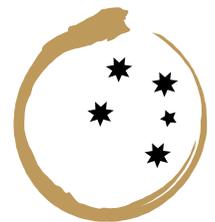


WINTER WARMING

macadamia meals



AN E-RECIPE BOOK BY



AUSTRALIAN
MACADAMIAS



WINTER WARMING RECIPES

with macadamias

When it's cold outside, there's nothing more comforting than a delicious meal of warming winter cuisine. Soups, stews, casseroles and curries help keep us full and satisfied in the cooler weather, and with Australian macadamias these meals don't need to weigh us down.

Adding macadamias to winter dishes gives our cooking a distinct creamy crunch as well as providing the antioxidants and micro-nutrients that are needed to support our wellness during the colder months. The nuts also boost the fibre and protein of meals, while supporting our heart, brain and gut function when we need it most.

The twelve recipes in this collection will help you enjoy the nutritional benefits of macadamias in the most delicious way.

From warming drinks and filling breakfasts to hearty meals and healthy desserts, these recipes will elevate your cooking as the temperature drops.

australian-macadamias.org



WARMING SPICED MACADAMIAS

In some cultures, macadamias are considered to have the quality of creating warmth. So for cooler constitutions, or to warm up on a cold winter evening, enjoy a bowl of sweetly spiced macadamia nuts.

- 1 cup macadamias**
- 1 teaspoon cinnamon**
- 1 teaspoon ground ginger**
- 2 teaspoons sesame seeds or chia seeds**
- ½ teaspoon salt**
- 1 tablespoon brown rice syrup**

Preheat the oven to 180°C. Line a baking tray with baking paper. Combine all the ingredients in a bowl and stir to completely coat the nuts. Spread on the baking tray and bake for 7-8 minutes, until the macadamias are golden. Allow to cool for 5 minutes on the tray before eating warm or allow to cool completely and store in an airtight container.

makes
1
cup

COSY

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CREAMY

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SWEET SPICED CACAO & WARM MACADAMIA MILK DRINK

This clean eating, vegan drink recipe warms up the body on the coldest of winter mornings. Deliciously creamy and earthy, you'll want to savour every drop with your favourite winter woollies and a good book.

Pinch cardamom powder

Pinch cinnamon powder

2 teaspoons raw cacao powder

1 tablespoon honey (or to taste)

1 ½ cups macadamia milk

Combine the cardamom, cinnamon, raw cacao and honey in a mug. Pour over 1 tablespoon of boiling water and stir to combine. Heat the macadamia milk in a small saucepan or a milk steamer and pour over the cacao mixture. Stir and serve immediately, sprinkled with a little extra cinnamon if desired.

makes
1
cup

tip

Check out our fabulous macadamia milk recipe [here](#) >



MACADAMIA MILK PORRIDGE WITH MACADAMIA HONEY WHIP

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MACADAMIA MILK PORRIDGE WITH MACADAMIA HONEY WHIP

This deliciously creamy porridge is easy to make on a cold winter morning and is made even more nutritious by the addition of the macadamia milk and macadamia honey whip. An ideal dairy-free breakfast, it can also be adapted for vegans by replacing the honey with an equal amount of maple syrup, and omitting the honeycomb.



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PORRIDGE

1 cup rolled oats
1½ cups water
¼ teaspoon salt
1½ cups macadamia milk plus ¼ cup (or to taste), to serve

MACADAMIA HONEY WHIP

½ cup macadamia butter
2 tablespoons honey

TO SERVE

Honeycomb pieces (optional)
¼ cup dried cherries, sultanas or raisins (whichever you fancy)
¼ teaspoon cinnamon

2
serves

FOR THE PORRIDGE

Combine the oats, water and salt in a saucepan. Place over medium heat and cook, stirring occasionally, until the mixture starts to thicken, about 3-4 minutes. Add the macadamia milk, reduce heat to low and simmer for a further 10 minutes, stirring occasionally. If the mixture is too thick, add a little more water.

TO MAKE THE MACADAMIA WHIP

Combine the ingredients and stir thoroughly.

Serve immediately with the macadamia honey whip stirred through, topped with optional honeycomb, dried fruits, cinnamon and extra milk.

tip

Find our super easy macadamia butter recipe [here](#) >

This flavoursome damper is great alone or with soup, and one that will have dinner guests talking.



