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Macadamia Recipes

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macadamia dish!

*Creme of
Macadamia
Soup*

SERVES 6

Ingredients:

1 carrot, scraped and chopped
1 leek - white part only - chopped
1 stalk of celery, chopped
1 clove of garlic chopped
1/2 cup salted macadamia nuts finely ground
6 tablespoons butter
1 tablespoon flour
4 cups chicken stock
1 bay leaf
1/2 cup cream
1/2 cup salted macadamia nuts chopped
salt and pepper to taste
1/2 tablespoon chopped parsley
1 tablespoon chopped macadamias

Method:

In a large saucepan over medium heat melt 3 tablespoons of the butter and sauté carrot, celery, leek and garlic and the finely ground macadamias until vegetables are softened. Stir constantly.

Add the flour, cook 2 minutes, add chicken stock and bay leaf.

Bring mixture to the boil while still stirring. Reduce heat and simmer while covered for 1 hour.

Strain the soup into a saucepan. Add the cream and 3 tablespoons butter (cut in pieces). Add the 1/2 cup chopped macadamias and salt and pepper.

Increase heat but do not let soup boil. Garnish, just before serving, with remaining macadamias and chopped parsley.

*Creamy
Avocado/
Macadamia
Soup*

SERVES 4

Ingredients:

What could be better than combining the smooth nutty flavour of the Avocado with that king of the nut world, the Macadamia, in a first course soup.

2 ripe avocados, peeled and seeded
1 1/2 teaspoons lime or lemon juice
1 cup chopped macadamia nuts
1 small garlic clove, peeled
1 cup chicken broth
3 cups cream

Method:

Combine avocados, 1/2 cup chopped macadamia nuts, chicken broth, lime juice, and garlic in electric blender. Blend until smooth.

Turn into a bowl and stir in 1 1/2 cups of cream. Chill thoroughly.

At serving time, ladle soup into bowls. Whip remaining cream and drop a spoonful on each serving. Sprinkle macadamia nuts over each serving. Makes 4 servings.

*Creamy
Avocado/Macadamia Soup*

Macadamia Crab Dip

Ingredients:

250g packet of cream cheese
250g cottage cheese
1 tablespoon finely chopped spring onions
1 tablespoon chopped parsley
1 tablespoon lemon juice
2 tablespoons macadamia nuts lightly roasted and chopped
220g tin crab meat
extra chopped parsley

Method:

Have cream cheese at room temperature and mix it in a basin with chopped onion, parsley, lemon juice and cottage cheese.

Drain crab meat, mix into cheese mixture with the chopped macadamia nuts.

Sprinkle with extra chopped parsley, chill until serving time.

Serve with biscuit or crispbread.

Deville Macadamias

Ingredients:

2 1/2 cups macadamia nuts
1/4 cup polyunsaturated cooking oil
2 teaspoons curry powder
1/4 teaspoon white pepper
1 dessertspoon salt

Method:

Heat oil in oven tray in a moderate oven. Spread nuts evenly in tray coating well with the hot oil, bake in oven until nuts begin to change colour.

Remove from heat, drain on absorbent paper, then season with curry powder, pepper and salt.

*Creamy
Macadamia
Fish*

SERVES 4

Ingredients:

4 good sized fillets
4 tablespoons plain flour
Salt and pepper to taste
125g butter
few drops lemon juice
2 1/2 cups fish or chicken stock
2 egg yolks
2 tablespoons cream
4 tablespoons finely chopped and toasted macadamias

Method:

Using half the flour seasoned with salt and pepper, lightly dust the cleaned and dry fish fillets.

Pan fry fillets in 1/2 the butter until cooked through and golden brown. Transfer to heated serving dish, cover with foil and keep warm.

Melt the remainder of the butter in a heavy based saucepan. Stir in flour and cook over low heat, stirring constantly for 1 minute.

Remove from heat, add warmed stock and stir until smooth. Return saucepan to medium heat.

