



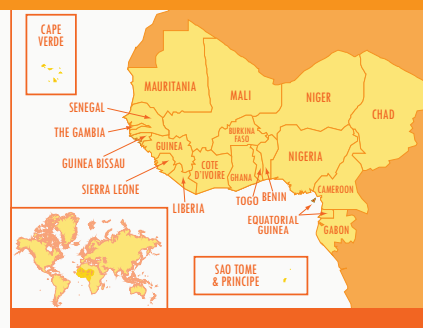
Cashew Cookbook

Enjoy the taste of healthy African cashews



LINKING BUYERS WITH AFRICAN BUSINESS

The ACA was set up in 2005 with the support of USAID's West Africa Trade Hub, the home of our secretariat. ACA works in 11 cashew-producing countries and represents the industry in Europe, the U.S., India, Vietnam and Brazil.



West Africa Trade Hub

Making Trade Happen

The USAID West Africa Trade Hub provides technical assistance to export-ready companies in 21 West African countries. Our companies have the capacity and reliability to meet international standards for export. Through exports, they increase incomes and create jobs in the region.

With offices in the U.S., Ghana and Senegal, the Trade Hub acts as a bridge between buyers and producers offering hands-on help to buyers at all stages of the production process.



TEL: +233 21 773 393
 FAX: +223 21 782 231
info@watradehub.com
www.watradehub.com

African Cashew Alliance

Value & Efficiency

The African Cashew Alliance (ACA) promotes the African cashew industry worldwide. The Alliance is between African farmers, international retailers, traders, private label companies, African processors and governmental and development agencies. All share a common vision: a more competitive African cashew industry improving the lives of millions of people in rural areas.



c/o West Africa Trade Hub
 P.O. Box 1630
 Accra, Ghana
 TEL: +233 21 773 393
 FAX: +223 21 782 231
aca@africancashewalliance.com
www.africancashewalliance.com

Sign up online for our monthly newsletters





The potential for the food industry to use cashew as a food ingredient is huge. It's more versatile and healthier than other nuts.

RECIPES

Spicy Cashew & Ginger Green Beans	4
Cashew Flan.....	5
Cashew Cream	6
Cashew Scrambled Eggs	7
Cashew Cream Mashed Potatoes	8
Maple Candied Cashews	9
Cashew Biscotti.....	10
Cashew -n- Squash Quiche.....	11
Cashew Cod	12
Cashew -n- Veggie Pie	13
Honey Cashew Chicken	14
Cashew -n- Ginger Chicken.....	15
Kaju Burfi.....	16
Cashew Chocolate Verrine	17
Cashew Brownies	18
Conversion guide.....	19

As a snack, a tasty cashew is unparalleled – and it's healthy, too!

The basic facts are clear: Cashews provide important nutrients essential to a healthy diet, are naturally cholesterol-free and contain a healthier type of fat than other popular snack foods. Nutrients for healthy, active lifestyles...

The calcium and magnesium, zinc and biotin (a B-vitamin) in cashews are essential for good health. Calcium strengthens bones, while magnesium helps regulate nerve and muscle tone. Zinc is closely linked to a well functioning immune system and contributes to healthy skin, and biotin improves energy production, skin health and the functioning of the nervous system.

Cashews also contain plenty of protein, essential for maintaining good health. And the carbohydrates in cashews have a low sucrose value – which means it's a food suitable for people with diabetes and for people looking for snacks that will not lead to diabetes! The fat in cashews is mono-unsaturated – a type known to be heart-friendly– mainly because they have the ability to lower cholesterol.

African cashew: a great tasting snack – and good for you, too!



