



INSPIRING VEGAN RECIPES

with macadamias

AN E-RECIPE BOOK BY



AUSTRALIAN
MACADAMIAS



INSPIRING VEGAN RECIPES

with macadamias

With Australian macadamias, your plant-based cooking can be satisfying, nutritious and delicious! From vegan essentials like macadamia 'cheese' and 'veganaise' to hearty curries and flavour-filled desserts, the recipes in this collection will inspire you to make the most of the delectable creaminess of macadamias.

As well as hitting all the right flavour notes, macadamias are an important way to add extra nutrients to your vegan diet. In fact, every delicious addition of macadamias in your cooking provides a boost of important micronutrients like manganese, niacin and copper. Our guide on page two showcases the range of nutrients that macadamias provide.

Even if you just enjoy devouring macadamias by the handful, we show you how to easily intensify the flavour and make the most of their unique crunch by roasting them in three different ways.

**With so many delicious recipes to try,
the only real question is "where to begin?"**

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HEALTHY HANDFUL



Just a handful (30g) of macadamias



15 whole

OR



30 halves

provides you with



THIAMIN (VITAMIN B1)

8% of your daily thiamin (vitamin B1). Thiamin is an important vitamin for releasing the energy from food, and necessary for normal functioning of the heart and nervous system.



MANGANESE

31% (nearly 1/3) of your daily manganese. Manganese is a trace element important for antioxidant defences, bone health and normal metabolism.



MAGNESIUM

9% of your daily magnesium. Magnesium is an important mineral for electrolyte balance, nerve and muscle function and bone strength.



IRON

4.5% of your daily iron. Iron is a mineral necessary for healthy blood and energy levels.



NIACIN

12% of your daily niacin. Niacin is a B vitamin essential for a healthy nervous system, releasing energy from food and good skin structure and function.



COPPER

12% of your daily copper. Copper is used by the body for antioxidant protection, immune system function and healthy looking skin and hair.

**ROASTING
MACADAMIA
NUTS INTENSIFIES
THEIR DELICIOUS
FLAVOUR.**

**LUCKILY, THERE
ARE SEVERAL
EASY WAYS TO
ROAST THEM
AT HOME.**

When roasting macadamias at home, it's easiest to buy the raw kernels already cracked out of their shell. However, if you are lucky enough to have a **macadamia tree at home**, crack a large batch first, so you have a good number of kernels to roast in one of the following ways:

HOW TO ROAST MACADAMIAS PERFECTLY EVERY TIME



Oven-roasted macadamias

The key to roasting macadamia nuts at home in the oven is to pay attention. The nuts can go from not-quite-right to over-done in moments.

While you are waiting for your oven to heat to around 120°C, place your nut kernels in a single layer on a baking tray. Give them a light spray with some macadamia or vegetable oil and then sprinkle a little salt on top. Place your tray in the oven and roast for 8-10 minutes or until lightly golden.

Take the tray out part way through cooking and give it a shake to move the nuts around to ensure they cook evenly. When they are done, remove from the oven and immediately transfer to a bowl. This is the time to sprinkle with a little more salt or you could try chilli flakes or other spices or herbs.



Roasting macadamias on the BBQ

The process of roasting macadamias on the BBQ is simple and a great way to create a delicious and social snack.

Prepare the kernels by tossing them together with your choice of flavourings (lemon myrtle and wattleseed, chilli or rosemary work well). Then, transfer the nuts to a 30cm piece of aluminium foil lined with baking paper and place on the barbeque away from direct flame for 10 minutes. Toss the nuts occasionally during that time.



Pan-roasted macadamias

As with oven roasting macadamias, pan-roasting requires your full attention to make sure they don't burn.

Simply heat a dry frying pan over medium heat, add the nuts and leave them to heat up, shaking the frying pan every two minutes or so to stop the nuts sticking and to make sure they roast evenly. After about 10 minutes, they should be nice and golden at which point you could add salt, pepper or chilli flakes to taste.

