





# Treat yourself to a naturally healthy 2018

While New Year's resolutions come and go, there's one thing always worth committing to: your health. Whether it's moving more or eating better, those small daily choices that nudge us in a healthier direction all add up to a year well lived.

Enjoying a handful of Australian grown macadamias as a snack, or added to a favourite recipe, is one way you can make a naturally healthy choice, every day. While their healthy fats and nutrients make them a whole plant superfood, they're also a delicious indulgence that make any dish or moment special.

We hope you enjoy the monthly inspiration of the 2018 Australian Macadamias Calendar, and discover some new ways to embrace the world's finest nut. Here's to a naturally healthy and deliciously indulgent year ahead!







#### **CHAI FRAPPE WITH MACADAMIA HONEY SWIRL**

#### Makes 4

#### **Chai frappe**

- 2 tablespoons loose leaf chai tea or 4 chai teabags
- 1 cup water
- 4 cups macadamia milk (homemade, as per the recipe on the website)
- 2-4 tablespoons honey

#### Macadamia honey swirl

1/4 cup macadamias

¼ cup honey

#### Method

For the frappe, combine chai tea or teabags with water and bring to the boil. Reduce heat and simmer for 5-7 minutes. Turn off heat and stir in macadamia milk and honey. Allow mixture to cool. Pour into ice trays and freeze.

For the swirl, preheat the oven to 180°C. Place the macadamias into the bowl of a food processor and pulse until the mixture resembles a coarse crumb. Sprinkle the crumb over a baking tray and roast for 10 minutes, until golden.

When ready to serve, remove the chai ice blocks from the trays and place in a blender. Blend until smooth, it may be necessary to add 1-2 tablespoons of water to soften the mixture slightly.

Swirl one tablespoon of honey in the base of a glass and sprinkle over macadamias, shaking the glass so the macadamias stick to the honey. Spoon the frappe mixture into the glasses and serve immediately.







### **JANUARY**

S	M	Т	W	Т	F	S
DECEMBER 2017           S         M         T         W         T         F         S           31         1         2           3         4         5         6         7         8         9           10         11         12         13         14         15         16           17         18         19         20         21         22         23						
24 25 26 27 28 29 30	New Year's Day 1	2	3	4	5	6
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	Australia Day 26	27
28	29	30	31		In the orchard, macadamias are nearing full maturity with clusters of nuts forming on the trees. Pictured: grower Colin Dorey.	FEBRUARY  S M T W T F S  1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24  25 26 27 28





### FRESH FIGS WITH MACADAMIA PRALINE AND CRÈME FRAICHE

#### Makes 2 cups of crushed praline

#### For the macadamia praline

- 1 cup macadamias
- 1 cup sugar
- 1 cup water

#### To serve

4 figs, halved crème fraiche

#### Method

To make the macadamia praline, preheat oven to 180°C. Place the macadamias on a large tray and roast in the oven for 10 minutes, or until golden. Set aside.

Place the sugar and water in a small saucepan and stir over low heat to dissolve the sugar. When the sugar has completely dissolved, increase heat and bring the mixture to the boil. Boil over high heat, swirling every now and then (but not using a spoon), until the mixture starts to turn golden. Watch carefully and remove immediately when the mixture turns a dark golden colour.

Carefully remove from heat and pour over the roasted macadamias, covering them all with the toffee. Allow to cool and set completely.

When completely set, place a tea towel on a bench with a layer of baking paper over it. Lay the toffee piece on the baking paper and cover with another sheet of baking paper and another tea towel. Use a rolling pin to smash down the toffee to crush it. You can leave it as big shards or smash it a little further to finer shards. Store in an airtight container until ready to use.

Spread the crème fraiche and figs on a plate and sprinkle generously with the macadamia praline. Serve immediately.





