



CASHEW IN CONTINENTAL DISHES

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Asparagus Cashew Stir-Fry Recipe



Ingredients

- 1-pound fresh asparagus, trimmed and cut into 1-inch pieces
- 1/2 cup chopped green onions
- 1/2 cup chopped sweet red pepper
- 1 teaspoon canola oil
- 1 garlic clove, minced
- 2 table spoons corn-starch
- 1-1/2 cups vegetable broth
- 3 tablespoons reduced-sodium soy sauce
- 1/4 teaspoon ground ginger
- 1/2 cup lightly salted cashews
- 1 teaspoon sesame oil
- 4 cups hot cooked brown rice

Directions

- In a large non-stick skillet, saute the asparagus, onions and red pepper in oil until tender. Add garlic; cook 1 minute longer. Combine the corn- starch, broth, soy sauce and ginger until blended; gradually stir into the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Reduce heat; add cashews and sesame oil. Cook 2 minutes longer or until heated through. Serve with rice.

Cashew Chicken Pizza Recipe



Ingredients

- 1 prebaked 12-inch pizza crust or flat bread
- 1 tablespoon sesame oil
- 3/4 cup hoisin sauce
- 2 teaspoons chili garlic sauce
- 1-1/2 cups shredded cooked chicken
- 4 green onions, chopped, divided
- 1/2 cup chopped sweet red pepper
- 1/3 cup shredded carrots
- 1/2 cup chopped cashews
- 3 tablespoons chopped fresh cilantro
- 1-1/4 cups shredded mozzarella cheese

Instructions

- Preheat oven to 425°. Place pizza crust on a pizza pan; brush with sesame oil. In small bowl, combine hoisin sauce and chili garlic sauce; brush 1/3 cup over crust. Toss remaining mixture with chicken; sprinkle over crust. Top with 2 green onions, red pepper, carrots, cashews and cilantro. Sprinkle mozzarella overtop.
- Bake until cheese is lightly browned, 12-15 minutes. Let stand 5 minutes; sprinkle with remaining 2 green onions.

Cashew Green Beans and Mushrooms Recipe



Ingredients

- 1/2 pound fresh green beans, trimmed and cut into 1-1/2-inch pieces
- 1/2 pound sliced fresh mushrooms
- 1 tablespoon olive oil
- 1/4 cup unsalted chopped
- 1/4 teaspoon salt

Instructions

- In a large skillet, sauté beans and mushrooms in oil until tender. Stir in cashews and salt. Cashews, coarsely

Eggplant with Cashew Butter and Pickled Peppers Recipe

Ingredients

Pickled Peppers

- 1 cup distilled white vinegar
- ¼ cup sugar
- 1 Tbsp. salt
- 3 mini bell peppers, seeds and ribs removed, thinly sliced crosswise
- 3 mixed chiles (such as Serrano, Fresno, and/or jalapeño), thinly sliced crosswise

Cashew Butter

- 1 medium shallot, thin lysliced
- 2 garlic cloves,smashed
- 1 cup cashews
- ½ cup extra-virgin oliveoil
- ½ cup vegetableoil
- 1 tsp.sugar
- 1 tsp. koshersalt
- 2 Tbsp. fresh limejuice
- 1 tsp. fishsauce

Eggplant and Assembly

- 3–6 Tbsp. vegetable oil
- 2 lb. eggplants, preferably fairy tale, cut into 1½"-thick wedges, halved if small salt
- 1 medium shallot, finely chopped
- 2 Tbsp. fresh limejuice
- ¼ cup basil leaves
- ¼ cup cilantro leaves with tender stems
- 1 Tbsp. thinly slicedchives

Recipe Preparation

Pickled Peppers

- Bring vinegar, sugar, and salt to a simmer in a small saucepan over medium- high heat, whisking to dissolve sugar and salt.
- Combine bell peppers and chiles in a medium heat-proof bowl or container. Pour hot pickling liquid over and letcool.
- Do Ahead: Pickles can be made 1 week ahead. Cover and chill.



Cashew Butter

- Cook shallot, garlic, cashews, olive oil, and vegetable oil in a small saucepan over medium-low heat, stirring often, until cashews are golden brown and shallots are deep golden brown, 8–10 minutes. Strain through a fine-mesh sieve into a small bowl; save oil for another use. Transfer cashew mixture to a medium bowl. Add sugar and salt and toss to combine. Letcool.
- Blend cashew mixture, lime juice, fish sauce, and ½ cup water in a blender until very smooth and pourable (it should be about the thickness oftahini).