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MACADAMIA, TOMATO, BASIL & MOUNTAIN PEPPER BERRY DAMPER

- 2 cups self raising flour
- 1 tablespoon ground mountain pepper berry
- 1 teaspoon salt
- 1 cup macadamias, roasted
- 100g semi-dried tomatoes, roughly chopped
- ½ cup firmly packed basil leaves, roughly chopped
- 250ml buttermilk
- 1 tablespoon macadamia oil
- Milk for brushing

8

serves

cook

30
mins

Preheat the oven to 180°C, fan forced.

Sift the flour into a large bowl, add ground mountain berry pepper, salt, macadamias, tomatoes and basil leaves and make a well in the centre.

Combine the buttermilk and oil, pour into the well and use a round-bladed knife in a cutting motion to mix until the mixture just comes together, then use your hands to bring the mixture together.

Turn the dough onto a lightly floured surface and gently knead for a couple of minutes or until smooth. Shape into a disc and place onto a baking tray lined with non-stick baking paper.

Dip a sharp knife into flour and mark 8 wedges on the top of the damper. Brush with milk and bake in the preheated oven for 30 minutes or until the damper is golden and cooked through and sounds hollow when tapped on the base. Cool on a wire rack.

Tantalise your taste buds with this deliciously warming soup.



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CHICKEN & MACADAMIA HOT & SOUR NOODLE SOUP

MARINADE

- 1 tablespoon macadamia oil
- 1 tablespoon soy sauce
- 1 tablespoon Shaoxing (Chinese cooking wine)
- ½ teaspoon sesame oil
- ½ teaspoon ground black pepper
- a good pinch of salt

SOUP

- 4 chicken thighs, skinless and boneless, cut into strips
- 300g Hokkien noodles
- 1 tablespoon macadamia oil
- 1½ cups chicken stock
- 2 garlic cloves, bruised
- small knob of ginger, bruised
- 2 medium red chillies, bruised
- 4 dried Chinese mushrooms, soaked in hot water for 10 minutes until soft, stems removed and cut into strips
- ½ cup macadamias, roasted and roughly chopped
- 1 teaspoon caster sugar
- 2 tablespoons light soy sauce
- 2 tablespoons black vinegar
- 1 tablespoon cornflour mixed with 2 teaspoons water to make a paste
- 3 green onions, finely sliced
- ½ cup beansprouts
- ¼ cup extra macadamias, roasted, finely chopped, for garnish

4

serves

CONTINUED OVER PAGE >

8

CHICKEN & MACADAMIA HOT & SOUR NOODLE SOUP

TO MAKE THE MARINADE

In a large bowl, combine the marinade ingredients, add the chicken and set aside for 15 minutes.

TO MAKE THE SOUP

Bring a medium saucepan of water to the boil and cook the noodles according to packet instructions. Drain and rinse under cold water to stop further cooking and drizzle over the macadamia oil to stop them sticking together. Divide between 4 deep bowls.

In a large saucepan add the stock, garlic, ginger and chilli, cover and bring to the boil. Add the mushrooms, macadamias and sugar. Bring back to the boil and add the chicken and stir with a fork to separate. Reduce the heat to a simmer and cook for 5 minutes. Season with the soy sauce and vinegar.

Bring back to the boil and slowly stir in the cornflour paste. Reduce to a simmer, cook for a further 5 minutes and then stir through the green onions and beansprouts. Ladle the soup over the noodles, top with the extra macadamias and serve immediately.





COMFORT
FOOD

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ROASTED MACADAMIA CONJEE

Adding roasted macadamias to a simple dish like conjee adds a healthy protein boost and a buttery crunch that beautifully complements the dish's unique texture.

7 cups good quality vegetable stock

1 cup jasmine rice

4-5 thin slices of ginger

½ cup macadamias, chopped and roasted

¼ cup spring onions, finely sliced

¼ cup ginger, julienned

Chilli sauce (optional)

Pour the stock into a large saucepan and bring to the boil. Stir in the rice and ginger slices, bring back to the boil and cook with the lid partially on, stirring occasionally until the rice has a smooth porridge-like consistency, about 25-30 minutes. It may be necessary to add more water to maintain the desired consistency, half a cup at a time, depending on how quickly the rice absorbs the stock. Season to taste with a little salt or soy sauce if required. To serve, divide between bowls and top with chopped roasted macadamias, finely sliced spring onions and julienned ginger. Drizzle with a little chilli sauce if desired.

