

CASHEW NUTS

Recipes
from Mozambique
and the World





"Cashew Nuts: Recipes from Mozambique and the World"

First Edition

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Cashew is a delicious and versatile nut that many cultures around the world incorporate into their cuisine. Cashew trees, with their flavorful nuts and especially sweet fruits, grow in coastal areas of the Americas, Africa and Asia. In Mozambique big, green cashew trees provide shade in the beautiful places that have a rich culinary tradition of using cashew nuts to prepare savory dishes.

The MozaCajú project, funded by the United States Department of Agriculture (USDA), is dedicated to promoting cashew production and increasing the quality and quantity of nuts produced and processed in Mozambique by working directly with local producers, processors, traders and exporters. As part of this initiative, MozaCajú presents the book "Cashew Nuts: Recipes from Mozambique and the World" in hopes that these delicious recipes will inspire readers to use cashews in new ways.

MOZACAJÚ
SHARED VALUE FROM TREE TO TRADE



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Health Benefits of Cashew Nuts

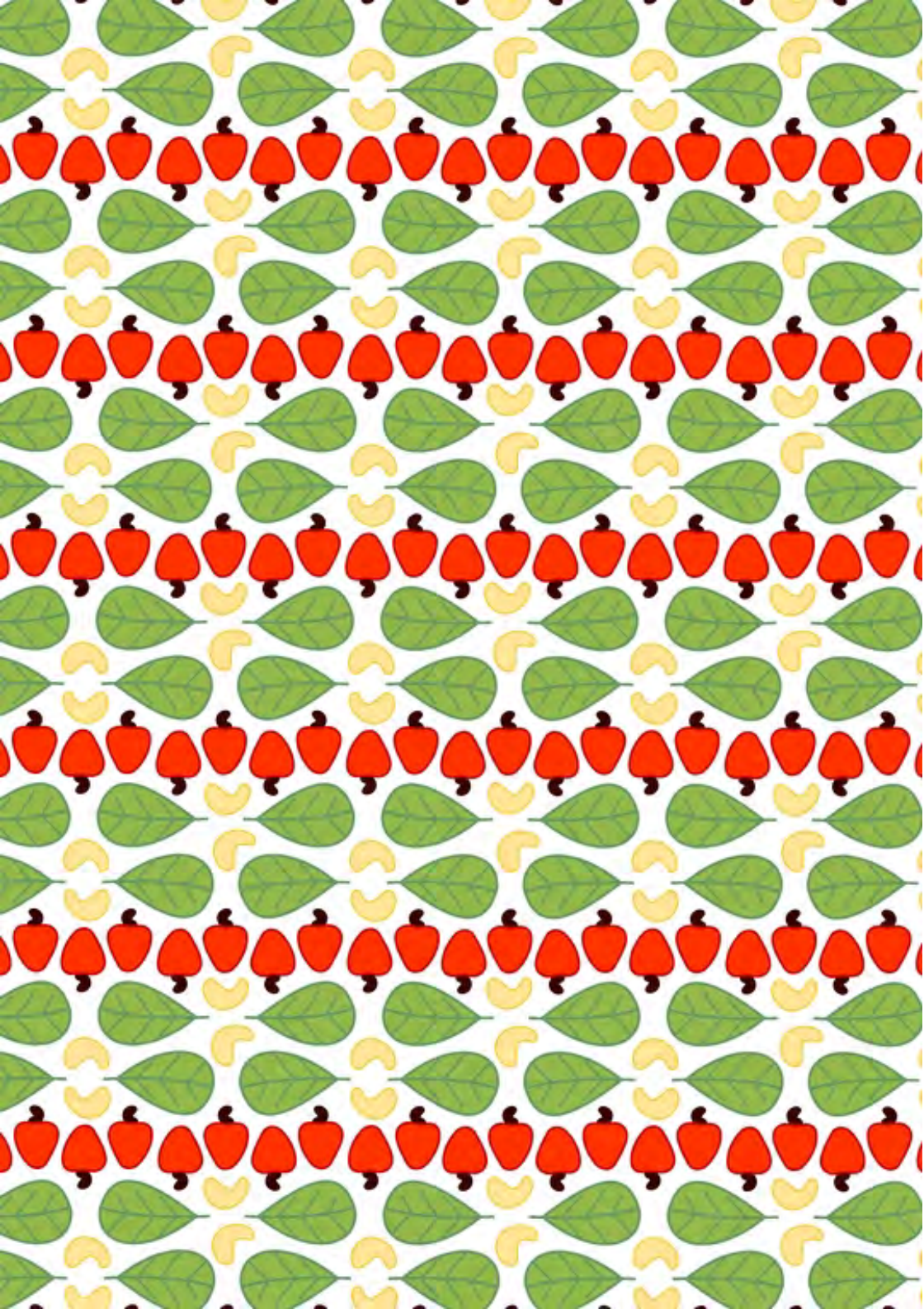
Cashew, considered by many to be the best nut found in nature, has optimal nutritional value. It is rich in protein, carbohydrates, fiber, minerals (magnesium, iron, potassium, selenium, calcium, phosphorous, sodium, copper and zinc) and vitamins (niacin, riboflavin, pantothenic acid, vitamin B6 and vitamin E).

