashews - Global Cashew Council](#)

[USDA National Nutrient Database for Standard Reference Legacy Release April, 2018.](#)





## Nutritional Value of Cashew Apples

Cashew apples have an exotic taste and are freshly enjoyed not far from the plantations during the cashew season or when they are refrigerated immediately after harvest. They can be eaten fresh, juiced, preserved, or dried. Due to its fleshy nature, cashew apples are a good replacement for meat, especially for vegetarians and vegans.

They have a rich profile of vitamins and minerals. The Vitamin C content is five (5) times higher than that of oranges and twelve (12) times higher than pineapples! Cashew apples are an excellent hub of antioxidants, iron, calcium, and vitamins A & B (Cormier, 2008)<sup>1</sup>.

These nutritional elements provide healthy immune support and complement the healthy functioning of the human system.

And oh, they are a great source of dietary fiber for free bowels, hemorrhoid prevention, and reduced risk of type 2 diabetes!

## Nutritional Value of Cashew Nuts

Popularly known for its delicious nutty and creamy taste, the cashew nuts are a rich source of unsaturated fats known as “the healthy fats” and have no cholesterol. This implies reduced risk of heart diseases and stroke. They are also a good source of vital minerals such as Copper, Iron, Zinc, Phosphorous, Magnesium among others which promotes healthy skin, development of connective tissues, formation of hemoglobin of the red blood cells, bone growth, enhancing energy release among other metabolic functions of the body.

Cashew nuts are a great source of proteins and the amino acid tryptophan. This amino acid acts as an active substance against depression and sleeping disorders. Of course, the protein content of the nuts are high and an ideal source for vegetarians and vegans to augment their protein needs. The consumption of 30 grams of cashew nuts per day is recommended as a healthy-go for good cholesterol (USDA, 2019)<sup>2</sup>. Unlike other nuts, cashews increase one’s satiety even upon eating a small amount due to the high protein content.

Are you ready to take your diet up a notch and start getting the most out of your food? Do you want to remain healthy with balanced nutrition? Eat Cashews! 30g a day equivalent to 20 kernels a day! This recipe book provides you with twenty-eight (28) simple, healthy, and delicious recipes made from cashew nuts and cashew apples.

Now, let’s have some fun as we craft healthy diets with cashew apples and nuts.

Visit our YouTube page for video of yam porridge recipe: <https://www.youtube.com/watch?v=dMrUQn7rUFk>

<sup>1</sup> Cormier, R. (2008). Clarification of cashew apple juice and commercial applications. Oxfarm Quebec, Benin, West Africa.

<sup>2</sup> USDA, (2019). U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](http://fdc.nal.usda.gov)



# Cashew Apple Biscotti







## Ingredients

- 100g (1/2 cup) dried cashew apples
- 175g (1 ¼ cup) flour
- 170g (1 cup) cashew nuts
- 160g (3/4 cup) sugar
- 1 teaspoon baking powder
- 1 teaspoon of salt
- 25g (1 tablespoon) butter
- 2 eggs
- Vanilla extract



## Preparations

1. Preheat oven to 180 °C
2. In a large bowl, whisk the eggs, sugar, vanilla extract, butter and salt together until well blended
3. Add flour, cashew nuts, baking powder, dried cashew apples to the wet ingredients and mix all ingredients
4. Divide the dough into two parts and roll each portion into a long shape of about 3cm thick of the length of the baking sheet
5. Bake for about 20 minutes until light brown
6. Remove and leave to cool before cutting into finger-thick slices or about 22cm and bake for about 10 more minutes
7. Cool completely and store in an airtight container

*Great Snack!*

*Enjoy*



# Cashew Apple Banana Bread







## Ingredients

- 5 - 6 cashew apples
- 3 riped bananas
- 75g ( $\frac{1}{3}$  cup) melted butter
- 2 eggs
- 100g ( $\frac{1}{2}$  cup) sugar
- 250g all- purpose flour (2 cups)
- 100g ( $\frac{1}{2}$  cup) broken cashew nuts
- $\frac{1}{2}$  teaspoon baking soda
- 1 teaspoon of cinnamon powder
- Salt
- Vanilla extract



## Preparation

1. Preheat oven to 180 °C
2. Butter a 4x8-inch loaf pan
3. Wash and cut cashew apples into very small pieces
4. Peel the bananas in a big bowl and mash until smooth
5. Beat sugar, vanilla, cinnamon and eggs until smooth and creamy
6. Add melted butter and cashew apples and beat again for 1 minute
7. Add baking soda, salt, flour, chopped cashew nuts and stir until the batter is smooth
8. Pour the batter into the prepared loaf pan and bake for 50-60 minutes
9. You can alternatively insert a cake tester or toothpick into the bread, if it comes out dry and clean, your bread is ready
10. Remove from the oven and leave it to cool in the loaf pan for a few minutes before removing it. Leave the bread to cool completely before serving