4

serves

SZECHUAN CHICKEN WITH MACADAMIA TOPPING

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SZECHUAN CHICKEN WITH MACADAMIA TOPPING

Szechuan peppercorns have a unique, slightly citrusy flavour that works perfectly alongside the buttery richness of macadamias in this traditional Chinese dish.



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SZECHUAN CHICKEN

- 1 tablespoon Szechuan peppercorns
- 750g chicken thighs, chopped
- 1 tablespoon plus 2 teaspoons macadamia oil
- 2 cloves garlic, crushed
- 3cm piece ginger, finely chopped
- 5 spring onions, sliced
- 2 tablespoons tamari or soy sauce
- 2 teaspoons vinegar
- 2 tablespoons sherry or Shaoxing wine
- 2 tablespoons honey
- ½ cup coriander leaves
- 1 tablespoon finely chopped coriander stems

TO MAKE THE CHICKEN

Heat a frying pan over high heat. Add the Szechuan peppercorns, reduce heat to medium and dry fry for about 4 minutes, until fragrant. Transfer to a mortar and pestle or a spice blender and crush to a fine powder. Place the chicken thighs in a large bowl, sprinkle over the Szechuan peppercorns and stir to combine.

Pour 1 tablespoon of macadamia oil into a wok over high heat. Add the chicken and fry, tossing occasionally for 5 to 7 minutes, or until golden and cooked through. Remove from the pan and set aside.

Heat the remaining 2 teaspoons of oil in the wok, add the garlic and ginger and fry, tossing continuously for 2 minutes, or until lightly golden.

MACADAMIA TOPPING

- 1 tablespoon macadamia oil
- 4 cloves garlic, crushed
- 4 golden shallots, peeled and thinly sliced
- 1 teaspoon Szechuan peppercorns, lightly crushed
- ½ cup raw macadamias, coarsely chopped
- 1 dried long red chilli, sliced thinly

4
serves

Add the spring onions and stir to combine. Remove and set aside with the chicken.

Make the macadamia topping using the recipe below.

Combine the soy sauce, vinegar, sherry and honey in a small bowl. Heat the wok over high heat and pour the mixture in. Bring to the boil, reduce heat and simmer for 1 minute. Stir in the chicken and garlic mixture and cook for 1 minute to heat through. Place on a serving platter and serve sprinkled with macadamia topping and coriander leaves and stems.

TO MAKE THE TOPPING

Heat the oil in a wok over medium heat and stir-fry all ingredients, tossing continuously for 5 minutes, or until golden. Remove with a slotted spoon and drain on paper towel.



Macadamia butter is used in this recipe to both thicken the mixture and add a unique, creamy flavour and texture. Serve with rice and this delicious vegan macadamia roti bread.

VEGAN MACADAMIA & CHICKPEA CURRY WITH MACADAMIA ROTI BREAD

CURRY

- 2 tablespoons vegetable oil
- 1 onion, diced
- 2 tablespoons grated fresh ginger
- 2 cloves garlic, crushed
- ¼ teaspoon chilli powder, or to taste
- 1½ teaspoons ground coriander
- 1½ teaspoons cumin
- 1 tablespoon tomato paste
- 2 large tomatoes, peeled, de-seeded and chopped
- 2 cups water
- 2 x 400g chickpeas, rinsed and drained
- 6 curry leaves
- 1 teaspoon garam masala
- ½ cup macadamia butter
- Salt, to taste

ROTI (makes 4)

- ¼ cup macadamias
- ¾ cup plain flour
- ½ teaspoon salt
- 2 tablespoons macadamia oil
- 3 tablespoons cold water
- 2 tablespoons vegetable oil