You can also stir fry macadamias in a little macadamia oil. Use a high heat and keep the nuts moving around the frying pan or wok until they have coloured a little. Add your flavourings as a final step.



MACADAMIA POWER BARS THREE WAYS

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MACADAMIA POWER BARS THREE WAYS

Makes 12

These bars pack the punch you need while out and about and are ideal because they travel so well. When it comes to fuelling your busy body, macadamias are hard to beat. Naturally gluten-free, low in sugar, very low in sodium (salt) and low-carb, they're a good source of the essential mineral manganese for healthy bones and joints. Macadamias also contain good amounts of thiamine (vitamin B1), which helps your body get the most energy from your food.



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1½ cups macadamias
1½ cups rolled oats
10 Medjool dates, seeds removed, chopped

FIG & GINGER

3 dried figs, chopped
2 tablespoons cacao nibs
3 drops ginger oil or ½ teaspoon finely grated ginger and its juice

CACAO MINT

2 tablespoons cacao powder
2-3 drops peppermint oil or ½ teaspoon peppermint essence
2 Medjool dates

SOUR CHERRY

½ cup sour cherries

Combine the macadamias and oats in the bowl of a food processor and process until the mixture resembles fine crumbs. Add the chopped dates and process until the mixture is thoroughly combined and comes together when pressed between your fingers. Place the dough in a bowl and divide into 3 even portions.

Preheat oven to 180°C. Line a large baking tray with baking paper.

Place one third of the dough back in the bowl of the food processor and add the figs, cacao nibs and ginger oil or fresh ginger. Process until combined.

Remove from the bowl and place on a large square of baking paper. Form the mixture into a rectangle about 12cm x 8cm and use a metal spatula to flatten it and straighten the edges.

Cut into 4 bars.

Place the next third portion of mixture back in the food processor and add the cacao powder, peppermint oil and dates. Process until thoroughly combined and then repeat the shaping and cutting process as above.

Place the last third portion of dough in the food processor and add the sour cherries. Process until just combined. Repeat the shaping and cutting process as above.

Place all the bars on the prepared baking tray and bake for 10-12 minutes, until their edges just begin to brown. Allow to cool for 5 minutes before moving to a wire rack to cool completely.

Store in an airtight container.



CREAMY

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MACADAMIA 'VEGANNAISE'

Makes 1 cup

You don't need to be vegan to enjoy the wonderful flavours of this simple but healthy twist on a classic mayonnaise. The macadamias make a deliciously creamy and versatile condiment in just minutes.

½ cup macadamias

½ cup water

1 teaspoon Dijon mustard

1 tablespoon lemon juice (or to taste)

¼ teaspoon salt (or to taste)

½ cup vegetable oil

Place the macadamias and water in a high-speed blender and blend for 2-3 minutes until thoroughly combined. Add the mustard, lemon juice and salt and blend to combine. With the motor running, add the oil in a thin, steady stream until the mixture thickens. Initially it won't be as thick as a traditional mayonnaise, but will thicken further with refrigeration. Season to taste with extra lemon juice and salt if desired.

Serve with sweet potato chips, sprinkled with coriander and chilli flakes.



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

Serves 4-6

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, deseeded 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)

