

Kastmontas Farm

Macadamias from seed to nuts

COOKBOOK



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The Macadamia Nut



Macadamias are a high energy food and contain no cholesterol. The natural oils in macadamias contain 78% monounsaturated fats, the highest of any oil including olive oil.

Macadamias are also a good source of protein, calcium, potassium and dietary fibre and are very low in sodium. The protein component of nuts is low in lysine and high in arginine.

Of the many benefits surrounding macadamia nuts, perhaps the greatest is that they taste so good while being good for you.

A high energy food, macadamias taste great eaten raw from the shell, dry roasted, or cooked in oil. They can also be used to enhance the flavour of cakes, confectionery, ice cream, salads, roasts and casseroles. The possibilities are only limited by the imagination of the user.

Macadamia & Banana Pancakes

INGREDIENTS

- 2 (very) ripe bananas
- 2 eggs
- ¼ cup macadamia meal
- ¼ tsp baking soda

Mash bananas in a large bowl with a fork until well mashed. Add the eggs
DIRECTIONS and mix all together. Blend it with the other items, mixing well.

Use a large frypan with stove element set to medium heat. Put some butter in the pan to prevent sticking. Using a spoon, place about four piles in pan (not one large pancake). After the first batch is done, turn element down to prevent burning. Always use more butter before each batch - just enough to cover the pan.

Char Grilled Vegetable Salad with Macadamia Nut

INGREDIENTS

- 2 cups sweet potato
- 2 bunches asparagus
- 3 ounces prosciutto -- finely sliced
- 1 cup baby spinach leaves
- 1 cup matured goats cheese -- finely sliced
- Macadamia nut oil

DRESSING

- 3 tablespoons macadamia nut oil
- 1 cup lightly roasted macadamia nuts -- roughly chopped
- 1 tablespoon red wine vinegar

DIRECTIONS

Steam or microwave sweet potato until just tender. Cool, peel and cut diagonally into slices. Brush sweet potato slices and asparagus lightly with macadamia nut oil and then char grill until cooked through. Char grill prosciutto until crisp.

For the dressing, heat 1 tablespoon of macadamia nut oil in a non-stick frying pan. Add chopped nuts and stir-fry until golden. Add vinegar and remaining oil and whisk until well combined.

To serve salad, arrange baby spinach, sweet potato, asparagus, prosciutto and goats cheese on individual plates. Drizzle with dressing.

Papaya and Baby Spinach Macadamia Nut Salad with Chilli Jumbo Prawns

INGREDIENTS

- 4 cups baby spinach
- 1 papaya, peeled, seeded, sliced
- 12 jumbo prawns, deveined
- 1 lime, juiced
- 1 tablespoon hot chilli paste
- sea salt and fresh cracked pepper
- ½ cup macadamia nuts
- 4 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- ¼ cup white wine
- ½ red onion, sliced fine
- ½ cup grape tomatoes

DIRECTIONS

In a large bowl place spinach, onions, macadamia nuts, grape tomatoes and papaya. Season, drizzle olive oil and red wine vinegar. Toss gently; add vinaigrette just before serving. Meanwhile place prawns in a bowl, season, add chilli paste and fresh lime juice. Toss. Heat a skillet, add a touch of olive oil.

Add prawns and sear for approximately 2 minutes or until the prawns have turned color and firmed up. Add white wine and reduce for 1 minute. Simply portion baby spinach salad onto 4 plates and garnish with 3 chilli infused jumbo prawns. Serves 4.

Orange Chilli Duck Salad with Macadamias

INGREDIENTS

- ½ Chinese cabbage, thinly sliced, chilled in cold water
- 1 medium red onion, cut in half, thinly sliced
- 16 snow peas, trimmed, cut into strips
- 1 medium red capsicum, cut into strips
- 4 roasted duck breasts or legs
- ¾ cup roasted macadamia halves

GARNISH

- 2 firm, ripe mangoes, flesh scooped out, cut into cubes
- 1 cup torn coriander leaves

DRESSING

Whisk together in a bowl:

- 3 tablespoons macadamia oil
- 1 teaspoon each finely grated orange rind and sugar
- 4 tablespoons fresh orange juice
- ½ tablespoons white wine vinegar
- ¼ teaspoon hot chilli flakes or to taste
- 2 teaspoons fish sauce

DIRECTIONS

Pour boiling water over snow peas and capsicum in a bowl. Stand for about 1 minute, drain and rinse in cold water. Either thinly slice duck breasts or remove meat from duck legs and chop into small pieces. Drain cabbage and place in a bowl with other ingredients. Toss through dressing. Garnish with mango and coriander.