### **FEBRUARY**

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JANUARY				•	•	<b>3</b>
S M T W T F S		4	In the orchard, some varieties have reached full			
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7 8 9 10 11 12 13			begin dropping to the ground.			
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21 22 23 24 25 26 27		The state of the s	Henke prepares for the harvest season.	1	า	2
28 29 30 31			narvest season.	1	2	3
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11	12	13	St Valentines Day 14	15	Chinese New Year 16	17
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18	19	20	21	22	23	24
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#### **RAW MACADAMIA BLISS BALL EASTER EGGS**

#### Makes 10-12

200g (about 10) Medjool dates, seeds removed

1 cup macadamias plus ¼ cup for decorating

½ cup cranberries

½ cup cacao powder

½ cup shredded coconut, toasted 150g dark chocolate, melted

#### Method

Place the dates, 1 cup of macadamias, cranberries and cacao in the bowl of a food processor and process until the mixture is smooth and rolls together to form a ball. Roll heaped tablespoons of the mixture into individual balls shaped like eggs and refrigerate until cold.

Preheat oven to 180°C. Place the ¼ cup of macadamias in a food processor and process until coarsely chopped. Spread on a baking tray and roast for 10 minutes, or until golden. Cool and place into a small bowl. Place the toasted coconut in another small bowl alongside the bowl of macadamias. Place the melted chocolate in a third small bowl.

Dip the bottom of each bliss ball egg in chocolate and then either the macadamias or shredded coconut. Repeat with all the eggs. Refrigerate until ready to serve or deliver.









S	M	Т	W	Т	F	S
FEBRUARY  S M T W T F S  1 2 3  4 5 6 7 8 9 10	It's harvest time in the orchard and the nuts are collected from the ground		APRIL           S         M         T         W         T         F         S           1         2         3         4         5         6         7           8         9         10         11         12         13         14			
11     12     13     14     15     16     17       18     19     20     21     22     23     24       25     26     27     28	beneath the trees.		15     16     17     18     19     20     21       22     23     24     25     26     27     28       29     30	1	2	3
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4	Labour Day (WA) 5	6	7	8	9	10
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11	Canberra Day (ACT) 12	13	14	15	16	St Patrick's Day 17
18	19	20	21	22	23	24
25	26	27	28	29	Good Friday 30	31





### ROASTED CAULIFLOWER AND MACADAMIA SALAD

#### Serves 4

#### Salad dressing

- 2-3 anchovy fillets (or to taste)
- 1 egg yolk
- 1 teaspoon Dijon mustard
- ¼ cup macadamia oil
- ¼ cup light olive oil
- 1 tablespoon lemon juice (or to taste)
- salt and black pepper to taste

#### **Cauliflower and macadamias**

- 1 cauliflower, cut into bite size florets
- 1 tablespoon macadamia oil
- 1 teaspoon salt
- ¾ cup macadamias, roughly chopped in halves

#### Salad

- 100g small green beans, blanched
- 2-3 cups baby kale leaves
- ½ cup basil leaves
- 1 punnet micro sprouts
- 2 teaspoons lemon juice
- 1-2 teaspoons macadamia oil
- 1 teaspoon salt flakes

#### Method

For the dressing, place the anchovies in a bowl and crush to a paste with the back of a spoon. Add the egg yolk and mustard and whisk until egg yolk appears pale. Gradually whisk in combined oils until the mixture thickens and emulsifies. Whisk in lemon juice and season to taste with salt and pepper.

For the cauliflower and macadamias, preheat oven to 180°C. Place the cauliflower in a single layer on a baking tray and drizzle with oil. Sprinkle with half the salt and roast for 15-20 minutes, until the cauliflower is tender and just starting to caramelize. Remove from the oven and place on a serving tray. Meanwhile, place the macadamias on tray, sprinkle with remaining salt and roast for 10 minutes, until golden. Remove and cool slightly before adding to the tray with the cauliflower.

For the salad, combine the beans, kale, basil and micro sprouts in a bowl and toss lightly with lemon juice, macadamia oil and salt flakes. Adjust seasoning to taste. Toss together gently with the roasted cauliflower and macadamias and serve drizzled with the dressing.