*Tastes like cake!  
Tea/coffee time just got better!*

*Yummy bread for any occasion!*

*Enjoy*





# Cashew Apple Granola







## Ingredients

- 120g (1 cup) dried cashew apples
- 250g (2 cups) oats
- 120g (1 cup) cashew nuts
- 50g cocoa nips
- 200g (2/3 cup) honey
- 100g (1 cup) shredded sweetened coconut
- 120g (1/2 cup) vegetable oil
- ½ teaspoon cinnamon (optional)
- ½ teaspoon salt
- 1 cup of any other dried fruits of your choice (such as mango, pineapple, cranberries, raisins etc.)



## Preparations

1. Preheat the oven to 150°C
2. Line a 13 x 18-inch baking sheet with parchment paper
3. Combine oats, dried cashew apples, cashew nuts, coconut, cinnamon, and salt in a large bowl and mix well
4. In a small bowl, whisk the honey and oil together
5. Pour the mixture over the dried ingredients and mix well
6. Spread the granola mixture evenly onto the prepared baking sheet and bake for 20-30 minutes, stirring occasionally with a spatula or wooden spoon until the entire mixture is golden brown
7. Pay keen attention as granola burns quickly. Keep an eye on the corners and on the bottom of the baking sheets
8. Take the granola out of the oven. Add the cocoa nips and dried fruits. Mix well
9. Spread and press into an even, compact layer. Let it cool at room temperature
10. Break the granola into large clusters and store in an airtight container in the refrigerator. This is good to eat for up to about three (3) weeks

*Enjoy your granola with natural yoghurt, fresh milk or fresh fruits!*

*Stay healthy with Cashew Granola!*

**Enjoy**



# Cashew Apple Passion Fruit Jam







## Ingredients

- 700g cashew apples
- 300g passion fruit
- 500g caster sugar
- Juice of 1 lemon



## Preparation

1. Wash and cut the top and bottom of the cashew apples. Cut the rest into very small pieces and weigh 700g into a bowl
2. Wash and cut the passion fruits and scoop the fruit flesh out, weighing 300g in an extra bowl
3. In a large and deep stainless-steel saucepan, cook the cashew apples for about 20 minutes before adding the lemon juice, sugar, and passion fruit
4. Boil for about 15 minutes while stirring occasionally with a wooden spoon to make sure it doesn't stick to the bottom or burn
5. Pour jam into clean jars and let them cool completely

*Enjoy with bread, cookies  
and natural yoghurt!*

*Sandwich it!*

*Enjoy*



# Cashew Apple Omelet







## Ingredients

- 4 eggs
- Cashew 'flesh' (as described in the cashew ham)
- Grated carrots
- Minced onions
- Chopped parsley
- Spring onions
- Spinach
- Black pepper and salt



## Preparations

1. Mix all ingredients in a bowl
2. Heat oil in a frying pan and pour in all ingredients
3. Allow to cook slowly till golden brown and flip

*Cashew apple omelet a day,  
keeps hunger away!*

*Enjoy*



# Cashew Apple Juice Recipes







## Ingredients

- Cashew apples
- Sugar (optional)
- Mangoes
- Pineapple
- Passion fruit
- Ginger



## Preparation

1. Detach nuts from the apples
2. Wash cashew apples thoroughly
3. Cut off the two ends of the apple (head and bottom)
4. Cut apples into smaller pieces and blend to extract juice
5. Sieve the juice to remove fibre to get the cashew apple juice  
Serve chilled

***For the other ingredients,***

***Wash, blend and sieve separately the pineapples, mangoes, passion fruit and ginger***

*Refreshing!*

*Enjoy*

# Sweet Cashew Apple



## Ingredients

- 2 liters of pure cashew apple juice
- 50g of sugar (optional)



## Preparation

1. For every 2 liters of cashew apple juice add 50g of sugar
2. Stir continuously till the sugar dissolves

*Serve chilled*

# Cashew Pineapple Ginger



## Ingredients

- 2 litres of cashew apple juice
- 50g of sugar (optional)
- 65ml of ginger juice
- 1 litre of pineapple juice



## Preparations

1. For every 2 litres of the cashew juice add 50g of sugar
2. Stir continuously till the sugar dissolves
3. Add 1 litre of the pineapple juice and 65ml of ginger juice and stir

*Serve chilled*



# Cashew-Mango-Passion



## Ingredients

- 2 litres of cashew apple juice
- 200g of mango juice
- 45g of sugar (optional)
- 30g of ginger juice
- 50g of passion juice