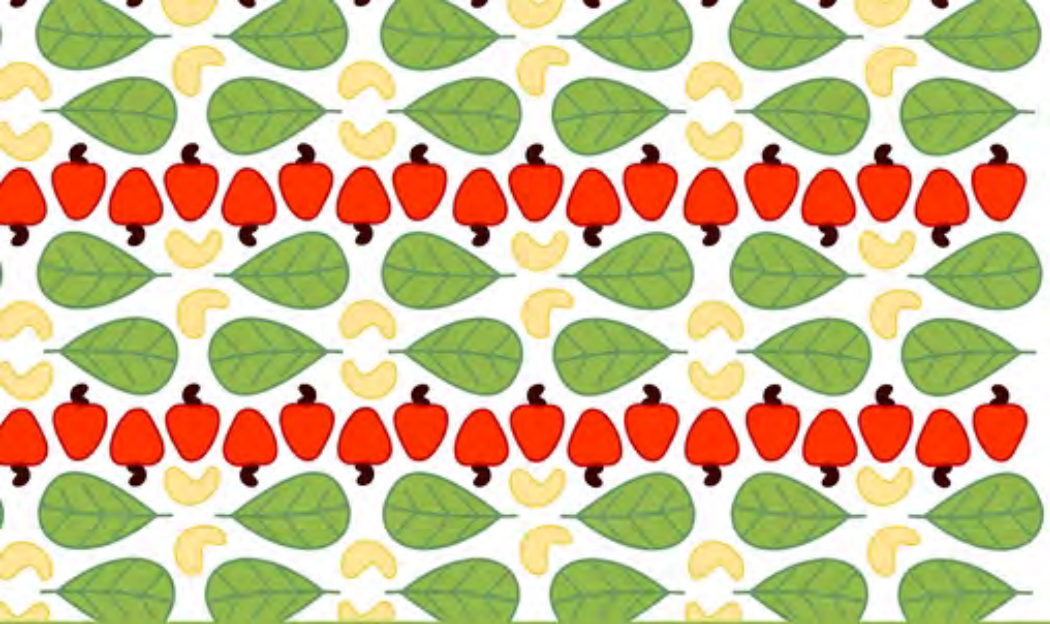
Cashew nuts are full of monounsaturated fatty acids that are good for the heart and help increase good HDL-cholesterol. They are one of the few snacks with no harmful LDL-cholesterol, making them the perfect food for individuals with heart problems.