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29	30	MARCH S M T W T F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		The nuts are sorted and dehusked. Then the nut in shell is dried, cracked and removed so we can eat the kernel.  Pictured: Greg Shoebridge		MAY  S M T W T F S  1 2 3 4 5  6 7 8 9 10 11 12  13 14 15 16 17 18 19  20 21 22 23 24 25 26  27 28 29 30 31



#### **CRISP MACADAMIA BREAD**

#### Makes approx. 36 slices

6 egg whites 1 cup plain flour

pinch of salt % cup self-raising flour 1 cup caster sugar 1 cup raw macadamias

1 teaspoon vanilla essence

#### Method

Preheat the oven to 180°C. Grease and line the base of a 22cm x 12cm loaf tin.

Place the egg whites and pinch of salt in a large clean bowl and beat with an electric beater until soft peaks form. Gradually add sugar, ¼ cup at a time, beating well between each addition, until the mixture is thick and glossy. Add the vanilla essence and beat until combined.

Combine the plain and self-raising flour. Sift half over the mixture and gently stir to combine. Repeat with remaining combined flour. Stir in the macadamias. Spoon mixture into the prepared tin and bake for 35-40 minutes, until the cake is a caramel colour, feels firm to touch and is slightly cracked in the centre. Don't let it become too dark, but don't remove it too early as it may not have set in the centre.

Remove from the oven and allow to cool in the tin for 15 minutes before turning out to cool completely for at least 3 hours. Do not refrigerate or the cake will go soggy.

When the cake is completely cool, preheat oven to 180°C. Use a sharp knife to carefully cut the loaf into thin slices no thicker than 2mm. The thinner, the better. Place the first batch of slices on an oven tray in a single layer and bake, watching carefully for 10-12 minutes, moving the slices on the edge to the centre if necessary, to prevent them from browning too quickly. When the slices are golden, remove from the oven and cool completely on wire racks before storing in airtight containers. Repeat cooking batches with the remaining slices.

These will last for 2-3 weeks if stored correctly.









S	M	Т	W	Т	F	S
APRIL S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Macadamias are cracked and sorted to remove any shell and packed ready to be shipped around Australia and the world.	1	2	3	4	5
6	May Day (Qld, NT) 7	8	9	10	11	12
12		15	16	17	10	10
Mothers' Day 13	14	15	16	17	18	19
20	21	22	23	24	25	National Sorry Day 26  JUNE  S M T W T F S  1 2  3 4 5 6 7 8 9  10 11 12 13 14 15 16  17 18 19 20 21 22 23
27	Reconciliation Day (ACT) 28	29	30	31		24 25 26 27 28 29 30



#### LAMB TAGINE WITH MACADAMIA GREMOLATA



#### Serves 6-8

#### Lamb marinade

- 1 large purple onion, chopped
- 5 cloves garlic, crushed
- 1 whole bunch coriander, roots removed, rinsed
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon ground ginger
- 1 teaspoon sweet paprika

#### **Tagine**

- 1.5kg diced leg or shoulder lamb pieces
- 2 tablespoons cooking oil
- 2 tablespoons tomato paste
- 1 can tomatoes
- 600ml water
- 1 cinnamon quill
- 8 dates, seeds removed
- ½ cup pitted green olives pinch of saffron
- 2 cups couscous
- 30g butter
- 1 teaspoon salt

#### Macadamia gremolata

- ¼ cup chopped preserved lemon1 cup macadamias, finely chopped
- and roasted
- ¼ cup loosely packed mint leaves

#### Method

To make the lamb marinade, place onion, garlic, coriander leaves and spices in the bowl of a food processor and process to form a paste.

Place the lamb in a non-corrosive bowl. Spread the marinade over the lamb, cover and refrigerate overnight, or at least 3 hours.

To make the lamb tagine, preheat oven to 150°C. Heat the oil over high heat in the base of a large casserole dish that has a lid. Add the lamb, and brown on each side. Reduce heat to medium and add the tomato paste, canned tomatoes, water and cinnamon. Bring the mixture to a steady simmer, cover with the lid, place in the oven and cook for 1¼ hours. Add the dates and olives and cook for a further 30 minutes.

When almost ready to serve, place the saffron in a small bowl and pour over 2 tablespoons boiling water. Allow to stand for 15 minutes.

Place the couscous in a separate bowl with the butter and salt. Pour over 2 cups of boiling water, add the soaked saffron with its water and cover immediately. Stand for at least 10 minutes before removing the cover and fluffing with a fork.