## Preparation

1. For every 2 litres of the cashew juice add 45g of sugar
2. Stir continuously till the sugar dissolves
3. Add 200g of the Mango juice, 30g of ginger juice and 50ml of passion juice and stir

*Serve chilled*

*Enjoy*

# Cashew Apple Spring Roll







## Ingredients

- 4 - 6 cashew apples
- About 500g of mixed vegetables, such as green and red bell peppers, carrots, cabbage, beansprouts, and spring onions
- 2 tablespoons of wok oil
- 2 finely chopped garlic cloves
- Small piece finely chopped ginger
- 3 tablespoons soya sauce
- Salt to taste
- 10 -15 sheets of spring roll pastry
- 1 tablespoon Flour
- Enough oil to fry your spring rolls



## Preparations

1. Wash and cut the cashew apples into very tiny pieces. Squeeze out the juice in a sieve or cheesecloth
2. Wash and cut all other vegetables to small pieces and set aside
3. Heat the oil in a wok and first sauté the cashew apples for about five (5) minutes on high heat before adding all the other chopped vegetables, fry until lightly softened
4. Stir in the salt and soya sauce and transfer to a big bowl. Allow the mixture to cool completely before wrapping your spring rolls
5. Mix 1 tablespoon of flour with 2 tablespoons of water
6. Place the spring roll wrapper on a flat and clean surface. Apply a little flour paste along the edges of the wrapper. Place about a tablespoon of the vegetable filling on one side of the wrapper
7. Start folding in from the filled corner and begin rolling until you reach the center. Fold the right and left point towards the center and apply the flour paste again on the edges and roll until you reach the end. Make sure the edges are sealed well to prevent them from opening when deep frying
8. Repeat the same procedure to make the rest of your spring rolls
9. Heat enough oil in a pan and deep fry until golden brown

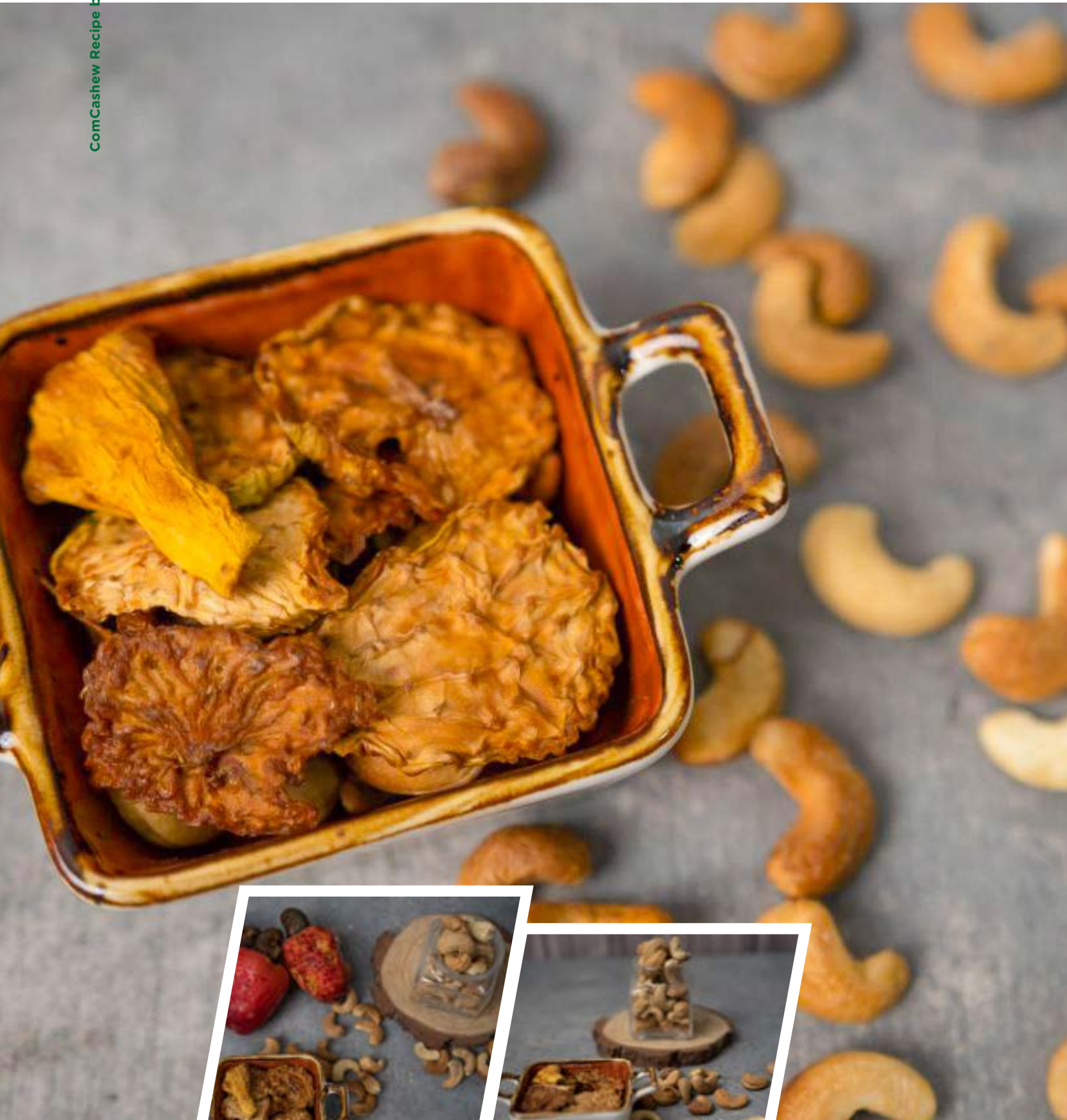
*Serve the spring rolls with a sweet spicy chili sauce.*