BENEFITS OF CONSUMING CASHEW

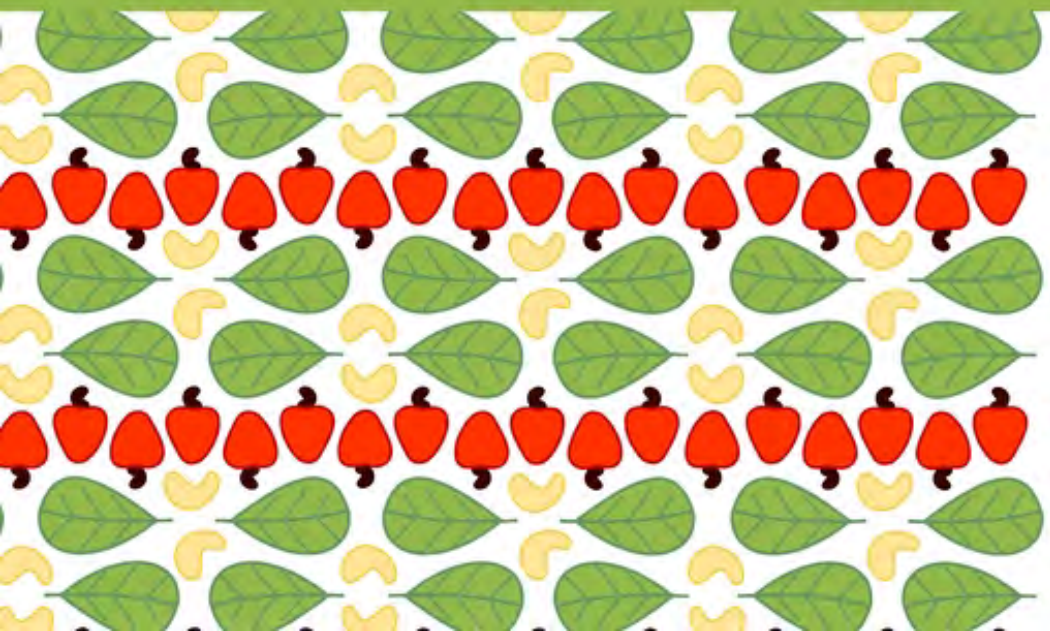
- Its monounsaturated fatty acids help protect the heart;
- Its vitamin E content helps reduce the risk of cardiovascular disease and some cancers;
- The cashew nut contains antioxidants that help the body avoid the formation of free radicals, which are molecules that damage cells and cause degenerative diseases, heart problems and some types of cancers;
- Its dietary fiber supports proper functioning of the intestinal track;
- Natural cashew is excellent for combating rheumatism and eczema.

Source: *Universidade Lúrio, Health Sciences Department*





MAIN DISHES





Siri-siri from Mozambique Island

Mozambican Recipe

Prep: 02:05

Cook: 00:35

INGREDIENTS

- ½ kg (18 oz) cooked seaweed
- 1 cup ground peanuts
- 1 semi-ripe papaya, cubed
- ½ cup cashew nuts
- 2 onions, diced
- 1 pepper, diced
- 1 cup coconut milk
- 2 cloves of garlic, minced

HOW TO PREPARE

Boil the seaweed in unsalted water in a medium pot for 20 minutes. In a separate large pot, boil the peanuts in two cups of water for 45 minutes. Add the cubed papaya and cashew nuts to the boiled peanuts and allow to simmer for 10 minutes. Add the onion, bell pepper, coconut milk, garlic, cooked seaweed and salt. Cook on low heat for 15 minutes. Serve with coconut rice.



Coconut Rice with Cashew

Indian recipe

Prep: 00:15

Cook: 00:20

INGREDIENTS

- 2 cups coconut milk
- ½ cup cashew nuts
- ½ kg (18 oz) white or brown rice
- Salt to taste

HOW TO PREPARE

Combine the coconut milk and cashew nuts in a large pot and bring to a boil. Add the rice and salt and continue boiling until most of the water evaporates. Cover the pot and cook on low heat for another 10 minutes. Serve with fried fish and salad.



Chicken Xadrez

Chinese recipe

Prep: 00:30

Cook: 00:30

INGREDIENTS

- 3 tablespoons sunflower or soy oil
- ½ kg (18 oz) chicken breast, cubed
- 2 onions, diced
- 2 peppers, diced
- 3 cups water
- 2 tablespoons cornstarch
- 1 tablespoon sugar
- 80 ml (3 oz) soy sauce
- 1 cup cashew nuts
- Salt to taste
- Pepper to taste (optional)

HOW TO PREPARE

In a large pan heat the sunflower or soy oil. Add the chicken and cook until brown. Add the onion and pepper and cook until ingredients become tender. In a separate bowl, mix the water, corn starch, sugar and soy sauce. Pour the mixture into the pan with the chicken, onion and pepper and let it simmer until the sauce thickens, stirring regularly. Add the cashew nuts and stir. Serve with white rice.