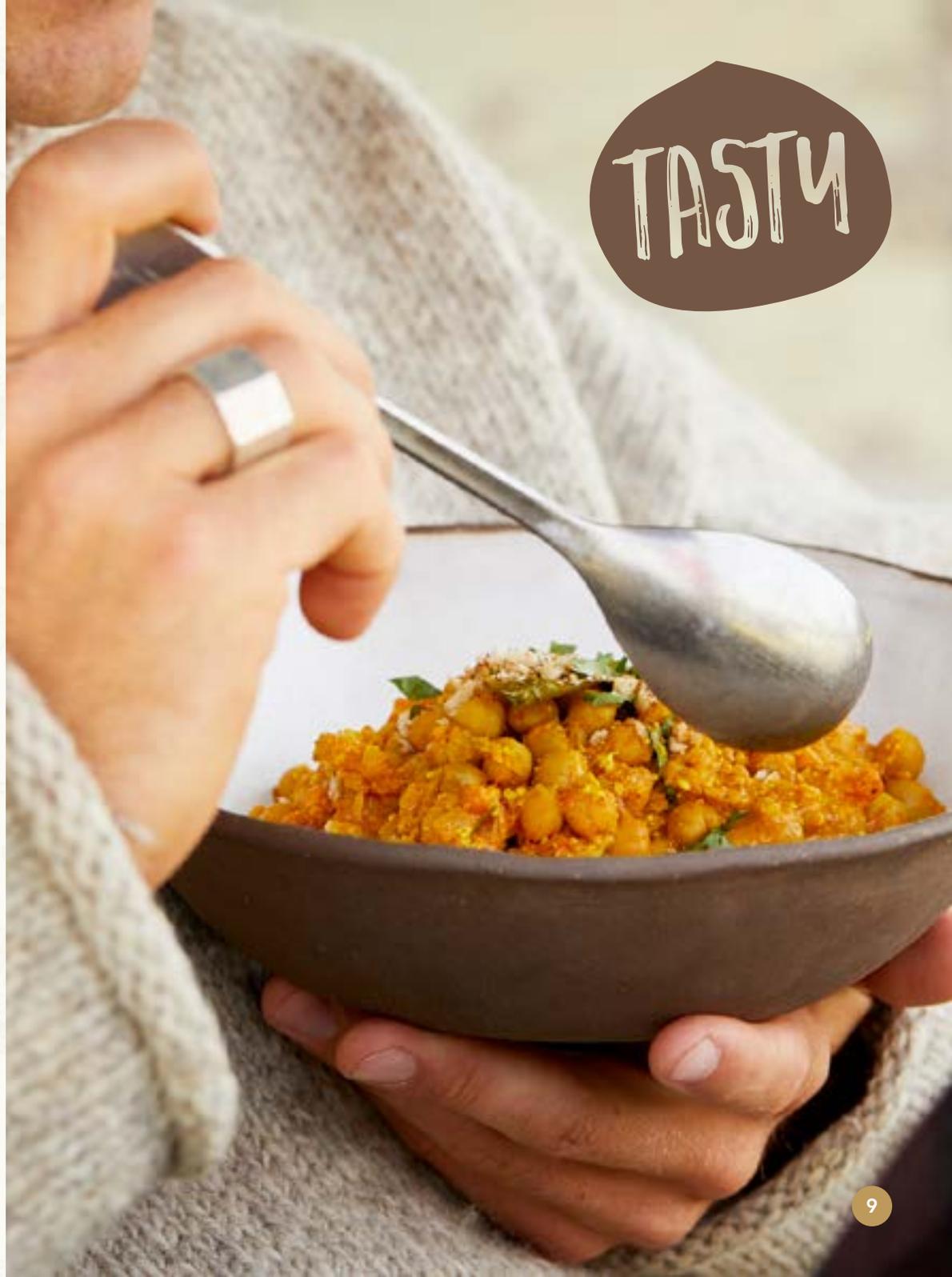
- ¼ cup macadamias
- ¾ cup plain flour
- ½ teaspoon salt
- 2 tablespoons macadamia oil
- 3 tablespoons cold water
- 2 tablespoons vegetable oil

VEGAN MACADAMIA & CHICKPEA CURRY WITH MACADAMIA ROTI BREAD

FOR 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.