Cashew is versatile

SPICY CASHEW & GINGER GREEN BEANS

Cashew has no cholesterol

Ingredients

- 1 ½ pounds green beans, trimmed and cut into 1-inch pieces (about 5 cups)
- 4 tablespoons (½ stick) unsalted butter
- 3 tablespoons fresh ginger, peeled and finely chopped
- ½ cup turkey stock
- 1 cup salted roasted cashews, coarsely chopped
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper



Preparation

1. In large pot of boiling, salted water cook beans until crisp-tender, about 4 minutes.
2. Drain and rinse well under cold running water.
3. Pat dry with paper towel.
4. In a heavy skillet over moderate heat, heat butter until hot but not burned.
5. Add ginger and sauté until softened and fragrant, about 30 seconds.
6. Stir in green beans and stock and cook, stirring often, until liquid is almost completely evaporated, about 3 to 6 minutes.
7. Add cashews and sauté 1 minute.
8. Stir in salt and pepper.
9. Transfer to serving dish and serve immediately.

Serving size: 4-6

CASHEW FLAN

Cashew nut harvests supplement the incomes of over 2.5 million rural African farmers

Ingredients

- 3 eggs
- 250g skimmed milk
- 100g cream
- 90g cashew nuts
- 70g sugar
- Walnut oil

Preparation

1. Preheat oven to 180°C.
2. Finely grind the cashews.
3. Add the other ingredients (except oil) and mix.
4. Oil ramekins with walnut oil.
5. Pour mixture and distribute ramekins in a *bain-marie* and cook for 35 min.
6. When the surface of the custard browns and trembles slightly reduce heat to 165° and cook further for 5 minutes.
7. Leave to cool before serving or refrigerate.



Photo credit: [sweetmandarinchef.files.wordpress.com](https://www.sweetmandarinchef.files.wordpress.com)

Serving size: 4



CASHEW CREAM

The world's largest cashew tree was planted in 1882 and covers an area the size of a soccer field

Ingredients

- 1/2 cup raw cashew pieces
- 2 cups water
- 1 tablespoon maple syrup

Preparation

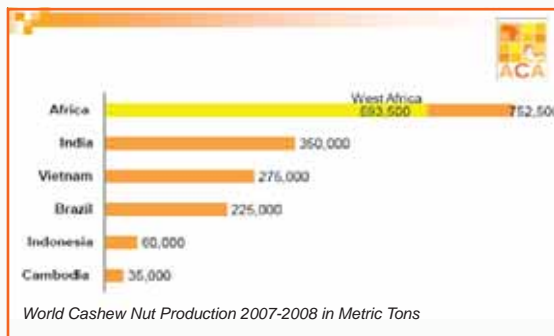
1. Combine cashews, 1 cup water and syrup in blender.
2. Blend on high until a thick cream forms.
3. Slowly add remaining water and continue blending on high for 2-5 minutes.

Note:

Cashew milk is very rich to drink by itself. Use as a milk or cream substitute in your favorite recipes.



Serving size: 2



Source: The African Cashew Alliance, Industry

CASHEW SCRAMBLED EGGS

At 330,000 MT, Côte d'Ivoire is the world's second largest producer of raw cashew nuts

Ingredients

- 6 eggs
- 2 tablespoons sesame oil
- 1/4 cup cashews boiled and drained
- 1 tablespoon white soy sauce
- 2 tablespoons chopped green onion
- 2 tablespoon peanut oil
- 1/3 cup cashew cream
- Salt and pepper to taste

Preparation

1. Beat eggs, soy sauce, 1 tablespoon green onion, peanut oil and cashew cream.
2. Sauté cashews with sesame oil until tender.
3. Scramble in eggs.
4. Top with remaining green onions.