Squid and Cashew Sauce

Indian Recipe

Prep: 00:15

Cook: 00:25

INGREDIENTS

- 1 cup cashew nuts
- 3 tablespoons sunflower or soy oil
- 2 cloves garlic, minced
- 1 large onion, diced
- 2 large squids, diced
- 4 ripe tomatoes, chopped
- 1 bell pepper, diced
- 2 teaspoons cumin
- 2 teaspoons coriander powder
- 2 teaspoons rajah seasoning (coriander, cumin, and turmeric powder)
- 1 cube chicken broth or 1 teaspoon chicken broth powder
- Salt to taste

HOW TO PREPARE

In a medium pot boil the cashew in water for 10 minutes on low heat (without salt), drain and set aside. In a separate large pot, heat the oil. When hot, add the garlic and onion and sauté for 5 minutes. Add the diced squid, tomato, pepper, cumin, coriander, and the rajah seasoning, and stir continually. Once the ingredients are tender, add the cashew nuts and chicken broth. Stir for a few minutes until the sauce becomes thick and uniform.



Matapa de Intiqua

Mozambican Recipe with Cassava Leaves

Prep: 01:00

Cook: 00:45

INGREDIENTS

- 2 cups cassava leaves, pounded
- ½ cup cashew nuts
- 2 cups crushed peanuts
- 1 bell pepper, diced
- 1 onion, chopped
- 2 cloves garlic, diced
- 1 cup coconut milk
- Salt to taste

HOW TO PREPARE

In a large pot boil the cassava leaves for 30 minutes. Add the cashew nuts and let boil for 10 more minutes. Mix in the crushed peanuts, bell pepper, onion and garlic, and let cook on low heat. When all of the ingredients are cooked, add the coconut milk and salt. Cook for 10 more minutes on low heat. Serve with coconut rice.



Dried Fish Curry with Coconut and Cashew Nuts

Mozambican recipe

Prep: 00:15

Cook: 00:25

INGREDIENTS

- 1 fresh coconut
- ½ kg (18 oz) fish, dried
- 1 cup cashew nuts
- 2 ripe tomatoes, diced
- 2 unripe (green) mangos
- Salt to taste

HOW TO PREPARE

Grate the coconut and put aside. Wash the dried fish and cut into large pieces. Place the pieces of fish in an unheated medium-sized pot. Add the cashew nuts on top, followed by the tomatoes, mangos and salt. Arrange these ingredients in layers. Let cook on the stovetop. Do not mix while they are cooking. Squeeze the grated coconut to extract the milk and save it in small bowl. Put this milk aside. Squeeze the grated coconut again and pour the milk (which should be less thick than the first time) on top of the layered ingredients. Squeeze the grated coconut for a third time and pour the milk in the same pan. Boil the ingredients for 20 minutes until the water evaporates. Add the coconut milk from the first squeezing and boil for 10 more minutes. Serve with corn flour puree.