To make the macadamia gremolata, combine all ingredients and sprinkle generously over the lamb.





JUNE

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13 14 15 16 17 18 19	around the world.			15 16 17 18 19 20 21		
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#### CARAMEL MACADAMIA BANANA CAKE



#### Makes 12

### For the caramel macadamia mixture

% cup dark brown sugar% cup cream175g butter

1 cup macadamias

#### For the cakes

125g butter

% cup dark brown sugar
2 eggs
1 cup banana, mashed
1 ½ cups self-raising flour
% cup sour cream
1 tablespoon milk

#### To serve

Vanilla ice cream

#### Method

For the caramel macadamia mixture, place the sugar, cream and butter in a small saucepan and bring to the boil, stirring occasionally. Add macadamias and stir to combine. Remove from heat and set aside until ready to pour over the cake.

For the cakes, preheat oven to 180°C. Grease a 12-mould capacity muffin tin and line only the base of each muffin space with baking paper. Cream the butter and sugar. Add the eggs, one at a time, beating well after each addition. Stir in the bananas, followed by half the sifted flour. Combine the sour cream and milk, and then mix in half of it. Repeat with remaining flour and sour cream mixture.

Pour into the prepared tin so the mixture comes half way up the sides of each muffin space and place on the middle rack of the oven for 20-25 minutes, until the cakes are just set in the centre. Remove from the oven.









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29	30	31	S M T W T F S   1 2   2   3 4 5 6 7 8 9   10 11 12 13 14 15 16   17 18 19 20 21 22 23   24 25 26 27 28 29 30		In the orchard the last harvest of the late fruiting varieties is being collected.	AUGUST  S M T W T F S  1 2 3 4  5 6 7 8 9 10 11  12 13 14 15 16 17 18  19 20 21 22 23 24 25  26 27 28 29 30 31



### CHICKEN NOODLE SOUP WITH MACADAMIA CHILLI JAM

#### Serves 4

#### Macadamia chilli jam

1-2 tablespoons oil

1 medium brown onion, sliced

1 small red capsicum, halved, de-

seeded, flesh removed, finely sliced

3 long red chillies

1 tablespoon dried crushed chilli

5 cloves garlic, crushed

5cm piece of ginger, peeled and grated

2 tablespoons fish sauce

2 tablespoons brown sugar (or

to taste)

2 tablespoons lime juice

 $\frac{1}{2}$  cup roasted macadamias

#### For the soup

8 cups good quality chicken stock

2 chicken breasts (about 500g)

4 bok choy or other Asian greens

1 cup Asian mushrooms, chopped 400g fresh egg noodles

½ cup coriander leaves



To make the macadamia chilli jam, heat oil in a heavy based frying pan over medium heat. Add onion, capsicum, chilli, garlic and ginger and cook for 5 minutes, stirring occasionally. Reduce heat to low and cook, stirring occasionally until mixture is golden and soft, about 15 minutes.

Add fish sauce, brown sugar and lime juice and cook for a further 3-4 minutes. Adjust the flavour by adding a little more fish sauce, lime and sugar to your taste, adding only a little at a time.

Stir through the roasted macadamias and allow to stand so the macadamias absorb the flavour and the mixture cools, about 15 minutes.

Place the mixture in the bowl of a food processor and process until mixture forms a paste. Set aside.

To make the soup, place the chicken stock in a large saucepan and bring to the boil. Add chicken breasts, reduce heat and simmer for 10 minutes, until



the chicken breasts are cooked through. Remove breasts from the stock and set aside.

Add the bok choy and mushrooms to the stock and simmer until the bok choy and mushrooms are tender, about 5 minutes.

Meanwhile, bring a saucepan of water to the boil and add the noodles. Stir continuously until the noodles separate and water just comes back to the boil. Drain noodles, rinse under warm water and separate into 4 bowls.

Slice the chicken and place over the noodles. Using tongs, add the bok choy and mushrooms to each bowl and then ladle over the broth.

Serve immediately with a good dollop of the chilli jam and a sprinkling of coriander leaves.