4-6
serves

VEGAN MACADAMIA & CHICKPEA CURRY WITH MACADAMIA ROTI BREAD

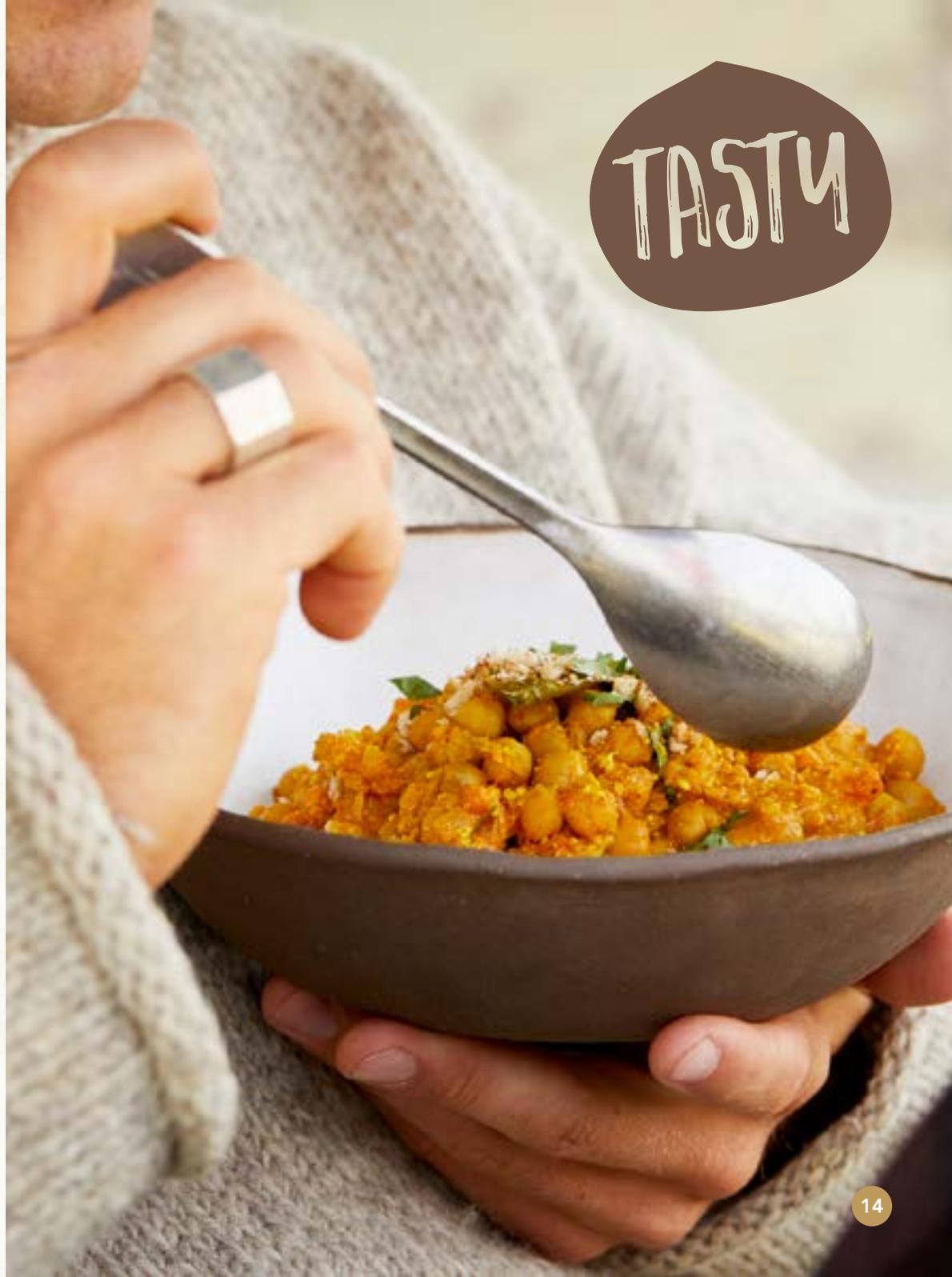
TO MAKE THE CURRY

Heat the oil in a large saucepan over medium heat. Add the onion and cook until golden. Add the ginger, garlic, chilli, coriander and cumin and cook for 1-2 minutes, until fragrant. Stir in the tomato paste and chopped tomatoes. Cook for 1-2 minutes over medium heat then add the water. Allow to cook over medium heat for 20 minutes, until slightly reduced. Add the chickpeas and curry leaves to the mixture and cook over medium-low heat for 5 minutes. Stir the garam masala into the macadamia butter then stir through the curry. Allow to cook over low heat for 2-3 minutes before seasoning to taste and serving.