Eggplant and Assembly

- Preheat oven to 450°. Heat a dry large cast-iron skillet over medium-high. Pour 3 Tbsp. oil into pan and swirl to coat. As soon as it begins to smoke, carefully add eggplants, cut side down, puzzling together to fit into a single layer. (Work in 2 batches if needed, adding another 3 Tbsp. oil to skillet between batches.) Cook, undisturbed, until cut sides are golden brown, 4–5 minutes.
- Note: When it comes to eggplants, we generally find the smaller the fruit (yes, it's a fruit!), the better the flavor and texture. And of all the miniature varieties cropping up at the farmers' market right now, we're especially digging fairy tale eggplants. They're palm-size and streaked with purple and white. Unlike large globe eggplants, which can sport tough skins and mealy, seedy insides when cooked, fairy tales are ideal for roasting or confiting whole until tender and creamy.

Transfer skillet to oven (if working in 2 batches, return first batch of eggplants to skillet). Roast until eggplants are tender, about 4 minutes; season with salt. Add shallot and lime juice and tosswell. Spread ½ cup cashew butter on a platter. Arrange eggplants on top. Scatter basil, cilantro, chives, and 1 Tbsp. drained pickled peppers over.

King Oyster Scallops with Lemon Cashew Cream Sauce

For the Mushrooms and Marinade:

- 3 King Oyster mushrooms (just the stems, chopped into 1-inch pieces)
- 1 cup water
- Juice of half a lemon
- 1 tablespoon garlic powder
- 1/8 teaspoon sea salt
- 5 drops of liquid amino
- 1 tablespoon rice wine vinegar
- 1 nori sheet
- Cracked black pepper

For the Lemon Cashew Cream Sauce:

- 1/2 cup cashews (soaked overnight)
- Juice of 1 lemon
- 5 tablespoons water
- 1 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons fresh dill

To Make the Marinade:

- Mix the marinade ingredients. Crumble in half the nori sheet.
- Add in the mushrooms stems and submerge.
- Cover the stems with these condhal fifth nori sheet to ensure that they stay submerged.
- Let sit in the refrigerator overnight or for at least 3 hours.

To Make the Scallops:

- Heat a cast iron or non-stick pan to medium-high heat.
- Add in 2 tablespoons coconut oil and allow to heat thoroughly.
- To this add in the mushroom stems and allow to fry



on one side for 2-3 minutes or until golden brown on the edges.

- Flip the scallops and fry the other side until they look even.

To Make the Lemon Cashew Cream Sauce:

1. Add soaked cashews and other ingredients to your high-speed blender and blend on low to combine the ingredients.
2. Slowly increase the speed to high and allow to blend until the cashews are fully creamy and smooth.
3. Place this mixture in the refrigerator to thicken while you make your pasta.

To Assemble:

Combine the creamy lemon sauce with pasta and your favorite ingredients then add on your scallops.

Leek, potato and cashew nut curry Recipe



- chopped
- ¼ tsp ground blackpepper
- ½ tsp ground cinnamon
- 1 tsp ground cumin
- ½ tsp ground coriander
- 1 tsp salt
- 1 x 400ml tin coconut milk
- 400g baby new potatoes, quartered
- 60g cashew nuts, toasted, plus a few extra to garnish
- 1 handful frozen peas, defrosted
- Lemon wedges, to serve

Preparation

1. Heat the coconut oil in a deep-sided frying pan on a medium heat, then add the curry leaves and wait for them to crackle and pop. Stir in the leeks and cook for five minutes, until soft, then add the garlic, ginger and chilli, and cook for three minutes.
2. Stir in the pepper, cinnamon, cumin, coriander and salt, then add the coconut milk and potatoes; half-fill the now empty coconut milk tin with water and tip that into the pot, too. Bring the curry to a simmer, cook for five minutes, then add the cashews and peas, and simmer for a further five minutes, or until the potatoes are tender.