Heat and stir constantly until boiling. Lower heat and cook gently for 15 minutes, stirring often. Stir egg yolks and cream together in a small bowl. Add a little of the hot sauce to egg cream mixture. Stir to combine, then return this mixture to saucepan.

Stir over low heat until sauce is glossy. Add 3 tablespoons of macadamia nuts. Stir.

Spoon over fillets and top with remainder of nuts.

*Chicken
Macadamia*

SERVES 4

Ingredients:

4 boneless chicken breasts

1 egg

Salt and pepper to taste

1 cup ground macadamia nuts

3 tablespoons cooking oil

Method:

Wash and dry chicken breasts. Steam them in a covered pan for 15 minutes.

Beat the egg with a little water. Remove chicken from steamer, pat dry, dip in egg mixture and roll in ground macadamia nuts.

Brown slowly in a good cooking oil until cooked through.

*Macadamia
Nut Stuffing
for Roast
Chicken*

Ingredients:

1 x 1.5kg (3lb) chicken
1/2 cup macadamia nuts chopped
1/3 cup milk
2 bacon rashers chopped
2 1/2 cups fresh breadcrumbs
1 onion grated
1 clove garlic crushed
1 egg beaten
salt and pepper
1/4 teaspoon mixed spice
1/4 teaspoon oregano

Method:

Place nuts in moderate oven until golden brown. Combine bacon, breadcrumbs, 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 - 2 hours, basting frequently, if not self-basting. This can be eaten hot or cold.

This stuffing is delicious for turkey. Depending on size, double or triple quantities.

*Macadamia
Nut Sauce
for Fish*

Ingredients:

1/2 cup ghee or butter
1 tablespoon chopped parsley
1 teaspoon lemon juice
1/4 cup macadamia pieces

Method:

Melt butter and sauté the macadamia pieces until golden brown. Add parsley, lemon juice and a pinch of nutmeg. Pour over fish fillets just before serving.

*Macadamia
Nut White
Wine Sauce*

Ingredients:

4 egg yolks
1/2 cup sugar
1 cup dry white wine
1/2 cup macadamia nuts, toasted and ground

Method:

Combine sugar, egg yolks and wine in top of a double saucepan over hot water. Beat the mixture with a whisk until it is smooth and thick. Stir in the ground macadamias. Serve with ice cream.

*Chicken
Breast
Macadamia*

SERVES 4

Ingredients:

4 chicken breasts boned
1/2 cup macadamia nuts finely chopped
1/2 cup shallots chopped
2 tablespoons butter
8 sheets filo pastry
1/2 cup melted butter
salt and pepper

Method:

Flatten chicken by beating between layers of plastic wrap or wax paper with a rolling pin. Brush with melted butter.

Place 2 tablespoons butter in a frying pan and sauté shallots until soft. Spread shallots, macadamia nuts, salt and pepper over each chicken breast.

Fold each breast and place on a sheet of filo pastry. Roll up into a neat packet and brush with melted butter. Butter a second sheet of pastry and roll up the chicken packet. Brush outside with melted butter.

Bake on a greased tray in a preheated oven for 55 minutes. Baste at regular intervals and serve hot.

*Macadamia
Sundae
Sauce*

Ingredients:

1 tablespoon butter
1/2 cup cooked macadamias
1/2 cup unsifted powdered sugar
1/2 cup heavy cream

Method:

Melt butter in a small frying pan, add nuts and stir until lightly toasted, this takes about 1 minute over medium-high heat. Blend in the powdered sugar, then mix in cream.

Boil rapidly, stirring constantly, until sauce is smooth and shiny looking. Remove from heat. Serve hot or cool. Store, covered, in refrigerator. To reheat, set container of sauce in hot water. Makes about 3/4 cup.

Can be used to make a parfait with vanilla ice cream. Add chocolate sauce if you like.