Spinach with Cashew

Brazilian recipe

Prep: 00:15

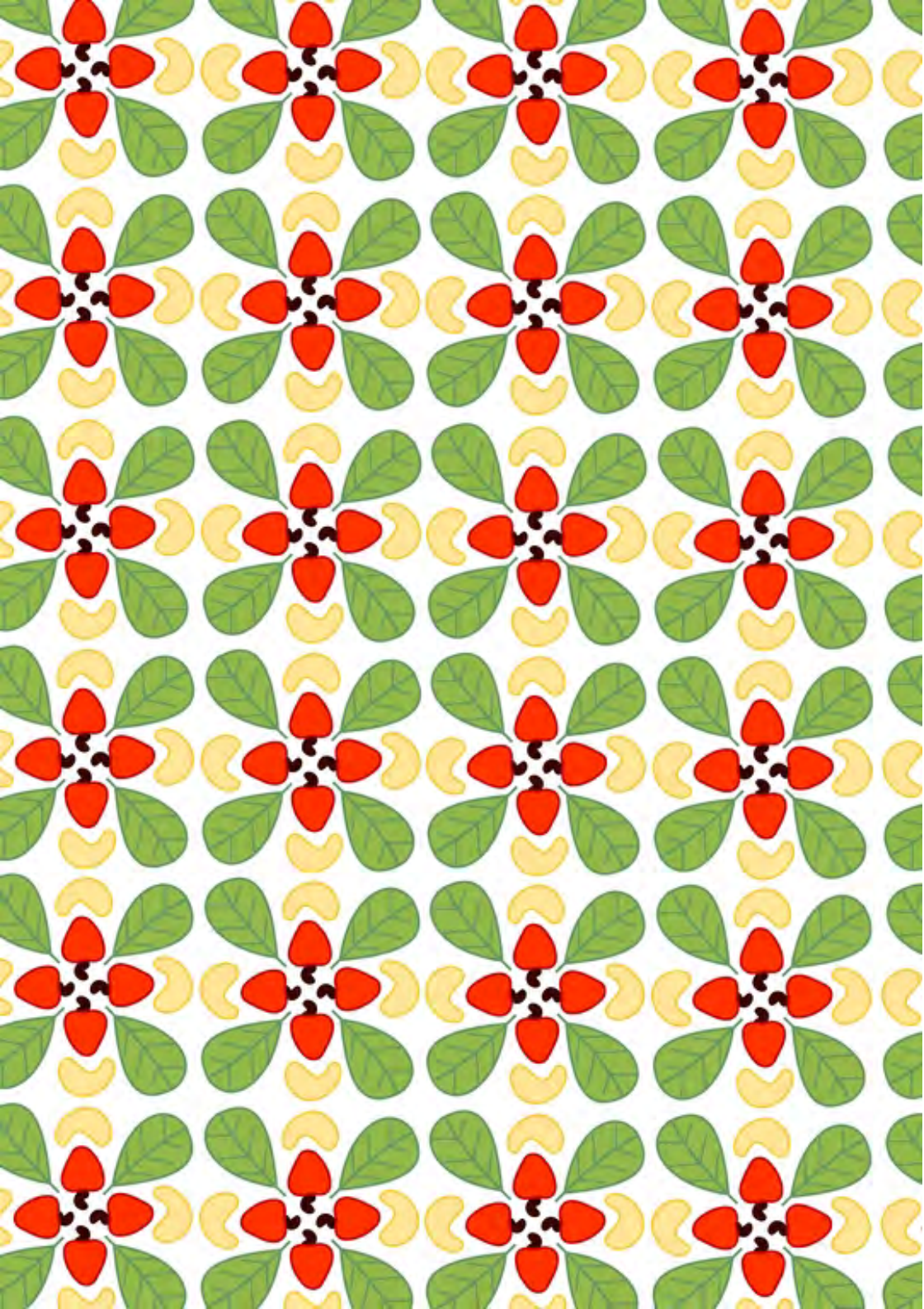
Cook: 00:30

INGREDIENTS

- ½ kg (18 oz) fresh spinach
- ½ cup cashew nuts, ground
- 2 ripe tomatoes, chopped
- 1 unripe (green) mango, chopped
- Salt to taste

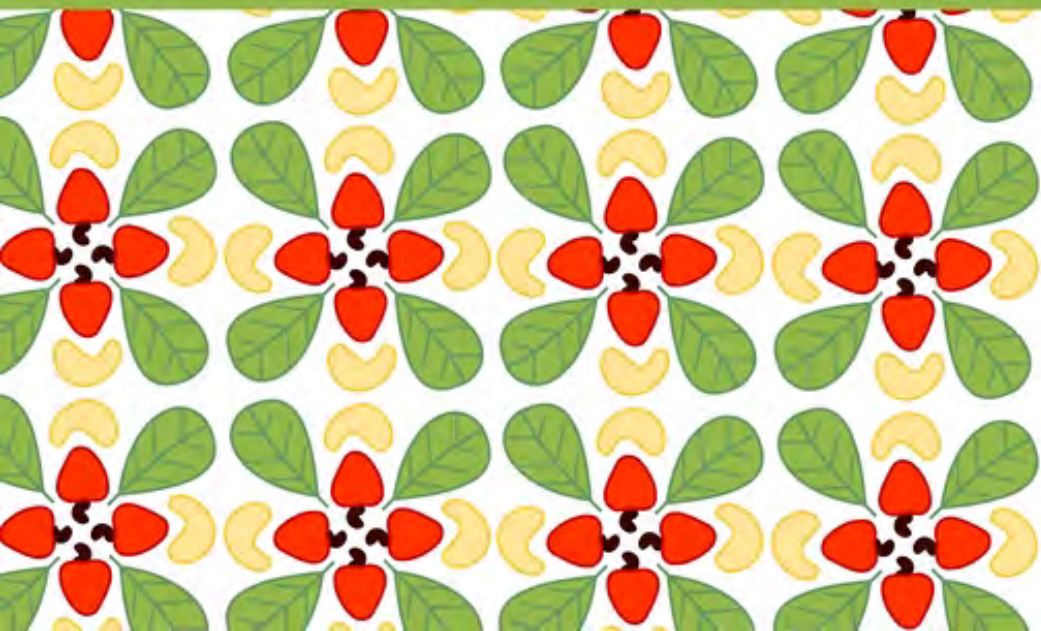
HOW TO PREPARE

Break the spinach into large pieces and boil in a large pot. Add the granulated cashew and let boil for 15 more minutes. Add the tomato, mango, and salt and let boil for 10 minutes until almost all of the water evaporates. Serve with corn flour puree and fried fish.