NOTE

Omit duck and use shelled deveined prawns or sliced cooked chicken.

Macadamia-Crusted Coconut Shrimp

INGREDIENTS

- ¼ cup all-purpose flour
- 1 pound cleaned and deveined shrimp
- ½ cup coconut milk
- ¼ cup crushed macadamia nuts
- Caramelized pineapple sauce:
 - 1 teaspoon butter
 - 3 tablespoons finely minced onion
 - ½ cup diced pineapple
 - ¼ cup frozen concentrated pineapple juice
 - 1½ tablespoons seasoned rice vinegar
 - 1 teaspoon minced ginger
 - 1½ cups vegetable stock
 - 1 vanilla bean
 - ½ teaspoon low-sodium tamari
 - Pinch cayenne pepper

DIRECTIONS

Preheat oven to 400 degrees Fahrenheit. Lightly coat a baking dish with olive oil.

Place flour in a small bowl. Dredge shrimp in flour, then dip into coconut milk and roll in crushed macadamia nuts. Place in baking dish and bake for 10 to 15 minutes, or until shrimp is cooked through.

In a large saute pan, melt butter over low heat. Add onions and cook until transparent. Add pineapple and cook until all ingredients are browned, about 15 to 20 minutes. Add pineapple juice and rice vinegar. Cook sauce for 5 to 10 minutes, or until thick and golden.

Add ginger and vegetable stock and bring to a boil. Add vanilla bean, tamari sauce and cayenne pepper. Simmer for 15 to 20 minutes. Remove vanilla bean and puree.

Serve 3 shrimp with ¼ cup caramelized pineapple sauce.

Garlicky Lemon Shrimp with Macadamia

INGREDIENTS

- 1 tablespoon plus 1 teaspoon extra virgin olive oil
- 5 cloves garlic, minced
- 3 ounces Macadamia Nuts, chopped
- 1 pound medium raw shrimp (peeled & de-veined)
- 1/8 cup fresh lemon juice
- 1/4 cup fresh chopped, flat leaf parsley
- 3/4 cup chicken broth
- salt and fresh ground black pepper to taste
- 2 teaspoon cornstarch dissolved in 1 tablespoon water
- 1 1/2 cups broccoli florets
- 10 ounces angel hair pasta
- 2 tablespoon grated Parmesan cheese

DIRECTIONS

Heat 1 Tablespoon of olive oil in a large skillet on medium heat. Add garlic and macadamia nuts and sauté until macadamia nuts just start to turn a light, toasty brown in color (about 3-4 minutes). Add the shrimp and continue to sauté until shrimp are no longer transparent. Add lemon juice, parsley, chicken broth, salt, pepper and dissolved cornstarch. Stir until mixture starts to thicken slightly. Remove from heat and set aside.

Steam or stir fry the broccoli florets for about 2 minutes, until bright green in color. Cook the angel hair pasta according to package directions and drain.

Toss the angel hair pasta with 1 teaspoon olive oil and sprinkle with the Parmesan cheese. Toss to coat. Add the broccoli and top with the Macadamia Shrimp sauce. Serve immediately.

Mahí Mahí with Macadamia Nuts

INGREDIENTS

1 pound Mahi-Mahi fillets
1½ cups milk
¾ teaspoon salt
dash black pepper
2 tablespoons butter
3 tablespoons flour
1 tablespoon lemon juice
¼ cup macadamia nuts, finely chopped
paprika

DIRECTIONS

Place mahi-mahi in a well greased shallow baking pan. In a bowl combine milk, salt and pepper. Pour over fish. Bake at 180°C for 30 minutes.

Remove from oven, drain, and reserve liquid. Place fish on hot platter and keep warm.

In a skillet melt the butter, blend in flour. Add hot liquid gradually and cook until thick, stirring constantly. Add lemon juice. Pour over fish and top with macadamia nuts and paprika

Vivacious Macadamia Crab Balls

2 cups cream cheese
1 finely chopped spring onion
1 tablespoon parsley, chopped
1 tablespoon lemon juice
2 cups crab meat (frozen crab sticks)
½ cup finely chopped Macadamia nuts
Dash of Tabasco sauce

DIRECTIONS

Let cream cheese soften to room temperature. In a bowl mix cheese with chopped spring onion, parsley and lemon juice. Add chopped crab meat into cream cheese mixture. Roll mixture into small balls and then roll in finely chopped Macadamia nuts to coat Refrigerate until serving time.