Ingredients

- 2 tbsp coconut oil
- 1 sprig curry leaves, fresh or frozen, plus a few extra, fried, to garnish
- 600g leeks, topped, thinly sliced into circles and well washed
- 3 fat garlic cloves, peeled and mince
- 1.5cm piece fresh ginger, peeled and grated
- 1 green finger chili, finely

Check the curry for seasoning, transfer to a serving dish and squeeze over some lemon juice to taste. Garnish with a few fried curry leaves and extra cashews, and serve with freshly steamed jasmine or basmati rice.

Roast Cauliflower with Cashew Nuts Recipe



Ingredients

- 1 large cauliflower, broken into florets
- 1 lime, zest and juice only
- 2 garlic cloves, finely chopped
- 1 tbsp olive oil or nutoil
- 100g/3½oz cashewnuts
- Salt and freshly ground blackpepper
- 25g/1oz Parmesan (or an alternative vegetarian hard cheese), grated

Preparation

1. Preheat the oven to 180C/160C Fan/Gas 4. Bring a large saucepan of water to the boil and add the cauliflower. Blanch for 2-3 minutes, then drain. Put a tea towel over the steaming cauliflower and leave to dry for a few minutes

2. Mix the lime juice and zest with the garlic and oil. Put the cauliflower and cashew nuts in a roasting tin and pour over the lime and garlic mixture, mixing thoroughly. Season with salt and pepper

Roast in the oven for 10 minutes, and then sprinkle over the parmesan. Roast for a further 10 minutes until the cashew nuts are golden-brown and the cauliflower has started to brown in places. Serve

Roast Half Chicken with Cashew Tarator and Celery Recipe

Ingredients

Spicy Walnuts

- 2 tablespoons unsalted butter
- ½ teaspoon kosher salt
- ¼ teaspoon cayenne pepper
- 1 large egg white
- ½ cup (packed) light brown sugar
- 2 cups walnut halves

Cashew Tarator

- 2 cups cashews
- 1 ¼-inch-thick slice white bread, torn
- 1 garlic clove, finely grated
- ¼ cup fresh lemon juice
- ½ teaspoon ground coriander
- ½ cup olive oil
- Kosher salt

Chicken and Assembly

- 2 tablespoons unsalted butter
- 1 tablespoon olive oil, plus more
- ½ 3½–4-pound chicken (backbone removed)
- Kosher salt
- 1 celery stalk, thinly sliced, plus ¼ cup celery leaves
- 1 tablespoon mixed unsalted, roasted seeds (such as pumpkin, sunflower, and/or hemp)
- 2 teaspoons fresh lemon juice

Preparation

Spicy Walnuts

- Preheat oven to 300°. Melt butter in a small skillet over medium, remove from heat, and mix in salt and cayenne. Whisk egg white in a medium bowl until soft peaks form; stir in brown sugar. Add seasoned butter and walnuts and fold to coat nuts.
- Spread nuts out on a parchment-lined rimmed baking sheet; bake, tossing every 10 minutes or so, until mixture is dry and nuts are toasted, 25–30 minutes. Let cool.

Do Ahead: Walnuts can be made 5 days ahead. Store air tight at room temperature.



Cashew Tarator

- Increase oven temperature to 350°. Toast cashews on a rimmed baking sheet, tossing once, until golden brown, 8–10 minutes. Let cool.
- Pulse cashews, bread, garlic, lemon juice, coriander, and ¼ cup water in a food processor to combine. With motor running, stream in oil; process just to incorporate. Pulse, adding a splash or so of water if too thick, until a coarse purée forms; season with salt.

Do Ahead: Cashew tarator can be made 1 day ahead. Cover and chill. Bring to room temperature before using.

Chicken and Assembly

- Increase oven temperature to 475°. Heat butter and 1 Tbsp. oil in a large skillet over medium-high. Once butter is foaming, place chicken in pan, skin side up. Tilt pan and spoon butter mixture over chicken until the entire surface is coated. Sprinkle with a generous pinch of salt and transfer to oven. Roast chicken, rotating pan halfway through, until skin is golden brown and an instant-read thermometer inserted into the thickest part of a thigh registers 165°, 25–30 minutes. Transfer chicken to a cutting board and let rest 5 minutes.
- Meanwhile, toss celery, celery leaves, mixed seeds, lemon juice, and ½ cup spicy walnuts in a medium bowl. Drizzle with oil, season with salt, and toss again.
- Spoon tarator onto a platter and top with celery salad and chicken.