DESSERTS





Sweet Butter Beans

Chinese Recipe

Prep: 01:30

Cook: 00:45

INGREDIENTS

- 1 kg (36 oz) lima beans (butter beans)
- 4 ½ cups of water
- 2 cups cashew nuts
- 2 cups coconut milk
- 1 cup sugar
- 3 sticks cinnamon
- Salt to taste

HOW TO PREPARE

In a large pot boil the beans until they are almost cooked. Add the cashew and continue boiling until the water evaporates. Stir in the coconut milk, sugar, salt and cinnamon and boil for 10 more minutes, stirring continuously. Serve hot or at room temperature.



Banana Delight

Mozambican Recipe

Prep: 00:10

Cook: 00:50

INGREDIENTS

- 7 large bananas
- Sunflower or soy oil (enough to fry the bananas)
- 1 cup sugar
- 3 sticks cinnamon
- ½ cup cashew nuts

HOW TO PREPARE

Peel and cut the bananas into halves. Fry on low heat and set aside. Dilute the sugar in water. Pour the diluted mixture into a pan and cook on low heat until thick. Add the fried bananas and cinnamon, stirring carefully so as not to break the bananas. Heat the mixture for a few minutes on low heat. Add the cashews on top. Place in the refrigerator and serve cold.



Cashew Nut Cake

Brazilian recipe

Prep: 00:20

Cook: 00:35

INGREDIENTS

- 3 eggs
- 1 cup milk
- 1 cup sunflower or soy oil
- 1 cup sugar
- 1 ½ cups wheat flour
- ⅓ cup cashew nuts, ground
- ½ cup cornstarch
- 1 teaspoon baking powder
- 1 tablespoon butter
- Cinnamon powder to taste

HOW TO PREPARE

In a large bowl, combine the eggs, milk, oil and sugar and mix with a hand mixer until all ingredients are blended. In a separate bowl, mix together the flour, cornstarch, baking powder and ground cashew nuts. Combine the wet and dry ingredients and stir until all ingredients are blended together. Grease a cake pan with butter and flour, and then pour in the mixture. Sprinkle cinnamon and sugar on top. Bake in the oven at 200° C (400° F) for approximately 50 minutes. Remove from the oven and let cool before serving.