*Mouth celebrations!*

*Enjoy*



# Cashew Apple Flakes





## Ingredients

- Fresh cashew apples
- Cinnamon and sugar (optional)



## Preparation

1. Wash the fresh cashew apples. No need of blanching
2. Peel, cut, and slice them thinly. Using a peeler or slicer makes it faster and easier
3. Slices of cashew apples should be uniform in thickness when hand slicing to ensure evenly drying. The slices should be about 3/8-inch-thick and should not be overlapped or placed closely on the dehydrator trays to allow air circulation
4. If apples are damp, pat them dry with a paper towel to decrease the time needed for dehydration
5. Place them on the dehydrator trays leaving at least 1/4-inch space
6. Sprinkle the cinnamon and sugar on the slices in the trays
7. Dehydrate them for 6-8 hours at 140°C
8. Store in a tightly sealed container
9. Note: in the absence of a dehydrator, an oven can be used. This should be done with the oven's least temperature

*Enjoy as healthy snacks!*

*Taste of goodness*

*Enjoy*



# Cashew Milk Cake with Kernels







## Ingredients

- 150ml cashew milk
- 100g crème fraiche (fresh cream)
- 750g whipped cream
- Strawberries
- 5 eggs
- 125g flour
- 125g icing sugar
- 20g cashew nuts
- Apricot



## Preparations

### For the sponge cake:

1. Mix the sugar and egg yolks and whisk until stiff, then add the flour
2. Mix and put in a mold. Bake at 150°C for 10minutes
3. Remove from oven and allow to cool down in a fridge

### For the custard:

4. Put the cashew milk in a pot with the crème fraiche and heat. This is called the custard.

### For the cashew milk custard:

5. Mix the custard with the whipped cream

### For the assembly

6. Cut the sponge cake from the fridge into two parts
7. Cut the strawberries into two parts and place them on the edge of one part of the sponge cake, then place the other part on top and put the cashew milk cream on top
8. Put in the fridge for 45 minutes
9. Decorate, cut out and serve

*Good companion of juices or any drink of your choice! Enjoy!*

*Pure joy!*

*Enjoy*



# Cashew Kernel Biscuit







## Ingredients

- 350g butter
- 200g icing sugar
- 500g flour
- 2 eggs
- 100g cocoa powder
- 100g cashew nuts



## Preparation

1. Beat the butter to a soft dough
2. Pour in the icing sugar and mix
3. Pour in the flour and mix
4. Pour in the cocoa powder and mix
5. Crush the cashew kernels into powder, then pour in and mix
6. Pour in the eggs and mix well with your hand to make a homogeneous paste
7. Roll into balls and decorate as desired
8. Spread the mixture on the oven dish with baking paper
9. Place in the oven at 160°C for 30 minutes

*Crispy, Healthy,  
Mouthwatering!*

*Enjoy*



# Cashew Milk







## Ingredients

- 1 cup of white cashew kernels
- 4 cups of water
- Dash of salt
- 1 to 2 tbs honey or any sweetener of your choice (optional)
- 2 teaspoons vanilla extract (optional)
- Pinch of cinnamon (optional)



## Preparations

1. Soak cashews in water in a covered container for at least 4 hours and up to 12 hours in a refrigerator
2. Drain off the water and rinse the cashews under cold running water
3. Blend the cashews with 2 cups of water till the cashews are totally blended
4. Blend with an additional 2 cups of water, honey, vanilla essence, salt, cinnamon (optional)
5. Strain the milk through fine mesh strainer
6. Store the milk in a covered container in a refrigerator for 2 to 3 days
7. Shake before serving

*Leftover cashew pulp after straining can be used in smoothies, granola or muffins*