Want more recipe inspiration?
Visit australian-macadamias.org



### **AUGUST**

S	M	Т	W	Т	F	S
S M T W T F S   S M		As spring draws near there's a real buzz in the air native honey bees help with pollination.	1	2	3	4
5	Bank Holiday (NSW) Picnic Day (NT) 6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	SEPTEMBER           S         M         T         W         T         F         S           30         1           2         3         4         5         6         7         8           9         10         11         12         13         14         15           16         17         18         19         20         21         22           23         24         25         26         27         28         29





## CURED BEEF AND SALTED CORIANDER MACADAMIA TRAIL MIX

#### Makes 2 cups

- 1 teaspoon coriander seeds
- 1 teaspoon salt
- 1 cup macadamias
- 1 cup good quality cured meat such as Biltong or beef jerky

#### Method

Heat a large heavy-based pan over high heat. Add coriander seeds and cook for 2-3 minutes, until the seeds are aromatic and start to pop a little. Remove from heat and place in a mortar and pestle. Add salt and crush the mixture until it is fine - you could also do this in a small blender.

Preheat oven to 180°C. Place macadamias on a baking tray and roast for 10 minutes, until golden. Place in a bowl and while still warm, stir through the coriander and salt mixture. Cool completely before combining with the cured meat.

Note: it is recommended that Biltong-style cured meat be eaten within 3 hours of being removed from the refrigerator.





### **SEPTEMBER**

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	30	AUGUST  S M T W T F S  1 2 3 4  5 6 7 8 9 10 11  12 13 14 15 16 17 18  19 20 21 22 23 24 25			The scent of flowers fills the air and a new crop of the world's finest nut is imminent.  Flowers can vary in colour from white and yellow to bright pink.	OCTOBER           S         M         T         W         T         F         S           1         2         3         4         5         6           7         8         9         10         11         12         13           14         15         16         17         18         19         20           21         22         23         24         25         26         27	1
	Fathers' Day 2	26 27 28 29 30 31	4	5	6	28 29 30 31	8
	9	10	11	12	20	21	22
	23	Queen's Birthday (WA) 24	25	26	27	21	29



#### **CLUTEN FREE MACADAMIA PANCAKES**

#### Makes 6-8 pancakes

#### For the macadamia butter cream

100g butter

¼ cup caster sugar

½ cup macadamias

#### For the grilled stone fruit

selection of your favourite stone fruit caster sugar

#### For the pancakes

% cup macadamias
% cup gluten free flour
1 tablespoon icing sugar
1 teaspoon baking powder
2 eggs, separated
% cup plus 2 tablespoons whole milk
30g butter, melted and cooled plus butter to cook

#### Method

To make the macadamia butter cream, place the butter and sugar in a small food processor and process until the mixture looks pale and creamy. Add the macadamias and process until the macadamias are finely chopped.

To grill fruit, halve the fruit and if possible remove the stones (for some fruit you cannot remove the stone easily, if so, just, leave the stone in). Sprinkle 1 teaspoon of caster over each piece and grill until the sugar starts to caramelize, about 5 minutes.

To make the pancakes, place the macadamias, gluten free flour, icing sugar and baking powder in the bowl of a food processor and pulse until the macadamias are almost finely chopped and the mixture resembles a coarse flour. Do not over-process or the mixture will stick together. Set aside.

Place egg yolks and milk in a bowl and lightly whisk to combine. Stir in the cooled butter. Place egg whites in a separate bowl with a pinch of salt and whisk or beat with electric beaters until soft peaks form. Pour the egg yolk mixture over the flour mixture and stir thoroughly to combine. If the mixture is too thick, add a little more milk, a teaspoon at a time to achieve a pouring consistency. Gently stir through one third of the beaten egg whites then fold through the remainder.

Heat a heavy-based frying pan over medium heat, add a dot of butter and allow it to melt. Ladle about ½ cup of batter onto the pan and swirl it to achieve a circular pancake. Cook for 2-3 minutes, until bubbles appear on the surface, flip and cook another 1-2 minutes. Repeat with remaining mixture, adjusting the stove heat to ensure the pan does not get too hot.

Serve with warm grilled fruit and macadamia butter cream.