Sweet Cashew Treat

Mozambican recipe

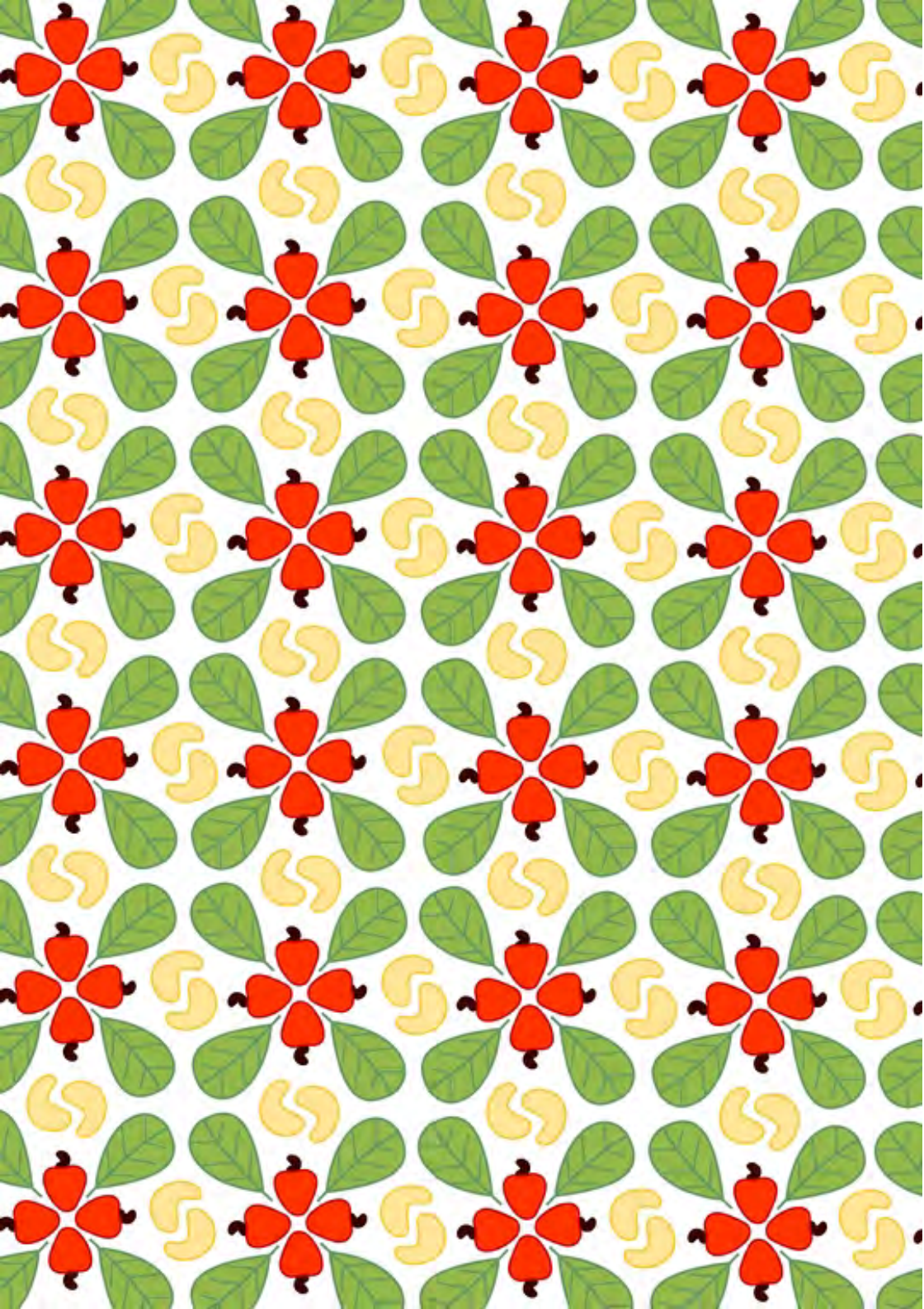
Preparation: 01:00

INGREDIENTS

- 4 ¼ cups cashew nuts, crushed
- ½ cup sugar

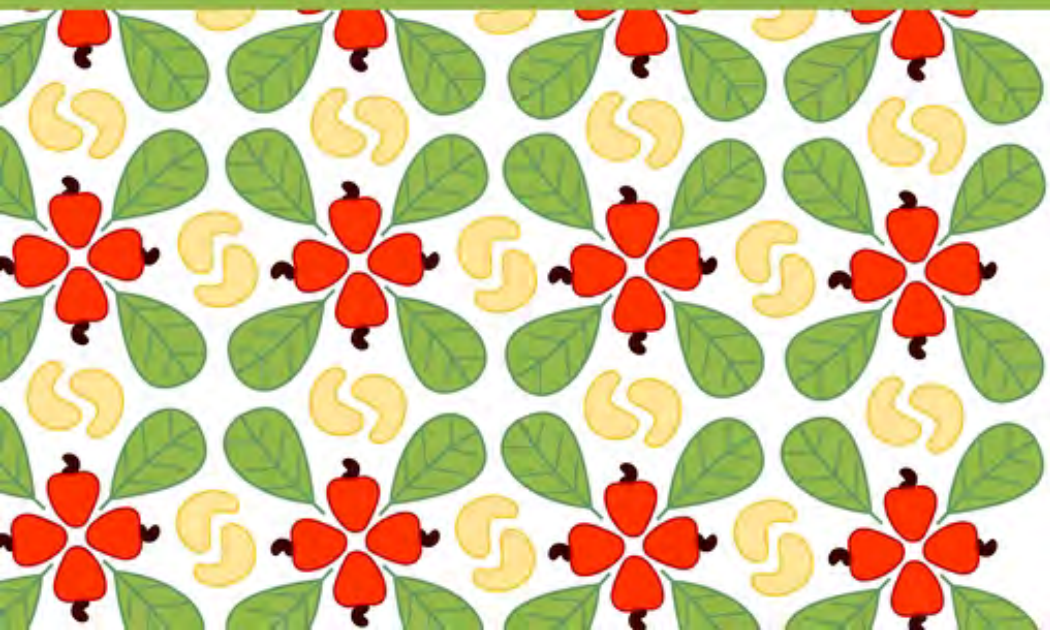
HOW TO PREPARE

Crush the cashew nuts using a mortar and pestle. Add the sugar and continue to grind until the mixture becomes a malleable dough. With your hands, roll into small or large balls and serve at room temperature.