*Cashew milk - a dairy free healthy milk alternative.*

**Enjoy**



# Cashew Ice Cream







## Ingredients

- 250g icing sugar
- 700g crème fraiche (fresh cream)
- 300ml cashew milk
- 10 egg yolks
- 50g stabilizer
- 25g chocolate



## Preparation

1. Put the cashew milk in a pot with the crème fraiche and heat at 100°C. This is called custard

### Step 1

2. Put another pot on the heat, add the egg yolks, sugar, stabilizer and whisk well then pour in half the hot custard then cook to 90°C
3. Remove the pot from the heat, let it cool and then put it in the fridge for 1 hour
4. After cooling, use a homemade ice cream machine to whip it or a mixer and chill for 6 hours (ideally overnight)

### Step 2

#### Dressing:

5. Roll out the cream
6. Put some kernels on top
7. Melt the chocolate for decoration

*Made with love from cashew!*

**Enjoy**

# Cashew Apple Noodles







## Ingredients

- 1 packet of noodles (cooked)
- Diced cashew apples
- 200g Carrot
- 15 Centilitre (cl) soybean oil
- Salt
- 200g of pepper
- 1 jar of canned sweet corn (optional)
- 200g of courgette
- 1 jar of veal juice
- 400g onions
- Parsley
- Coriander
- 2 fresh tomatoes



## Preparations

1. Cook noodles with hot water at 100 °C
2. Cut the vegetable and tomatoes lengthwise
3. Sauté the diced cashew apples in a pan with oil at a temperature of 50°C for 30minutes with the vegetables
4. Add the sweet corn
5. Add the noodles
6. Season with salt and pepper
7. Add some oil and then put in your veal juice.
8. Add the cashew apples

*This is a special cashew spaghetti Bolognese!!*

*Enjoy*

# Stuffed Potato with Cashew







## Ingredients

- Diced cashew apples
- One packet of breadcrumbs
- 500g potatoes
- 200g butter
- A pinch of salt
- A pinch of pepper
- 1 bunch of parsley
- 500g fresh tomatoes
- 100g green onion
- 1 clove of garlic
- 2 lemons
- 2 tablespoons of white vinegar
- 250g flour
- 6 eggs (optional but put in the oven to cook at 120°C)



## Preparation

1. Peel the potatoes and boil with salt and pepper for 20 minutes until the potatoes are very tender
2. Mix the chopped parsley with the tomato, diced cashew apples, lemon, vinegar, and crushed garlic to make a stuffing
3. Mash the potatoes, add butter and mix with the stuffing
4. Mix with flour and eggs and roll into small balls
5. Coat them with breadcrumbs
6. Let them sit for 15 minutes and fry

***Serve with any meal of your choice. Enjoy!***

***Good as your meal,  
good as your dessert, good to eat!***

***Enjoy***

# Cashew Apple Shawarma







## Ingredients

- 100g of cashew apples
- 5 carrots
- 2 onions
- 2 fresh tomatoes
- 1 green, red, yellow onion
- 50g Salt
- 2 tablespoons pepper (to taste)
- 2 tablespoons paprika
- 2 tablespoons veal juice
- 2 tablespoons white vinegar
- 50g dried chili
- 3 potatoes
- 20cl oil



## Preparations

1. Cut the cashew apples into small pieces and soak in hot water for 5 - 10 minutes
2. Drain the cashews
3. Fry the cashew apples with the onion in oil at a temperature of 50°C
4. Add the chopped carrots and mustard
5. Add salt, pepper, green onion and the chopped tomato
6. Simmer for 20 minutes, while stirring frequently
7. Marinade the parsley, coriander, paprika, garlic, onion, soy, salt, pepper, mustard, provincial herb, veal juice
8. Mix it all and then spread on Arabic bread and wrap it

*Healthy living,  
one juicy wrap at a time!!*

*Enjoy*

# Cashew Apple Potato Dumplings







## Ingredients

- 100g of dried cashew apples
- Diced onions
- 1 egg
- 20cl oil
- Corn starch
- 2 tablespoons of flour
- Bell pepper
- 50g salt
- 2 tablespoons pepper
- 2 tablespoons white vinegar
- 50g dried chili
- 3 potatoes
- Mustard
- Vinegar
- 1 bouillon cube
- Vegetable oil



## Preparations

1. Cook the dried cashews for 15 minutes and let it cool
2. Mix the cooked cashew apples with pepper, onions, garlic, bouillon cube and salt to taste.
3. Set aside to cool
4. Boil potatoes for about 20 minutes
5. Mash potatoes to a uniform consistency
6. Add corn flour and eggs to the mashed potatoes and mix well
7. Knead the mixture for a long time and shape the dumplings with floured hands
8. Fill in the dumpling shapes with the cashew mixture
9. Spread vegetable in cooking pot
10. Arrange dumplings in a saucepan and fry the dumplings for about two minutes
11. Add a cup of water and boil for 20 minutes at 90°C
12. Leave to cool and serve

### Sauce

13. Fry a mixture of vinegar, pepper, a little mustard, 1 bouillon cube and salt.
14. Stir till it forms a consistent paste.