FOR 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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BAKED MACADAMIA FETA

WITH VEGAN MACADAMIA CRISPREADS & ZA'ATAR

Serves 8 on a platter

BAKED FETA

- 1 portion of macadamia feta cheese *(see page 13 for recipe)*
- 1 tablespoon honey
- 1/3 cup macadamias, chopped

VEGAN MACADAMIA CRISPREADS

(makes about 20)

- 1/4 cup macadamias
- 3/4 cup plain flour
- 1/2 teaspoon salt
- 2 tablespoons macadamia oil
- 3 tablespoons cold water

MACADAMIA ZA'ATAR

(makes 1/2 cup)

- 1/4 cup macadamias, roasted
- 1 tablespoon oregano leaves, dried
- 2 teaspoons cumin
- 1 teaspoon ground coriander
- 2 teaspoons sumac
- 1/2 teaspoon salt

**PARTY
FOOD**

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BAKED MACADAMIA FETA WITH VEGAN MACADAMIA CRISPBREADS & ZA'ATAR

FOR THE BAKED FETA, line a small baking tray with baking paper or use an ovenproof serving dish. Preheat oven to 180°C. Form the homemade feta into a disc approximately 3cm thick. Place onto the prepared tray or serving dish and drizzle with honey. Scatter the top with chopped macadamias. Bake for 12-15 minutes, until the nuts are golden.

FOR THE MACADAMIA CRISPBREADS, Combine the macadamias, flour and salt in the bowl of a food processor and process carefully to create a fine flour mixture. With 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. Preheat oven to 180°C. Line a baking tray with baking paper. Flatten teaspoon sized pieces of dough into long ovals, thinning out as much as possible and place on the tray. Bake for 10 minutes, or until the edges are golden. Allow to cool on the tray for 5 minutes before removing to a wire rack to cool completely. Store in an airtight container.

FOR THE ZA'ATAR, combine all ingredients in a food processor and pulse to combine, until the mixture is still a little coarse but thoroughly combined.

To serve, arrange the warm feta, vegan macadamia crispbreads and macadamia za'atar on a platter.



This macadamia feta makes a great centrepiece on a Mediterranean style platter or simply enjoyed with the macadamia crispbreads and a small bowl of za'atar.

A jar of macadamia feta is the new fridge essential if you prefer a dairy free or vegan diet. The garlic in the spinach and sauce spike these juicy mushrooms with flavour and the crumbly, crunchy macadamia toasted top works in perfect harmony with the creamy macadamia feta. Perfect for a mid-week meal or as part of a vegetarian or vegan feast.

ROASTED MUSHROOMS WITH MACADAMIA FETA, SAUTÉED SPINACH & RICH TOMATO SAUCE

Serves 4

MACADAMIA FETA

(makes 1 x 300ml jar)

- 1½ cups macadamias
- 1½ cups water
- ⅓ cup lemon juice
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon peppercorns
- 4 sprigs thyme
- 4 bay leaves
- 1 - 1½ cups macadamia oil

MUSHROOMS, SPINACH & TOMATO SAUCE

- 1 x 400g tinned tomatoes
- 3 cloves garlic, crushed
- ½ teaspoon sea salt
- 4 large field mushrooms, around 60-70g each
- 2 tablespoon olive oil
- 250g baby spinach
- 4 pieces of macadamia feta
- ¼ cup macadamias, finely crushed

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ROASTED MUSHROOMS WITH MACADAMIA FETA, SAUTÉED SPINACH & RICH TOMATO SAUCE

FOR THE MACADAMIA FETA, blend the macadamias and water in a high-speed blender for 2-3 minutes. Place the mixture in a nut bag and squeeze out the excess moisture.* Place the nut mixture in a food processor with the lemon juice, olive oil and salt and blend thoroughly until combined. Carefully add more salt or lemon juice, a little at a time to taste, being careful not to add too much.

Line a colander or sieve with cheesecloth and place the mixture in it. Pat the mixture into a small slab that is 2-3cm thick and fold the muslin over to wrap it. Place in the fridge for at least 12 hours to set. Remove from the muslin and cut into 2 x 3cm oblong pieces. Gently place the pieces in a jar, alternating with the peppercorns, thyme and bay leaves. Pour over the macadamia oil to cover. Cover with a lid and keep refrigerated until ready to use.