*Chocolate
Macadamia
Bavarian
Pie*

Ingredients:

1/2 cup butter or margarine
1/2 cup brown sugar
1 cup flour
1/2 cup chopped macadamia nuts
2 tablespoons gelatine
1/4 cup cold water
1/2 cup hot black coffee
1 x 150g packet chocolate bits
1 tablespoon sugar
2 egg yolks
1 1/3 cups crushed ice
1 cup evaporated milk

Method:

Mix butter, sugar, flour and nuts. Spread in a shallow pan and heat at 400 deg C for 10 minutes, stirring occasionally. Reserve 1/4 cup mixture, press remainder into a 9 inch pie pan. Cool.

Put gelatine, water and coffee into blender and blend on high speed for 40 seconds. Add chocolate bits and sugar, blend for 10 seconds.

With motor running add egg yolks, ice and evaporated milk. Continue to blend for 20 seconds or until mixture begins to thicken.

Pour into pie crust and chill until firm, about 10 minutes. Garnish with whipped cream and remaining crumb mixture.

Macadamia Pie

Ingredients:

3 eggs
2/3 cup sugar
1 cup light corn syrup
1/4 cup melted butter
2 tablespoons dark rum (optional)
1 teaspoon vanilla
1 cup chopped raw macadamia nuts
shortcrust pastry

Method:

Beat the eggs, sugar, syrup, rum and vanilla until they are thoroughly mixed. Stir in the macadamia nuts. Line a 20cm pie dish with the pastry.

Fill the pie shell with the mixture and bake at 180 deg.C for 40 - 50 minutes until the filling is set.

Let the pie cool before serving.

Macadamia Cookies

Ingredients:

180g butter

1 cup sugar

1 egg

few drops vanilla essence

2 cups S.R. flour

pinch salt

1 cup chopped macadamias (macadamia pieces)

Method:

Cream butter and sugar, add egg and vanilla, blend, add flour gradually. Add macadamias and mix well.

Shape into small balls place on greased trays, press down with a fork. Bake in a moderate oven until golden brown. Remove from oven and cool on rack .8.

Macadamia and Avocado Cheeseball

SERVES 8 - 10

500g cream cheese
1 ripe avocado
2 tablespoons dijon mustard
Paprika or parsley to coat
100g whole roasted macadamias
200g roasted macadamia pieces

Blend the cream cheese until smooth. Remove the avocado flesh from its shell and roughly mash.

Stir the avocado and mustard into the cream cheese. The avocado should swirl through the cream cheese, not blend into it. Form into a ball and sprinkle generously with paprika or parsley.

Arrange whole macadamias around the bottom of the mound or "ball" and press the bits on the top and sides. Serve with biscuits and a spreading knife.

An ideal appetiser to accompany drinks.



*Macadamia and Avocado
Cheeseball*

Macadamia Ice Cream

150g unroasted macadamia bits
600ml cream
2 egg yolks
1/3 cup castor sugar
1/3 cup golden syrup
1 tablespoon brandy
1/2 teaspoon cinnamon
Makes about 3 cups

Method

Toast the macadamias in the oven until just golden. Cool. Make a custard sauce by stirring together the cream, egg yolks and sugar over medium heat.

Continue stirring until just thickened and immediately pour through a strainer to stop cooking. Do not let it boil, or it will curdle. Stir in the remaining ingredients while still warm, then allow to cool thoroughly.

Pour into an icecream machine and churn according to the machine instructions until set. Midway through the churning, add the toasted macadamia pieces.

Note: If using roasted macadamia nuts, do not brown them in the oven.



*Pork
Macadamia*

4 pieces of pork fillet
60g butter
1 tablespoon honey
1 tablespoon cornflour
1 cup finely chopped macadamias
1 orange
Sprig of rosemary, fresh if available
Garnish: red capsicum and shallots

Melt butter and add rosemary. Cook meat thoroughly on both sides.

Drain off excess fat. Make sauce with honey, cornflour and orange juice. Pour sauce over meat and heat through.

Serve with garnish of finely chopped shallots, slices of red capsicum and the macadamias.