*Taste you can't resist!*

*Enjoy*

# Cashew Apple Kebab/Skewer/Fillets







## Ingredients

- 100g of cashew apples
- 2 onions cut in dices
- 2 yellow and red peppers
- 2 tomatoes cut in medium size cubes
- 2 cloves of garlic cut in Dice
- 1 glass of oil
- 2 broths
- 2 pinches of salt
- 50g of mustard
- 2 teaspoons of vinegar
- A bit of chili pepper
- Paprika



## Preparations

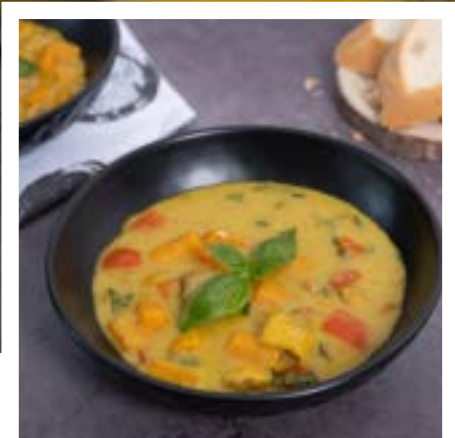
1. Cut the cashew apples into small pieces and soak in hot water
2. Drain the water from the cashews
3. Prepare the marinade with garlic, broth, pepper, mustard, salt, vinegar and paprika
4. Mix well and divide the marinade into two parts
5. Pour one part on the cashew pieces and cook at 50°C for 30 minutes
6. Arrange the cooked cashew apples interspaced with onion, pepper and tomatoes on barbeque sticks
7. Pour the other part of the marinade onto the cashew skewer/kebab or fillet
8. Serve with French fries or salad

*Accompaniments: lemon - zucchini - potato - Chinese vermicelli - sweet corn. Enjoy!*

*Taste and see the wonders  
of cashew apples!*

**Enjoy**

# Cashew Apples Coconut Curry Sauce







## Ingredients

- 2 tablespoons vegetable oil
- 1 onion
- 4 - 6 fresh cashew apples
- 2 cloves of chopped garlic
- 2-inch piece fresh ginger thinly sliced
- 1 green bell pepper
- 2 peeled carrots
- 2 tablespoons of Thai curry
- 1 tablespoons curry powder
- 1 teaspoon red pepper
- 1 can of coconut milk
- Fresh basil and chopped cilantro to garnish
- Salt to taste



## Preparation

1. Wash and cut cashew apples, bell pepper and carrots into bite-size pieces
2. Heat the oil in a large pot over medium heat.
3. Sauté the onion.
4. Stir in the ginger, garlic, Thai curry, curry powder and cook for about 3 minutes
5. Add coconut milk and bring the sauce to a boil and add all other vegetables and red pepper
6. Once the sauce returns to a boil, reduce the heat to simmer for about 20-30 minutes
7. When serving, garnish each bowl with freshly chopped basil and cilantro

*Enjoy with plain rice, parboiled rice, and attieke!*

*Looks and tastes good!*

**Enjoy**



# Cashew Apple Burger







## Ingredients

- 620g of cashew apples
- 6 bread rolls
- 6 hamburger cheese
- 145g grated carrot
- white onions cut into rings
- 25g chopped parsley
- 1 large/170g tomatoes cut into rings
- 100g minced onion(red)
- 85g flour
- Lettuce
- Olive oil
- Butter



## Preparations

### Cashew 'ham'

1. Perforate holes in the apples with a fork and squeeze out all juice out of them
2. Wash and cut the apple flesh into smaller pieces
3. Blend or mill the flesh into further smaller pieces (no water!)
4. Add minced onions, parsley, carrots, flour, black pepper and salt and mix thoroughly
5. Mold the mix into a tennis ball size and then press to form a flat round shape
6. Melt butter into a large frying pan and arrange the 'cashew ham'
7. Shallow fry till golden brown
8. Cut bread rolls into 2 halves
9. On one half, arrange the lettuce, onions, tomatoes, 'cashew ham' and the cheese on it and cover with the other half