FOR THE MUSHROOMS, SPINACH AND TOMATO SAUCE, place the tinned tomatoes, 1 clove crushed garlic and salt in a saucepan and simmer over medium to low heat until thick, about 25 minutes. Crush the sauce with the back of a fork to break up any large pieces of tomato and season to taste.

Preheat oven to 180°C and place mushrooms, bottom side down in a single layer in a baking dish. Heat 1 tablespoon of olive oil in a frying pan or wok and add the remaining garlic. Allow to cook for 30 seconds before adding the spinach and cook, tossing, until wilted. Season to taste.

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Divide the spinach between the tops of the mushrooms. Add 1-2 tablespoons of tomato sauce over the top, a piece of macadamia feta and sprinkle with finely crushed macadamias. Drizzle the remaining 1 tablespoon of olive oil evenly over the toppings. Place in the oven and cook for 15-20 minutes, until the mushrooms are cooked through and the macadamias and macadamia feta are golden.

tip

* Keep the leftover nut juice and use it in a recipe requiring macadamia milk.

FEAST!



HEALTHY

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MACADAMIA GREEN VEGIE SMOOTHIE

Serves 4

*This thick green nutty smoothie is gluten free and vegan.
A quick, delicious and healthy start to your day.*

- 2 cups macadamia milk**
- 1 tablespoon macadamia butter**
- 1 cup English spinach leaves**
- 1 stick celery, chopped**
- 1 green apple, cored, chopped**
- 1 large banana**
- 1 cup ice**
- fresh mint, to serve**

Place all ingredients in a blender on a high speed and blend until smooth. Divide into 4 tall glasses and top with fresh mint.



STRAWBERRY MACADAMIA MILK VEGAN 'ICE CREAM'

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STRAWBERRY MACADAMIA MILK VEGAN 'ICE CREAM'

Makes 1½ litres

It could just be that 'ice cream' made with macadamia milk outdoes the real thing. This vegan version of a dairy classic is super easy to make and tastes amazing. You can use the base to experiment with an endless array of flavours, like peppermint and grated chocolate or runny honey with chopped macadamias. Fresh strawberries are the perfect choice in summer when they're in plentiful supply and hot afternoons call for a lazy chilled snack.



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STRAWBERRY FLAVOUR

⅓ cup raw caster sugar

⅓ cup water

500g strawberries, stems removed, chopped into quarters

'ICE CREAM' BASE

1½ cups macadamias

500ml water

400ml coconut cream

½ cup raw caster sugar

1 teaspoon vanilla essence

¼ teaspoon salt

Place the sugar and water in a medium sized saucepan and stir over low heat to dissolve the sugar completely. Increase the heat and boil the mixture for approximately 5 minutes, until it thickens slightly and starts to turn a golden colour. Reduce the heat to a simmer and add the strawberries. Continue to simmer for 15 minutes, stirring occasionally, until the mixture is a thick, jam-like consistency. Remove from the heat and set aside to cool.

Chill an ice cream maker bowl according to the manufacturer's instructions. Place the macadamias and water in a high-speed blender and blend for 2-3 minutes. Strain through a nut bag and pour into a medium sized saucepan. Add the remaining ingredients and stir over a medium heat to dissolve the sugar. Remove from the heat and pour into a large pouring jug. Refrigerate until cold.

When completely cool, add the strawberry flavour and stir to combine. Pour into the bowl of the chilled ice cream maker and churn until chilled and thick. Freeze until ready to serve. Serve in cones if desired.



MACADAMIA BUTTER & DATES

Makes 10

With just two basic ingredients – deliciously smooth macadamia butter and succulent fresh dates – you can add whatever you fancy to take simple to sublime.