TO MAKE THE ROTI

Combine the macadamias, flour and salt in the bowl of a food processor and process carefully to create a fine flour mixture. With the motor running, gradually add the oil and then water. Process until the mixture comes together to form a ball. Add a little more water if necessary, a small amount at a time. Pat the mixture together, wrap in waxed paper and set aside for 15 minutes. Cut the dough into 4 pieces and flatten as thinly as possible into pieces about 5cm x 15cm. Heat the oil in a frying pan. Add the pieces, one at a time, cooking on each side until golden.

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**LAMB TAGINE
WITH MACADAMIA
GREMOLATA**

RECIPE OVER PAGE

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LAMB TAGINE WITH MACADAMIA GREMOLATA

This tagine is sensational. Slow cooked lamb is served with saffron flavoured couscous and a fabulous Moroccan-style gremolata of macadamias, preserved lemon and mint. The perfect nourishing dish for a cold winter's night!

6-8
serves

prep
60
mins

cook
120
mins



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LAMB MARINADE

- 1 large purple onion, chopped
- 5 cloves garlic, crushed
- 1 bunch coriander, roots removed, rinsed
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon ground ginger
- 1 teaspoon sweet paprika

TAGINE

- 1.5kg diced leg or shoulder lamb pieces
- 2 tablespoons cooking oil
- 2 tablespoons tomato paste

TO MAKE THE LAMB MARINADE

Place onion, garlic, coriander leaves and spices in the bowl of a food processor and process to form a paste.

Place the lamb in a non-corrosive bowl. Spread the marinade over the lamb, cover and refrigerate overnight, or at least 3 hours.

TO MAKE THE LAMB TAGINE

Preheat oven to 150°C. Heat the oil over high heat in the base of a large casserole dish that has a lid. Add the lamb, and brown on each side. Reduce heat to medium and add the tomato paste, canned tomatoes, water and cinnamon. Bring the mixture to a steady simmer, cover with the lid, place in the oven

- 1 can tomatoes
- 600ml water
- 1 cinnamon quill
- 8 dates, seeds removed
- ½ cup pitted green olives pinch of saffron
- 2 cups couscous
- 30g butter
- 1 teaspoon salt

MACADAMIA GREMOLATA

- ¼ cup preserved lemon, chopped
- 1 cup macadamias, finely chopped & roasted
- ¼ cup loosely packed mint leaves

and cook for 1¼ hours. Add the dates and olives and cook for a further 30 minutes.

When almost ready to serve, place the saffron in a small bowl and pour over 2 tablespoons boiling water. Allow to stand for 15 minutes.

Place the couscous in a separate bowl with the butter and salt. Pour over 2 cups of boiling water, add the soaked saffron with its water and cover immediately. Stand for at least 10 minutes before removing the cover and fluffing with a fork.

TO MAKE THE GREMOLATA

To make the macadamia gremolata, combine all ingredients and sprinkle generously over the lamb.



**ROAST CHICKEN
WITH MACADAMIA
COUSCOUS
STUFFING**

RECIPE OVER PAGE

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ROAST CHICKEN WITH MACADAMIA COUSCOUS STUFFING

Get the family together and make this recipe for your next Sunday roast.

4-6
serves



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STUFFING

- ½ cup couscous
- ¾ cup chicken stock
- ¼ cup macadamia oil
- 1 medium brown onion, peeled & finely chopped
- 2 garlic cloves, finely chopped
- ½ teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon cinnamon
- 1 teaspoon sumac
- 6 dried dates, pitted and finely chopped
- 6 dried apricots, finely chopped
- 1 preserved lemon, rinsed, flesh removed and finely chopped

Preheat oven to 200°C, fan-forced.

TO MAKE THE STUFFING

Place couscous in a heatproof bowl. Bring the stock to the boil and pour over couscous. Stir to combine and set aside for 3 minutes. Stir with a fork to separate the grains. Stir in 1 tablespoon of macadamia oil and allow to cool completely.

Heat 1 tablespoon of macadamia oil in a frying pan over a medium heat and add the onion and garlic and cook for a few minutes or until softened. Stir in the spices and cook for a further minute. Add the dried fruit and cook for a couple of minutes or until tender.