These are great served as an appetiser at a dinner party - toothpicks are an ideal tool to eat these with.

Macadamia Nut Stuffing

INGREDIENTS

3 pounds chicken
½ cup macadamia nuts, chopped
1/3 cup milk
2 bacon strips, chopped
2½ cups fresh bread crumbs
1 onion, grated
1 clove garlic, crushed
1 egg beaten
salt and pepper
¼ teaspoon mixed spice
¼ teaspoon oregano

DIRECTIONS

Place nuts in moderate oven until golden brown. Combine bacon, bread crumbs, onion, garlic and spices with the macadamia nuts and bind together with egg and milk. Wash chicken, drain, dry the outside thoroughly with paper towels.

There are two sections that can be stuffed; the top neck section and the inside of the bird. After doing these, either stitch up cavity vents or pin with poultry pins. Rub chicken with oil and bake in a preheated oven for 1 1/2 to 2 hours, basting frequently. This can be eaten hot or cold. This stuffing is delicious for turkey.

Depending on size, double or triple quantities.

Wicked Macadamia Pesto Sauce

INGREDIENTS

- 1 cup firmly packed basil leaves
- ½ cup toasted macadamia nuts, chopped
- 2 cloves garlic, crushed
- 1 tablespoon balsamic vinegar
- ⅓ cup grated parmesan cheese
- ⅓ cup olive oil

DIRECTIONS

Blend or process basil, macadamias, garlic, vinegar and cheese until well combined. With motor operating, gradually pour in oil to give a thick, smooth consistency.

This sauce is delicious poured over salads, meats etc and can be stored in a fridge for two weeks.

Chargrilled Pork with Macadamia And Peach Salsa

INGREDIENTS

4 pork fillets or pork leg steaks
Macadamia oil
Juice of 1 lemon
Salt and pepper to taste

Salsa:

½ cup roasted macadamias
½ cup diced peach
½ red onion -- finely chopped
2 tablespoons chopped fresh coriander
1 tablespoon ginger or lime marmalade (optional)
Freshly ground pepper to taste

DIRECTIONS

Brush the pork fillets with oil and some of the lemon juice and season to taste. Cover and refrigerate until ready to cook. Combine all the salsa ingredients in a bowl and mix well. Allow to marinate for 20 minutes, if time allows.

Heat a grill pan or barbecue to very high and sear the pork for 2-3 minutes on each side or cook as desired. Serve with the salsa.

Macnut Burgers

These can be made with a choice of Chicken, beef or lamb mince.

INGREDIENTS

- 4 cups lean mince (depending on preference)
- 1 teaspoon chilli sauce
- 2/3 cup finely chopped Macadamias
- 1 clove garlic
- 1 onion finely chopped
- 3 tablespoons finely chopped mint (for lamb)
- 3 tablespoons finely chopped fresh thyme (for chicken)
- 3 teaspoons finely chopped fresh basil (for beef)
- 1 cup fresh breadcrumbs
- 1 egg
- salt and pepper

DIRECTIONS

Combine all ingredients in a large bowl and mix well.

Divide mixture into 6-8 patties, depending on the size of the bread buns you are using. Wet hands with water and shape the mixture into patties. Place on a tray. Cover and rest in the refrigerator for at least 30 minutes before cooking.

Shallow fry, or barbeque patties.

Macadamia Thai Curry Chicken

INGREDIENTS

- 1 lb. boneless, skinless chicken breasts, cut into cubes
- ½ cup light coconut milk
- ¾ cups low sodium chicken broth
- ¼ teaspoon green curry paste (or more if you like it spicier)
- 1 Tablespoon light brown sugar
- ½ teaspoon fish sauce
- 1 tablespoon fresh lime juice
- 1 tablespoon cornstarch, dissolved in 2 tablespoons water
- 3 ounces Macadamia Nuts, toasted
- non-stick cooking spray
- 2 large carrots, sliced into thin circles
- 3 green onions, chopped (including ¾ of the green part)
- 1 medium zucchini, quartered and chopped
- ¼ cup chopped, fresh basil

DIRECTIONS

Heat a medium nonstick skillet or wok on medium and add cubed chicken breast pieces. Stir frequently until chicken starts to brown and is no longer pink in the center. Remove chicken from skillet or wok and set aside.