10 fresh dates

½ cup macadamia butter

Toppings of choice

Cut each fresh date down one side and remove the seed. Spoon in about 1 teaspoon of macadamia butter and serve on a platter with any topping of your choice. Here are some of our favourites:

- Half dip macadamia butter filled dates into melted chocolate and sprinkle with shredded coconut
- Top with chopped roasted macadamias
- Sprinkle with pomegranate seeds
- Top with fresh berries
- Add finely grated orange zest
- Add banana slices sprinkled with a little cinnamon

MACADAMIA BUTTER

Place 500g of raw or roasted macadamias in a food processor. Blend for 3 to 6 minutes depending on how thick you like it. Generally 3 minutes for a thicker butter and up to 6 minutes for a very smooth butter.

**GUILT
FREE!**

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tip

You can use 1 cup macadamia cheese if already made - just replace the cup of macadamias soaked in water with the macadamia cheese. You can find the super simple recipe for macadamia cheese at australian-macadamias.org



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MINI VEGAN CHOCOLATE MACADAMIA CHEESECAKES

Makes 12

MACADAMIA CHOCOLATE CRUST

1 cup unsalted macadamias
4 Medjool dates
½ cup cocoa powder
pinch sea salt
1 teaspoon vanilla extract

FILLING

1 cup macadamias,
soaked in water for 2-4 hours, strained, finely blended
¼ cup coconut oil liquid
¼ cup maple syrup
1 teaspoon vanilla extract
¼ cup water
½ cup cocoa powder
½ ripened avocado, mashed
½ cup macadamias, extra, roasted, finely chopped
fresh raspberries for topping

Grease 12 x ⅓ cup muffin tin. For the crust, place all ingredients into a high speed blender and pulse until combined. Divide the crust into the muffin pan holes and press down with fingers to firmly place the crust into the pan, set aside.

In a large bowl, combine macadamias, coconut oil, maple syrup, vanilla, water, cocoa and avocado until creamy. Fill the muffin pans with the mixture. Sprinkle with extra macadamias and raspberries and place in the freezer to set for a few hours before removing from pan to serve.

A person wearing a white shirt is holding a glass of beer with a thick head of foam. In the foreground, a tray of macadamia tartlets is displayed. The tartlets are small, round, and filled with a creamy mixture, topped with red and purple garnishes. The tray is made of a light-colored material with a cork-like base.

CHRISTMAS CANAPÉ MACADAMIA TARTLETS

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CHRISTMAS CANAPÉ MACADAMIA TARTLETS

Makes 24

Quick and easy to make, these vegan tartlet shells travel well, making them perfect for dashing between events on Christmas Day.



We filled these little tart cases with our macadamia feta cheese on top of caramelised onion, roasted capsicum strips, chopped sundried tomato and olive tapenade. But don't be afraid to let your imagination run wild – they taste great with almost any filling.

VEGAN PASTRY SHELLS

¼ cup macadamias

¾ cup plain flour

½ teaspoon salt

2 tablespoons macadamia oil

3 tablespoons cold water

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 combined oil and water. Process until the mixture comes together to form a ball. You may need to add a little more water to make the ball form – take care to only add a small amount at a time. Pat the mixture together, wrap in waxed paper and set aside for 15 minutes.

Preheat oven to 180°C. Pinch a teaspoon-sized piece of dough from the ball and flatten in your hand to make a circular disc. Place the flattened disc into the base of a mini muffin tin hole and use your fingers to press the dough mixture out as thinly as possible along the base and sides of the muffin hole. Repeat with the remaining dough.

Bake for 10 minutes, until crisp and golden. Cool in the tin for 5 minutes before removing and cooling completely on a wire rack. Repeat with the remaining dough. When cool, store in an airtight container until ready to fill and serve. You can fill with any fillings of your choice, our suggestions include macadamia feta cheese on top of caramelised onion, roasted capsicum strips, chopped sundried tomato or olive tapenade. Garnish with chopped or micro herbs.



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