### **OCTOBER**

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16 17 18 19 20 21 22	Queen's Birthday (QLD)	2	2	4	_	C
23 24 25 26 27 28 29	Queen's Birthday (QLD) Labour Day (ACT, NSW, SA) 1	2	3	4	5	6
Daylight Saving Time starts 7	8	9	10	11	12	13
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
					Small (pea-size) macadamia nutlets are beginning to form on the trees. Only 3% of flowers end up producing nuts.	NOVEMBER   S M T W T F S   S   1 2 3   3   4 5 6 7 8 9 10   11 12 13 14 15 16 17   18 19 20 21 22 23 24
28	29	30	Halloween $31$	: 0		25 26 27 28 29 30





### SMOKEY PAPRIKA AND MACADAMIA CHILLI CHICKEN TACOS

#### Serves 4

#### For the rub

- 1 tablespoon smoked paprika
- 1 -2 teaspoons chilli flakes
- ½ cup macadamias
- 2 tablespoons macadamia oil
- 2 tablespoons vegetable oil
- ¼ cup brown sugar
- 2-4 cloves garlic, crushed
- 1 teaspoon salt (or to taste)
  600g chicken thigh pieces, with the
  skin on

#### Warm salsa

- 1 tablespoon oil
- 1 small brown onion, finely sliced
- 1 small red capsicum, finely sliced
- 1 teaspoon ground cumin
- 1 punnet baby tomatoes, halved salt and pepper to taste

#### To serve

- 8 medium tortillas, heated
- 1 cup crème fraiche or sour cream
- 2 avocados, smashed into guacamole with lime juice and salt to taste
- 2 cobs corn, steamed, lightly char grilled on BBQ, kernels removed
- 1 bunch coriander sprigs
- 2 cups chopped iceberg lettuce
- 4 half lime wedges

#### Method

For the rub, place all ingredients in the bowl of a food processor and process to make a paste. Place the chicken in a bowl and spread the paste under the skin of each thigh. Marinate for at least an hour, or up to 3 hours.

Preheat the BBQ or oven grill. BBQ the chicken, turning for 10-15 minutes, or grill under a hot heat, turning for 10-15 minutes. Remove from heat and place in a bowl to cool slightly before cutting into bite size pieces.

For the warm salsa, place the oil in a frying pan over high heat. Add the onions and capsicum and cook, stirring occasionally for 2-3 minutes, reduce heat and cook a further 5 minutes until the mixture is soft and starting to caramelize. Add the cumin and tomatoes and continue to cook over a low heat for another 10 minutes, stirring, until the tomatoes are soft. Season to taste with salt and black pepper.

To serve, place the warm tortilla on a plate, spoon over the crème fraiche and guacamole and top with chicken, salsa and a good smattering of the remaining ingredients.

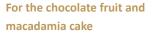




### **NOVEMBER**

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OCTOBER           S         M         T         W         T         F         S           1         2         3         4         5         6           7         8         9         10         11         12         13           14         15         16         17         18         19         20           21         22         23         24         25         26         27			In the orchard, macadamias continue to develop and growers likeToni Flick begin to get an idea of how their next season's crop is shaping up.	4		
28 29 30 31	THE PARTY NAMED IN	7////		1	2	3
4	Recreation Day (TAS) 5	Melbourne Cup Day (VIC) 6	7	8	9	10
Remembrance Day 11	12	13	14	15	16	17
18	19	20	21	22	23	24
						S         M         T         W         T         F         S           30         31         1           2         3         4         5         6         7         8           9         10         11         12         13         14         15           16         17         18         19         20         21         22
25	26	27	28	29	30	23 24 25 26 27 28 29





250g mixed glacé fruits (such as peaches, apricots, figs and pears), roughly chopped