In a small saucepan, warm the coconut milk and chicken broth over low heat. Stir in the curry paste and brown sugar. Whisk to dissolve both. Add the fish sauce, lime juice and dissolved cornstarch. Mix over low heat until sauce thickens. Remove from heat and stir in the chopped macadamia nuts. Set aside.

Spray the nonstick skillet or wok with non-stick cooking spray and heat on medium once more. Add the carrots, onions and zucchini. Stir-fry for 3 minutes. Remove from heat and stir in the macadamia curry sauce and chopped basil.

Macadamia Nut Bobotie

A Vegetarian version of the Traditional South African *Bobotie* (a spicy mince dish with a savoury custard topping)

INGREDIENTS

- 2 teaspoons olive oil
- 1 teaspoon butter
- 3 onions, chopped
- 3 cloves garlic, minced
- 1 cup grated carrots
- 2 teaspoons grated fresh ginger
- 2 teaspoons curry powder
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- ½ teaspoon tarragon
- 1 teaspoon lemon juice
- 2 cups finely chopped macadamia nuts
- 2 slices white bread
- ½ cup vegetable stock
- 8 pappadams

TOPPING

- 1 cup buttermilk or sour cream or plain yogurt
- 2 eggs, beaten
- ½ teaspoon seasoning salt
- 5 lemon leaves or bay leaves, split

DIRECTIONS

Saute onions in butter and oil.

Cover and sweat slowly-around 20 minutes on low.

Add garlic, carrots, and ginger and cook covered for 10 minutes.

Add all the spices and seasonings, turn up to medium and cook for three minutes.

Add nuts and stir.

Add bread crumbs and stock.

Toss well and remove from heat.

Dip the pappadams in water to soften and then press into individual ramikins or custard cups.

Fill each evenly with filling.

Whip together topping ingredients and top each evenly.

Place 1 split leaf on each.

Bake at 350F until golden and set.

Macadamia Macaroons

INGREDIENTS

- 2½ cups coconut, shredded
- 1 cup macadamia nuts, unsalted, chopped
- 1 (14 ounces) can condensed milk, sweetened
- 1 teaspoon vanilla extract
- 20 saltine crackers, finely crushed
- 2 egg whites
- 1 tablespoon vegetable oil
- 6 ounces bittersweet chocolate, chopped and melted

DIRECTIONS

In 350 degree oven toast coconut and macadamia nuts for 10 minutes.

Stir often and allow to cool.

Combine milk and vanilla in large bowl.

Add in coconut mixture and crushed crackers, Blend together well.

Beat egg whites till stiff then gently fold into coconut mixture.

Lightly grease baking sheet and drop tablespoon of cookie mixture onto sheet.

Bake 350 degree oven for 12- 14 minutes. Cool completely.

When cooled dip in melted chocolate. Refrigerate until set enjoy enjoy enjoy.

White Chocolate Macadamia Nut Cookies

INGREDIENTS

½ cup butter, softened
¾ cup packed brown sugar
½ cup shortening
½ cup white sugar
1 egg
1½ teaspoons vanilla extract
2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 cup white chocolate chips
7 ounces macadamia nuts, chopped

DIRECTIONS

Preheat oven to 350 degrees F. Lightly grease cookie sheets.

Beat butter and shortening until soft and creamy. Gradually add the sugars and beat well.

Add egg and vanilla and beat well.

Combine flour, soda and salt; gradually add to butter mixture beating well after each addition. Stir in chips and nuts.

Drop dough by rounded teaspoonfuls onto lightly greased cookie sheets. Bake for 10-12 minutes or until done. Remove to wire racks to cool.

Macadamia Nut Bars

INGREDIENTS

- 2 cups all-purpose flour
- 2 cups packed light brown sugar
- 1 cup shortening
- 1 egg
- 1 teaspoon baking soda
- 1 cup sour cream
- 1 cup chopped macadamia nuts

DIRECTIONS

Pre-heat oven to 350 degrees F (175 degrees C). Lightly grease one 9 x 13 inch baking pan.

To make the crust, start by combining the flour and brown sugar in a large bowl. Then cut in vegetable shortening until mixture looks like coarse crumbs. Press evenly into the baking pan.

For the filling, beat the egg until thick and light colored. Next, beat in the baking soda. Lastly, stir in the sour cream. Mix until well blended.

Pour the filling over the crust, and distribute chopped macadamia nuts evenly over the top.

Bake for 45 to 50 minutes, or until firm. Place the pan on a wire rack to cool. When cool, cut into bars.