Serving size: 4-6



Recipe source: The Cashew Export Promotion Council of India



CASHEW CREAM MASHED POTATOES

Africa produces 40% of the world's raw cashew nut crop

Ingredients

- 1/4 cup cashew cream (see page 6)
- 2 tablespoons butter
- 4-6 medium size potatoes
- Lemon

Preparation

1. Boil and mash potatoes.
2. Blend in butter and cashew milk.
3. Add salt, pepper, and a dash of lemon.

Serving size: 4-6



Photo credit: tofufortwo.net



MAPLE CANDIED CASHEWS

Cashew contains healthy monounsaturated fat that promotes good cardiovascular health

Ingredients

- 4 cups cashew nuts
- 1 tablespoon salt
- 1/3 cup granulated sugar
- 1 teaspoon cinnamon powder
- 1 cup of maple syrup
- 2 tablespoons butter

Preparation

1. Preheat oven to 350°F (180°C).
2. Grill cashew nuts on a baking tray lined with sulphurized paper for 10 minutes.
3. Leave to cool on the tray.
4. In a bowl, mix salt, sugar and cinnamon.
5. In a saucepan, heat maple syrup and butter for 5 minutes.
6. Add cashew nuts and cook on medium heat until bottom of saucepan is dry.
7. Add salt-sugarcinnamon mixture. Mix well and heat for 1 to 3 minutes.
8. Put cashew nuts on a wooden tray or baking tray and leave to cool.
9. Keep nuts in an airtight jar or plastic pot to prevent softening.

Serving size: 8-10



CASHEW BISCOTTI

Cashew makes up 90% of Guinea Bissau's exports

Ingredients

- 1 cup raw cashews
- 1 tablespoon puréed cashew
- 3 large eggs
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 2 cups all-purpose flour
- 3/4 cups granulated white sugar
- 1 teaspoon pure vanilla extract

Preparation

1. Preheat oven to 350°F (175°C). Toast cashews for 8-10 minutes or until lightly browned and fragrant. Let cool and then chop coarsely. Set aside.
2. Reduce oven temperature to 300°F (150°C) and line a baking sheet with parchment paper.
3. In a small bowl lightly beat the eggs, cashew purée and vanilla. Set aside.
4. In a large bowl combine the flour, sugar, baking powder and salt. Beat until blended (about 30 seconds). Gradually add the egg mixture and beat until a dough forms, adding cashews about halfway through.
5. On a lightly floured surface roll dough into a log about 14 inches (35 cm) long and 3-4 inches (8-10 cm) wide. Transfer log to the prepared baking sheet and bake for 30-40 minutes, or until firm to the touch (log will spread during baking). Remove from oven and let cool on a wire rack for about 10 minutes.
6. Transfer log to a cutting board and, using a serrated knife, cut log into slices 1/2 inch (1.25 cm) thick on the diagonal. Arrange evenly on baking sheet. Bake 10 minutes, turn slices over, and bake another 10 minutes or until firm to the touch. Remove from oven and let cool. Store in an airtight container. joy when cooled and keep in an airtight box.

Serving size: 28 biscotti



CASHEW -N- SQUASH QUICHE

The cashew fruit is used for fruit juices, jam, confectionaries, wines and spirits. It contains more Vitamin C than an orange.

Ingredients

- 1 flaky pastry roll
- 800g squash
- 2 cups milk
- 3 eggs
- 1/4 cup
- 1 cup cashew nuts
- 1/2 cup grated cheese
- 1 tablespoon *herbs de provence*
- Salt, pepper and nutmeg (to taste)

Preparation

1. Preheat oven to 400°F (200°C).
2. In a covered saucepan cook squash, a pinch of nutmeg (optional), salt and pepper for about 15 minutes.
3. Purée squash after cooking. Beat in eggs and gradually add in milk.
4. Line the bottom of a buttered cake pan with flakey pastry.
5. Arrange bacon at the bottom of the pan then add squash mixture, cashews and finally grated cheese.
6. Bake for 30-35 minutes.
7. Serve immediately with small salad. Enjoy!