100g pitted prunes

100g seedless raisins

¼ cup dark rum

200g dark chocolate

125g butter

 $\frac{1}{3}$  cup caster sugar

34 cup boiling water

2 eggs, separated

1 ½ cups plain flour

2 teaspoons baking powder

 $^{3}\!\!\!/_{\!\!\!4}$  cup whole macadamias

½ cup sour cream

#### For the royal icing

2 egg whites

4 cups icing sugar

1 ½ teaspoons lemon juice

1 teaspoon glycerin

### For the Santa, snowman and snow-covered tree

50g bright red fondant

50g white fondant

4 whole macadamia nuts

black edible ink pen

3 small silver dragees

1 small piece of dried paw paw or apricot, cut into a tiny long nose shape

2 rosemary stalks, cut into 5-6cm long segments

1 egg white, lightly beaten

2 tablespoons caster sugar

#### FESTIVE CHOCOLATE FRUIT AND MACADAMIA CAKE

RECIPE ON

#### Makes one cake

#### Method

For the cake, combine the glacé fruit, prunes, raisins and rum in a bowl. Cover and stand overnight.

Preheat oven to 150°C. Grease and line a 20cm round, deep cake tin.

Place the chocolate, butter, sugar and boiling water in a large bowl and allow to stand, stirring occasionally until the chocolate and butter have melted. Stir in the egg yolks. Sift half the combined flour and baking powder over the mixture and stir to combine, adding half the sour cream and macadamias as you go. Repeat with remaining flour, baking powder and sour cream and macadamias.

Whisk or beat the egg whites until stiff peaks form and gently fold through the cake mixture. Pour into the prepared tin and bake for 1¼ -1 ½ hours, until the cake feels firm to touch in the middle and a skewer comes out clean. Allow to cool in the tin for 15 minutes, before turning onto a wire rack to cool completely.

For the royal icing, place the egg whites in a bowl and lightly beat with electric beaters until frothy. Sift in the icing sugar and beat to combine. Add lemon juice and glycerin and beat until the mixture is thick and glossy.

For the Santa, form the red fondant into a 5cm round disc. Place it on a piece of baking paper and lay another piece of baking paper over. Use a rolling pin to roll the fondant out to about 2mm thick. Using a cutter or the rim of a glass with a 4-5cm diameter, cut a circle. Wrap one nut completely in the fondant, smoothing it down at the join so that the nut is completely covered in red. Repeat the rolling process with the white fondant. Using a sharp knife, cut a 3cm crescent shape 'beard' and attach the beard to another macadamia by resting it on the front and pinching it at the back. Create a Santa hat by cutting a second 4-5cm circle and wrap it around the top end of the nut with the beard on it, pinching it together and cutting away any excess. Cut a 4cm strip of white fondant to wrap around the bottom edge of the hat and press a small ball on the tip to create a pom pom. Press the head to the body, squeezing gently so that they stick together. Add two eyes using the edible black pen.

For the snowman, repeat the process for two nuts as per Santa's body but with the white fondant, wrapping both nuts completely in white fondant circles. Gently press the head to the body and add silver dragees for buttons and a little carrot nose made from the paw paw or apricot. Give the snowman eyes using the edible black pen.

To make the snow dusted trees, brush segments of rosemary sprigs with a little beaten egg white and dip into caster sugar to give the effect of a tree with snow on it.

To serve, cover cake with royal icing and decorate with Santa, a snowman and sugared rosemary trees.



Want more recipe inspiration? Visit australian-macadamias.org



### **DECEMBER**

S	M	Т	W	Т	F	S
30	New Year's Eve 31	NOVEMBER  S M T W T F S  1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24  25 26 27 28 29 30		In the orchard, macadamias are at the peak oil accumulation stage and need good sunlight and heat. They are about the size of a 10 cent piece.	S   M   T   W   T   F   S     1   2   3   4   5     6   7   8   9   10   11   12     13   14   15   16   17   18   19     20   21   22   23   24   25   26     27   28   29   30   31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	Christmas Eve 24	Christmas Day 25	Proclomation Day (SA) Boxing Day 26	27	28	29



Chai frappe with macadamia honey swirl



Fresh figs with macadamia praline and crème fraiche



Raw macadamia bliss ball Easter eggs



Roasted cauliflower and macadamia salad



Crisp macadamia bread



Lamb tagine with macadamia gremolata



Caramel macadamia banana cake



Chicken noodle soup with macadamia chilli jam



Cured beef and salted coriander macadamia trail mix



Cluten free macadamia pancakes



Smokey paprika and macadamia chilli chicken tacos



Festive chocolate fruit and macadamia cake