SNACKS





Caramelized Cashew

Mozambican Recipe

Prep: 00:05

Cook time: 00:20

INGREDIENTS

- ½ cup sugar
- 2 cups cashew nuts

HOW TO PREPARE

Dilute sugar in water and pour into a large saucepan and let it boil until it achieves a paste-like consistency. Add the cashews and stir continuously until they become completely caramelized. Remove from heat when the coating becomes caramel brown.



Spicy Cashew

Mozambican Recipe

Prep: 00:05

Cook: 00:20

INGREDIENTS

- ½ cup sugar
- 2 cups cashew nuts
- 2 teaspoons paprika powder

HOW TO PREPARE

Dilute the sugar in water and pour into a large saucepan. Cook over medium heat until the sugar develops a pasty consistency. Add in the cashew nuts and paprika, stirring continually until the nuts are fully coated with the sugar and paprika. Remove from heat when the coating becomes brown.



Cashew Milk

Brazilian recipe

Prep: 08:10

INGREDIENTS

- 1 cup cashew nuts
- 3 cups water
- Sugar to taste (optional)

HOW TO PREPARE

Allow the cashew nuts to soak in water for 8 hours. Drain. Put 3 cups of mineral water and cashew nuts into a blender (adding sugar is optional). Blend until all ingredients are liquefied. Filter the mixture with a fine sieve or cloth to separate out the liquid from the cashew. Place the liquid in the refrigerator. Serve chilled.

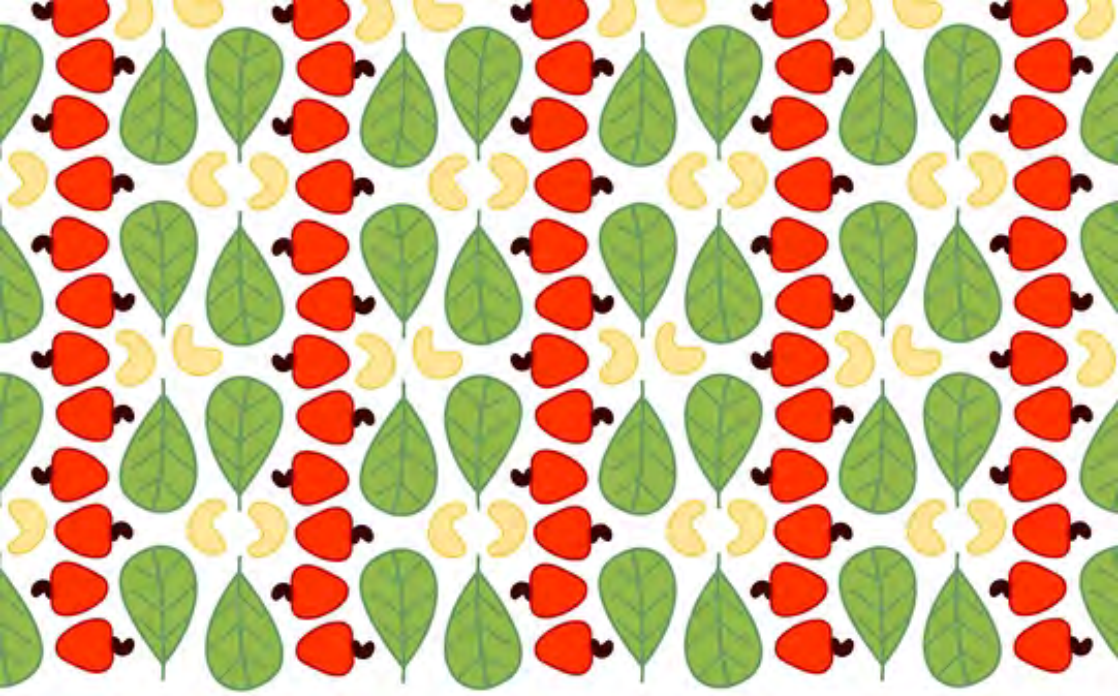
Note: Leftover cashew nuts can be used for cooking cakes.



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BON APPETITE!



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