Pork Macadamia

*Malaysian
Macadamia
Steak*

SERVES 4

1kg steak in one piece
1 cup desiccated coconut
1 onion
1cm piece green ginger
2 cloves garlic
1/3 cup macadamia cooking pieces
2 cups water
1 teaspoon chilli powder
1 teaspoon ground caraway seeds
2 bay leaves
425ml can coconut cream

Method

Place coconut in pan, stir over medium heat until golden brown, remove from heat immediately. Place coconut in blender, blend until very fine, remove.

Place roughly chopped onion, ginger, sliced garlic, macadamia cooking pieces and water in blender, blend until pureed. Pour mixture into pan, add chilli powder, ground caraway and coriander. Bring to the boil, reduce heat, simmer uncovered for 10 minutes.

Add beef, cut into 5mm slices. Add bay leaves and coconut cream. Return mixture to the boil, reduce heat, simmer uncovered for 40 minutes, stirring occasionally.

Add toasted coconut, mix well. Cook further 10 to 15 minutes or until mixture thickens, stirring frequently.

*Malaysian Macadamia
Steak*

Mandarin Macadamia Waffles

1 1/2 cups plain flour
2 tablespoons plus 2 teaspoons baking powder
pinch of salt
2 tablespoons sugar
3 eggs
3/4 cup freshly squeezed mandarin juice
1/2 cup chopped macadamias
freshly grated zest of 2 mandarins
Makes about twelve 12cm waffles.

Sift the flour and baking powder into a bowl.
Whisk in the salt and sugar.

Form a well in the centre and add the wet ingredients. Gradually stir in the flour until it is blended.

Stir in the nuts and mandarin peel and bake in a seasoned waffle iron. Serve with maple syrup or a brandied sauce.



Macadamia Brittle

4 cups castor sugar
2 cups water
2 cups corn syrup
300g whole unroasted macadamias
1 teaspoon salt
2 tablespoons butter
1/4 teaspoon bicarbonate of soda
Makes about 1 1/2kg

In a heavy bottom saucepan dissolve the sugar in the water, stirring over medium heat. Once dissolved, add the corn syrup and increase the heat slightly to bring the mixture to the boil. Do not stir again or the syrup will crystallise. To remove any crystals, periodically wash the sides of the pan with a brush dipped in cold water.

Cook until the mixture reaches the hard-ball stage, 120c on a sugar thermometer. Add the nuts and salt. Swirl the mixture by rotating the pan to coat the nuts.

Continue cooking until the mixture reaches a hard crack, 145c on a sugar thermometer, then stir in the butter add bicarbonate of soda. Immediately pour on to a well buttered baking tray, spreading out rapidly with a metal spatula. Keep working the mixture until it turns translucent, then butter your hands and carefully (it is still very hot!) pull the mixture into one thin, flat piece. When cool, break into eating size pieces. Store in air tight container.

Note: If using roasted nuts, add them at the hard-crack stage, not hard-ball.



*Macadamia
Salad
Dressing*

SERVES 4

1/3 cup pure macadamia oil
2 tablespoons vinegar
2 cloves fresh garlic
1 teaspoon chopped parsley

Crush garlic and combine all ingredients
in a jar and shake well.

Serve on your favourite salad.

Macadamia Salad Dressing

Trout Macadamia

SERVES 4

4 trout, cleaned and gutted
About 1/4 cup plain flour
1 teaspoon salt
1/2 teaspoon pepper
60g butter
2 tablespoons oil
150g unroasted macadamia pieces
2 tablespoons freshly chopped parsley
Juice of 2 lemons

Method

Dredge the trout in the flour seasoned with the salt and pepper, shake off any excess flour. Heat the butter and oil together in a frying pan and cook the trout for about 7 minutes, turning once or twice.

Remove to a warm platter and add the nuts to the pan. Cook until lightly toasted. Add the parsley and lemon juice, and cook a minute more, slightly reducing the liquid to a glaze.

Pour on top of the fish and serve immediately.

Note: If using roasted macadamia nuts, add the nuts to the pan immediately before pouring on top of the fish.