Tropical Macadamia Cheesecake

INGREDIENTS

¾ cup salted macadamia nuts, divided
½ cup graham cracker crumbs
2 teaspoon butter or margarine, melted
½ cup granulated sugar, separated
1 (3 ounces) and 2 (8 ounces) pkg. cream cheese, softened
4 egg yolks
3 teaspoon Amaretto or Frangelico
1 teaspoon vanilla extract

PASSION FRUIT SAUCE

1¼ cup passion fruit puree, fresh or frozen and thawed
¾ cup granulated sugar
1 tablespoon cornstarch
½ cup strawberries

DIRECTIONS

Grind ¼ cup macadamia nuts in a blender. Remove to an 8 inch springform pan. Add graham cracker crumbs, butter, and 1 tablespoon of the sugar.

Mix and press over bottom of the springform pan. In a mixing bowl, combine remaining sugar, cream cheese, egg yolks, liqueur, and vanilla. Beat, scraping bowl often. Chop remaining 1/2 cup macadamia nuts and mix into cream cheese mixture. Spread batter over crust. Bake at 325° for 40 minutes, until cake jiggles just a bit when gently shaken. Cool on rack.

Cover and chill until cold, for at least 2 hours and up to 24 hours. Separate cake from pan rim with knife; remove rim and slice cake. To make Strawberry Sauce, puree strawberries in blender until smooth; rub through a sieve to remove seeds. To make Passion Fruit Sauce, run passion fruit puree through a sieve or food mill to remove pulp and seeds. In a small saucepan, combine puree, sugar, and cornstarch.

Stir over medium high heat until mixture boils. Let cool, stirring occasionally. This sauce may be stored, refrigerated, in airtight container for 1 day. Spoon 2 tablespoons Lilikoi Sauce on each dessert plate; dot with Strawberry Sauce.

Macadamia Nut Lemon Drops

INGREDIENTS

1 ½ cups chopped macadamia nuts
2 eggs
1 1/3 cups packed brown sugar
½ cup all-purpose flour
1 pinch salt
¼ teaspoon baking powder
3 teaspoons lemon zest
2 teaspoons fresh lemon juice

DIRECTIONS

Preheat oven to 375 degrees F.

Spread macadamia nuts on cookie sheet and bake until lightly browned. Set aside and let cool.

In a large bowl, beat eggs until light and fluffy (this should take at least 5 minutes). Gradually add sugar and beat well. Sift together the flour, salt and baking powder and blend into egg mixture. Beat until smooth. Mix in the lemon zest, lemon juice and nuts. Mix until well blended.

Drop by teaspoonfuls about 3 inches apart on parchment paper lined cookie sheets. Bake for 7 to 9 minutes until cookies are golden with dark edges. Let cool on wire rack.

Our mission is to offer the highest quality product while working in harmony with the environment. Both the farm and processing plant are operated using a system of environmentally friendly practices.

Macadamia trees are beautiful and were originally grown for their ornamental value. They grow slowly and live for 50 years or more, spreading majestically from heights of 40 and 50 feet. They have shiny green holly-like leaves and bear sprays of long, delicate, sweet-smelling white blossoms. Each spray of 40 or 50 flowers produces from four to eight 'nutlets', which will eventually ripen into nuts. The nuts themselves grow encased in a very hard, woody shell, which is protected by a thick fibrous green husk, not unlike the husk of a chestnut. In its natural state, a tree will have flowers, nutlets and fully mature nuts growing simultaneously in riotous profusion all year round. Although, the commercial growers have succeeded in shortening the harvest period to four or five months a year.

Today macadamia nuts remain by far the costliest nut in the world to produce. Once the grafting process has taken place, the trees have to be carefully planted in an orchard. They begin to bear in 5 years. It takes 8 years in all for a tree to reach full production. The mature nuts fall to the ground and must be hand harvested from early July through November.

Once gathered, the nuts have to be dehusked, then dried and cured to reduce the moisture so the kernel can be separated, undamaged, from the woody shell. It takes 330 pounds per square inch of pressure to break a macadamia nut's shell. In precommercial days, the nuts were put between wooden boards and automobiles were driven over the top to crack them. One modern method is to pass the nuts between counter-rotating steel rollers, precisely spaced to crack the shell without disturbing the kernel.

It will be a long time before macadamia nut supply catches up to world demand. It is also possible that with more people every year tasting the marvelous nut for the first time, it never will.