Serving size: 4-6



CASHEW COD

Processing Africa's cashew crop could add more than \$250 million in value and create more than 250,000 new jobs

Ingredients

- 4 medium cod filets
- flour
- 1 red bell pepper
- 2 carrots
- 1 teaspoon cumin powder
- 1 teaspoon pepper paste
- 1 teaspoon coriander powder
- 4 tablespoons soy sauce
- 1/4 cup raw cashew nuts
- 4 tablespoons oil
- 1 coriander bouquet

Preparation

1. Julienne carrots and pepper. Set aside
2. Grill cashew nuts in a nonstick frying pan for 2 minutes. Set aside.
3. Mix in a bowl, cumin, coriander powder, pepper paste and soya sauce. Set aside
4. Dice cod in large pieces and roll in flour.
5. Heat 2 tablespoons oil in a wok, brown fish dices for 5 minutes while turning them regularly, then remove.
6. Add remaining oil, add carrots and peppers, mix well, cook for 5 minutes, add sauce from the bowl and fish. Continue cooking for 5-7 minutes or until fish is done.
7. Sprinkle with grilled cashew nuts, chopped coriander and serve.



Photo credit: sweetmandarinchef.files.wordpress.com



Serving size: 4-6

-CASHEW -N- VEGGIE PIE~

The magnesium content in cashew nuts is beneficial for promoting bone growth

Ingredients

- 4 tomatoes
- 2 carrots (about 2 medium carrots)
- 3 small onions
- 1 red bell pepper
- 2 garlic cloves
- 3 eggs
- 1/4 cup rice flakes
- 3 tablespoons olive oil
- 2 tablespoons puré cashew
- 1 teaspoon rice (or barley) miso
- 1 teaspoon sugar cane
- 2 teaspoons mild paprika
- 2 tablespoons fresh oregano
- 1 tablespoon fresh parsley leaves
- 1 teaspoon thyme
- Salt
- Black pepper
- Sesame seeds (optional)



Preparation

1. Preheat oven to 350° (175°C).
2. Deseed tomatoes and dice. Set aside.
3. Peel carrots and dice. Set aside.
4. Dice pepper and set aside.
5. Thinly slice onions, mince garlic and sauté in a deep saucepan on low heat for 10 minutes with 3 tablespoon olive oil and a pinch of salt.
6. Add tomatoes and cook for 5 more minutes on medium heat while stirring.
7. Finally, add carrots, pepper, sugar and pinch of salt and cook on medium heat uncovered for about 20 minutes.
8. Remove from stove and add rice flakes, paprika, chopped herbs and pepper. Mix well and leave to stand covered for 10 minutes.
9. Add cashew puree and miso to vegetable mixture and mix well.
10. Add whipped eggs, mix again and pour in a pie pan (26 cm). Sprinkle the pie with sesame seeds and bake for 45 minutes
11. Serve warm or cold.

Serving size: 4-6

HONEY CASHEW CHICKEN

The African Cashew Alliance includes over 90 companies from around the world

Ingredients

- 4 chicken breasts
- 2 medium onions
- 1/2 cup of cashew nuts
- 3/4 cup chicken stock
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- olive oil

Preparation

1. Cut chicken in long thin strips and chop onions.
2. In a wok brown cashew nuts with a little olive over high heat for 2 minutes.
3. Remove nuts from pan and drain them on blotting paper.
4. Brown onions and add chicken pieces. Sauté on high heat for 2-3 minutes; lower heat and add half of chicken stock. Cook until chicken is tender and half of the stock has evaporated.
5. In a bowl, put honey, remainder of chicken stock, soysauce and cornstarch. Add mixture to chicken and bring to a boil to thicken.
6. Salt and pepper to taste and serve with rice or pasta.

Serving size: 4-6



CASHEW -N- GINGER CHICKEN

Cashews are native to Brazil

Ingredients

- 4 diced chicken breasts
- 1 chopped sweet pepper
- 1 sliced onion
- 1 tablespoon olive oil
- 1/4 cup cashew nuts
- 1/3 cup water
- 1 lemon
- 1 teaspoon honey
- 1 tablespoon minced fresh ginger
- Salt and pepper
- 1 tablespoon cornstarch

Preparation

1. In a bowl, mix ginger, water, lemon juice, honey, salt and pepper. Set aside
2. Lightly brown chicken breast in olive oil.
3. Add pepper and onion and sauté 'until tender.
4. Add cashew nuts.
5. Pour the ginger mixture on chicken in the pan. Bring to a boil until sauce thickens.
6. Serve with basmati or texmati rice.