*May be served with potato fries with ketchup. Enjoy!*

*Meat? No, cashew apple,  
Absolutely!*

**Enjoy**





# Yam Porridge with Cashew Apples







## Ingredients

- 5 - 6 fresh cashew apples
- 1 kg (2.2 lbs.) yam (yam can be replaced with plantain or cocoyam)
- 4 - 6 tablespoons red palm oil
- 5 medium size tomatoes
- 1 red bell pepper
- 1 green bell pepper
- 2 garlic cloves
- 1 big onion
- Fresh basil
- Chili or habanero pepper and salt (to taste)
- 1 tablespoon powdered crayfish (optional)
- Smoked fish (optional)



## Preparation

1. Peel and cut the yam into cubes. Wash the yam cubes and set them aside
2. Wash and cut all vegetables including the cashew apples into small pieces and set aside
3. Blend the chili or habanero pepper, tomatoes, and garlic
4. Heat palm oil in a pot adding the diced onions and frying for about 2 minutes
5. Add the blended garlic, chili and tomatoes mixture, cashew apples, crayfish (if using it) and cook for about 15minutes
6. Add the yam cubes and pour enough water to cover the yam cubes and start cooking at medium heat. Add smoked fish (if you are using it), vegetables and salt to taste
7. Cover the pot and continue cooking till the yam is tender and the soup thickens to your desired consistency

*Serve warm with fresh basil. Enjoy!*

*Bougie mpotompoto!*

*Nutritious and simply delicious*

*Enjoy*



# Cashew nut soup







## Ingredients

- 1/2 cup salted roasted cashew kernels/ cashew nut paste
- 6 - 8 pieces goat meat
- 1 medium size smoked catfish
- 8 -10 pieces smoked prawns
- 1 tablespoon ground crayfish
- 1 cup washed bitter leaf (optional)
- 1/2 medium size onion
- Scotch bonnet pepper to taste
- 2 - 3 cooking spoons palm oil (optional)
- Seasoning cubes to taste
- Salt to taste



## Preparations

1. Season the meat with some onion, pepper, seasoning cubes and allow to marinade for about 20 minutes
2. Steam meat in its juice then add some more water and cook till meat softens
3. Whilst meat is cooking blend cashew nut into a paste (skip this step if the cashew paste is available)
4. Wash bitter leaf to desired taste and chop into large chunks (this step is optional).
5. When meat is cooked, add the fish, crayfish, crayfish some more water and bring to boil again until the fish is soft
6. Correct the seasoning and add the palm oil and boil for about 5 mins (this step is optional)
7. Add the Bitter leaf and cook for 1 minute (this step is optional)
8. Add the cashew paste and stir well to mix. Allow to cook until soup thickens. It is advisable to allow the soup to cook for a little while to see if it thickens to your desired consistency before adding more paste

*Happy companion for banku, tô, placali, eba, semolina, pounded yam, pounded plantain, fufu, foutou, Tuo-Zaafi, kokonte, rice or attieke. Enjoy!*

*Let's get adventurous!! Try this recipe with lamb or beef or delicious mutton or just add dried cashew apples for a vegetarian option.*

*Healthy soup for everyone!*

*Enjoy*

# Cashew Apple Chicken Light Soup







## Ingredients

- 1 half of a chicken
- 4 cashew apples
- 1 large onion
- 3 - 4 fresh tomatoes
- 2 garden eggs
- 2-3 bonnet pepper
- Fresh ginger
- 2 garlic cloves
- 1 bouillon cube
- Salt to taste



## Preparation

1. Wash and cut the chicken into pieces
2. Blend onions, garlic, and ginger together
3. Put the chicken in a big pot and add the blended ingredients, bouillon cube and a little water
4. Steam the chicken until the chicken is halfway cooked. Then drop in the whole cashew apples, garden egg, bonnet pepper, and whole tomatoes and cover to continue cooking
5. After 10 minutes, remove cashew apples, the garden egg, tomatoes, onions and pepper and blend with little water to a smooth paste.
6. Use a small fine mesh sieve to sieve in the blended mix and add to the chicken with some more water. Cook again for about 20 minutes
7. Add salt to taste and allow to cook for 5 - 10 minutes

*Enjoy with any swallow, fufu, foutou, attieke, banku, tô or plain rice!*

*Cashew Chicken soup for  
the soul and Stomach!*

**Enjoy**

# Cashew Apple Okro Stew







## Ingredients

- ½ kg meat or fish (optional)
- 4 cooking spoons of palm oil
- 5-6 chopped cashew apples
- 2½ cups chopped or grated okro
- 4 blended tomatoes
- 1 large onion
- 2 crushed garlic cloves
- 2 bonnet peppers
- 1 bouillon cube
- Salt to taste