- 1 lemon, zested
- 1 cup macadamias, toasted & roughly chopped
- 1 egg, lightly whisked
- ½ cup mixed herbs (tarragon, thyme and flat leaf parsley) finely chopped

CHICKEN

- 1.8kg whole chicken, rinsed and patted dry
- 1 tablespoon honey
- ½ teaspoon ground cinnamon, extra
- ½ teaspoon ground cumin, extra
- 1 teaspoon sumac, extra

Add the dried fruit mixture, preserved lemon, zest, macadamias, egg and fresh herbs to the couscous and season with salt and pepper. Spoon the couscous mixture into the cavity of the chicken. Tie the legs together with cooking string.

Place breast side up on a rack in a roasting pan. Whisk the honey, cinnamon, cumin and sumac and remaining macadamia oil in a small bowl and brush over the chicken. Roast the chicken, basting every 20 minutes with remaining honey mixture for an hour or until juices run clear when thigh is pierced with a skewer. Remove from the oven and allow to stand covered for 10 minutes. Serve with roasted vegetables.



Tired of the typical apple crumble?
Feel a flavour hit with this pear,
strawberry and macadamia crumble
to get your senses tingling.

PEAR, STRAWBERRY & MACADAMIA CRUMBLE

FILLING

- 6 Beurré Bosc pears, each peeled, cut into six segments, seeds removed
- 50g sugar
- 1 orange, zested and juiced
- 1 cinnamon stick
- 1 vanilla pod, split and seeds scraped
- 1 punnet strawberries, hulled, large halved

TOPPING

- 200g plain flour
- 100g cold butter, diced
- 90g raw caster sugar
- 100g macadamias, coarsely chopped

Preheat oven to 170°C.

Place pears, sugar, orange juice and zest, cinnamon and vanilla pod seeds in a saucepan. Over a moderate heat simmer gently for approximately 15 minutes until the pears soften. Add strawberries and set aside.

To make the crumble, place the flour, butter, sugar and macadamias in a large bowl and rub the mixture together with your fingers until the mixture resembles fine breadcrumbs.

Spoon the pear mixture into a large ovenproof dish and sprinkle over the topping (alternatively divide the mixture evenly between six small ovenproof dishes and place on a baking sheet before placing in the oven). Bake for 20-25 minutes, or until golden.

Serve with crème fraîche, cream, Greek yoghurt or vanilla ice cream.

6

serves

prep
30
mins

cook
25
mins

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CARAMEL MACADAMIA BANANA CAKE

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CARAMEL MACADAMIA BANANA CAKE

These little cakes make a beautiful, indulgent, warm dessert. A bit like a pudding, the oozing caramel and crunchy golden macadamias are the perfect combination with the warm banana cake. Add a scoop of ice cream and take your senses to heaven.

12
serves

prep
25
mins

cook
25
mins



CARAMEL MACADAMIA MIXTURE

$\frac{3}{4}$ cup dark brown sugar

$\frac{3}{4}$ cup cream

175g butter

1 cup macadamias

CAKES

125g butter

FOR THE CARAMEL MACADAMIA MIXTURE

Place the sugar, cream and butter in a small saucepan and bring to the boil, stirring occasionally. Add macadamias and stir to combine. Remove from heat and set aside until ready to pour over the cake.

FOR THE CAKES

Preheat oven to 180°C. Grease a 12-mould capacity muffin tin and line only the base of each muffin space with baking paper. Cream the butter and sugar. Add the eggs, one at a time, beating well after each addition. Stir in the bananas, followed by half the sifted flour. Combine the sour cream and milk, and then mix in half of it. Repeat with remaining flour and sour cream mixture.

$\frac{3}{4}$ cup dark brown sugar

2 eggs

1 cup banana, mashed

1 $\frac{1}{2}$ cups self-raising flour

$\frac{3}{4}$ cup sour cream

1 tablespoon milk

TO SERVE

Vanilla ice cream

Pour into the prepared tin so the mixture comes half way up the sides of each muffin space and place on the middle rack of the oven for 20-25 minutes, until the cakes are just set in the centre. Remove from the oven.

Use a large spoon to spoon over the caramel macadamia mixture so that each cake has 4 or so macadamias on top and continue to bake for a further 10 minutes until the caramel is bubbling and the macadamias golden.

Allow the cakes to cool in the tin for at least 15 minutes before gently removing by running a knife around the edge and lifting out.

Serve individual cakes with a scoop of ice cream.



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