Serving size: 4-6



KAJU BURFI

Cashew trees provide a nutritional food source and income during the dry season in Africa

Ingredients

- 1 cup cashew powder
- 3 strands saffron
- 1/2 cup sugar
- 1 cup water

Preparation

1. Bring water and sugar to a rolling boil for 10-15 minutes while stirring continually to keep from burning. Mixture should turn slightly yellow.
2. Lower heat and mix in cashew powder and saffron stirring for 7 minutes making sure mixture is smooth with no lumps.
3. Turn off heat and stir for 3 minutes
4. Let cool until slightly warm and knead dough until firm.
5. Roll dough to 1/4 inch thick on a flat surface and let cool.
6. Cut into diamond shapes and allow to dry.
7. Store in an airtight container.



Photo credit: ifood.tv

Serving size: 7 pieces

CASHEW CHOCOLATE VERRINE

Consumer surveys show that cashews are most peoples' favorite nuts

Ingredients

- 7 oz dark chocolate
- 1 cup single cream
- 5 oz roasted cashew nuts
- 3 sliced stewed apples
- 1/3 cup milk
- 3 oz caramel
- 1 teaspoon agar-agar

Preparation

1. Roughly crush cashew nuts with a mortar and pestle.
2. Place an even amount of half the cashews in the bottom of 6 desert glasses. Top with stewed apples.
3. Prepare the ganache by melting chocolate in a bain-marie. stir in single cream previously warmed in a saucepan.
4. Pour chocolate ganache over nuts and apples.
5. Melt caramel in a saucepan on low heat stirring in milk. Bring to a boil when mixture is fluid and add agar-agar. Continue boiling for one minute.
6. Pour caramel mixture in each glass and top with remaining cashew nuts.
7. Refrigerate and serve chilled.



Photo credit: lacuisinededom.over-blog.com

Serving size: 6



CASHEW BROWNIES

Cashews have low glycemic carbohydrates that refuel the body's energy store over a period of time

Ingredients

- 4 cubes baking chocolate
- 2 sticks butter
- 2 cups sugar
- 2 tablespoons cashew butter
- 1 teaspoon vanilla
- 4 small eggs
- 1/4 teaspoon salt
- 1 tablespoon baking powder
- 1 cup flour
- 1/4 cup coarsely chopped cashews



Preparation

1. Preheat oven to 350°F (175°C).
2. Melt butter, cashew butter and chocolate in a saucepan over low heat.
3. Mix in sugar and vanilla thoroughly.
4. Beat in eggs one at a time.
5. Add salt, baking powder and flour, mixing in ingredients thoroughly.
6. Fold in chopped cashews.
7. Mix sugar, kernel powder and eggs
8. Melt cashew butter and dark chocolate on low heat in a saucepan while stirring continuously. When melted, add mixture and beat with a whisk into a paste.
9. Pour mixture into floured baking pan and bake for 30-40 minutes or until toothpick can be removed clean.

Serving size: 12 brownies

CONVERSION GUIDE

Weight

¼ oz	7 g
½ oz	14 g
1 oz	28 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
8 oz	227 g
12 oz	340 g
1 lb	454 g
2 lb	907 g
5 lb	2270 g

Temperature

°C	°F
110	225
120	250
140	275
150	300
160	325
180	350
190	375
200	400
220	425
230	450
240	475
270	525

Volume

1 teaspoon		5 ml
1 tablespoon	½ fluid oz	15 ml
¼ pint	5 fluid oz	145 ml
⅕ pint	8 fluid oz	225 ml
½ pint	10 fluid oz	285 ml
¾ pint	15 fluid oz	430 ml
1 pint	20 fluid oz	570 ml
1 ¼ pint	35 fluid oz	1000 ml