## Preparations

1. Cook meat with garlic (if using meat), a pinch of salt, some onion and ginger
2. Drain the meat from the stock and set aside after cooking
3. Without meat, blend ginger, garlic, bonnet pepper and tomatoes and set aside
4. Cut cashew apples in small pieces and squeeze out the juice
5. Cook cashew apples and chopped okro for about 10-15 minutes until soft and set aside
6. Heat palm oil in a pot and put in the chopped onions and sauté till onions are almost translucent
7. Add the blended tomato puree and cook for about 15 minutes
8. Reduce the heat, then add the cashew okro mixture and salt to taste
9. Bring to a boil and simmer for about another 15-20 minutes uncovered

*Happy companion for banku, tô, placali, eba, semolina, pounded yam, pounded plantain, Fufu, foutou, Tuo-Zaafi, kokonte or rice. Enjoy!*

*Okra stew with a difference!*

**Enjoy**

# Cashew Apple Moqueca (sauce)







## Ingredients

- Diced cashew apple
- 110g/ 4 large sliced sweet /bell pepper
- 105g/1 large, sliced onion
- 210g sliced okro
- 185g/ 4 medium size sliced tomatoes
- 3 crushed garlic cloves
- Chopped spring onions
- Chopped coriander
- 2 tablespoons palm oil
- 1 tablespoon olive oil
- 150g sieved gari
- 500ml coconut milk
- 1 teaspoon black pepper and salt
- Vegetable bouillon
- 1 tablespoon butter
- Parsley



## Preparation

### *Cashew Moqueca (Sauce)*

1. Pour palm oil into pot, add garlic and allow to simmer under low heat for 1 minute
2. Add onions, tomatoes, bell pepper, spring onion and allow to cook slowly for 2 minutes
3. Add diced cashew apples, coriander, black pepper and salt
4. Add coconut milk and bring to boil for about 10 minutes

### *Gari*

5. Heat 1 tablespoon of palm oil in pan for 30 seconds.
6. Sieve off some of the stock from the sauce prepared above
7. Add gari and mix to get a soft consistent paste
8. Pour into a serving bowl

### *Okro*

9. Cook Okro.
10. Melt butter in a pan and add parsley and onion and stir
11. Add okro and vegetable bouillon and stir till brown then add olive oil
12. Add garlic and palm oil and stir for about 6-8 minutes

*Serve with parboiled or plain rice. Enjoy!*

*Culture and Taste*

*Enjoy*



# Cashew Apple Egg Stew







## Ingredients

- 4-6 cooking spoons of palm oil
- 6 chopped cashew apples
- 4 garden eggs
- 6 blended tomatoes
- 1 large chopped onion
- 2 crushed garlic cloves
- 4 eggs
- 2-3 bonnet pepper
- 1 bouillon cube
- Salt to taste



## Preparations

1. First wash all vegetables
2. Detach the nuts from the apples
3. Cut the top and bottom of the cashew apples.
4. Cut the cashew apples into small pieces and set aside
5. Cut garden eggs into small pieces
6. Blend tomatoes, garlic and bonnet pepper and set aside.
7. Cook cashew apples for about 15 minutes and then drain the water and set aside
8. Heat palm oil in a pot and put in the chopped onions and sauté till onions are almost translucent
9. Add blended tomato puree and bouillon cube and cook for about 10 minutes
10. Reduce the heat, then add the cooked cashew and raw garden eggs
11. Bring to a boil and simmer for another 15 to 20 minutes uncovered
12. Add eggs and leave it to cook on very low heat for 5 minutes
13. Finally, add salt to taste

*Happy companion for ampesi, boiled or fried yam or plantain, steamed sweet potato, or rice. Enjoy!*

*It is eggciting!*

**Enjoy**









## Information on **MOVE**

The Market-Oriented Value chains for jobs and growth in the ECOWAS Region (MOVE) is a merger of two regional GIZ programs thus Competitive Cashew Initiative (ComCashew) and the Competitive Africa Rice Initiative (CARI).

The MOVE project focuses on building market-oriented and resilient cashew and rice value chains to contribute to the creation of jobs and income in West Africa, with ECOWAS as its main political partner. Intervention countries include Burkina Faso, Côte d'Ivoire, Ghana, Sierra Leone, and Nigeria.

Building on the successes of the former ComCashew and CARI projects, MOVE is organized in five core output areas:

- Processing - Increasing the level of value creation within West Africa through private sector empowerment;
- Production - Increasing areas cultivated with climate-smart methods;
- Consumption - Increasing local consumption of rice and cashew products through marketing initiatives;
- Youth and Gender Inclusion - Developing and sharing good examples of inclusive business models;
- Policy Advice - Strengthening public-private cooperation in policymaking to reduce regional trade barriers with the goal of increasing the incomes of smallholder farmers, employees and owners of processing companies.

A new exciting chapter for MOVE is here to bring competitiveness to the Cashew and Rice value chains.

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