

# 10

# OF THE WORLD'S FINEST MACADAMIA COOKIES



AN E-RECIPE BOOK BY



**AUSTRALIAN  
MACADAMIAS**

*The world's finest nut*





# MACADAMIAS - THE SECRET TO GREAT COOKIES

Welcome to the first-ever Macadamia e-Recipe Book. Created in response to your request for more recipes, we want to share one of our growers' favourite uses for macadamias - cookies!

Macadamias have a rich history that began right here on the north east coast of Australia over 60,000 years ago. This is where macadamias first evolved and while plantations were established in the 1880s, it wasn't until mechanical processing came on the scene that commercial production of our tough little nut became feasible.

Australia is not only the birthplace of macadamias, it now leads the world in macadamia production and export. This is due primarily to the passion of our growers and their dedication to innovation, quality and sustainability. Ours is an industry full of pride for what has been achieved and it is gratifying to know that the best quality and best tasting macadamias come from their natural home.

The world's finest nut is also one of the most versatile. The creamy, buttery taste and velvety-soft crunch of macadamias work perfectly in so many cookies. We hope you enjoy this recipe collection and that every cookie you bake brings great joy to your friends and family. Remember to share your cookie photos and stories with us via our Facebook page. The only challenge will be snapping a quick pic before they disappear!

[Facebook.com.au/AustralianMacadamias](https://www.facebook.com/AustralianMacadamias)

Happy baking!



# CHEWY OATMEAL MACADAMIA COOKIES

- 3/4 cup rolled oats
- 2/3 cups whole wheat flour
- 1/3 cup plain flour
- 1/2 cup brown sugar
- 1/2 cup macadamia nuts, roughly chopped
- 1/3 cup dried cranberries
- 1/3 cup coconut flakes
- 2 tablespoons honey
- 125g unsalted butter
- 1 tablespoon warm water
- 1/2 teaspoon bi-carb soda

Heat the oven to 170°C.

In a large bowl add the oats, flours, sugar, nuts and cranberries and mix well.

In a saucepan, over a low flame, melt the butter and honey together.

Remove from heat.

Dissolve the bi-carb soda in water and then add to the butter mix.

Stir well and leave for a moment.

Add to the dry ingredients and mix well to combine.

Roll out dough on a clean counter into two logs of equal size.

Chill dough for at least 20 minutes.

Cut into cookie sized pieces and bake for 10-12 minutes until lightly golden.

## RECIPE BY ERIN BROOKS



Based in Adelaide, South Australia, Erin loves to cook, hang out in the vegie garden and eat healthy vegetarian food. She has been sharing her recipes and garden tips on her blog '[She Cooks She Gardens](#)' for several years. Follow along with Erin as she travels, creates and blogs her cooking and gardening stories.



## MACADAMIA AND LEMON COOKIES

**125grams unsalted softened butter**

**½ cup caster sugar**

**1 teaspoon finely grated lemon rind**

**1 egg**

**1¼ cups self raising flour**

**¾ cup chopped raw macadamias**

Preheat oven to 180°C. Line a baking tray with baking paper.

Using electric beaters, beat butter, caster sugar and lemon rind in a large bowl until light and creamy. Add egg and continue beating until fully combined. Mix through flour and macadamias.

Roll a tablespoon of mixture into a rough ball and place on baking tray, press down slightly to flatten. Continue with remainder of mixture.

Bake for 15 minutes or until golden.

— *tip* —

Substitute lemon rind for 1 teaspoon of ground ginger or ½ teaspoon of ground cinnamon for a macadamia spice flavoured cookie.





## MACADAMIA AMARETTI

1 cup plain flour (see chef's note)

1/2 teaspoon baking powder

1 1/2 cups raw macadamias

Grated zest of 1/2 orange

2 large egg whites

Preheat oven to 180°C.

Place flour, baking powder and macadamias in a food processor and grind to a coarse crumb. Add zest and set aside.

In a separate bowl, beat egg whites until soft peaks form, gradually add sugar beating until thick and glossy. Gently fold the macadamia flour mixture into the beaten whites. Shape as desired.

Drop amaretti mixture in level tablespoons 2 inches apart onto greased baking trays. Place a macadamia onto the top of each amaretti shape. Bake for 20-25 minutes or until set. Remove from baking sheets, and cool on a wire rack.

**CHEF'S NOTE:** Adjust flour depending on type of Amaretti you prefer – more for a firm texture, less for a more macaroon-style.

---

### *tips*

---

**Some ideas for shapes:** Gather a spoon of mixture in hands and wrap around a large macadamia or preserved cherry. Shape into horseshoes or logs and roll in chopped nuts. Lay into a round and score into triangles. Pierce with a fork over surface and break apart when cooked



# MACADAMIA AND PISTACHIO BISCUITS

- 1 cup almond meal
- 1 cup macadamia nuts
- 1/2 cup pistachio nuts
- 1/4 cup flaxseeds (linseeds) or you could also use sesame seeds
- 1/2 cup coconut sugar /or rapadura sugar (low GI sugars) or simply brown sugar
- 1 cup coconut flakes
- 4 tablespoons rice bran oil, olive oil or coconut oil
- 3 tablespoons peanut butter
- 2 teaspoons cinnamon
- 1 egg
- 2 teaspoons baking powder (or gluten free baking powder if you require gluten free)

Preheat oven to 180 degrees celsius

Place almond meal, macadamia and pistachio nuts in a blender and blend until combined.

Add flaxseeds, sugar,oil, peanut butter, cinnamon, egg and baking powder and blend until mixture is thoroughly combined.

Stir through the coconut flakes.

Roll into teaspoon sized balls, and place on a greased baking tray with enough room around each biscuit to allow the biscuit to rise and spread.

Bake in the oven for 12-15 minutes until golden brown.

Leave to cool on a wire rack.

## RECIPE BY THE NUTRITION GURU AND THE CHEF



The [Nutrition Guru and The Chef](#) are a husband and wife team who share an innate passion for food, eating, cooking, health and nutrition. Together they aim to inspire people to try new ingredients, live a healthy life, provide readers with exciting new recipes, share their cooking secrets and provide up to date credible nutrition information.





## ANZAC BISCUITS WITH MACADAMIAS

- 160 grams macadamias**
- 1 1/2 cups plain flour**
- 3 cups rolled oats**
- 1 1/2 cups caster sugar**
- 1 cup desiccated coconut**
- 4 tablespoon boiling water**
- 2 tablespoons golden syrup**
- 2 teaspoons bicarbonate of soda**
- 250 grams butter, cubed, melted**

Preheat oven to 160°C. Line 3 large baking trays with non-stick baking paper. Spread the macadamias over 1 tray ensuring macadamias are no more than two nuts deep and roast until lightly toasted.

When cooled, coarsely chop macadamias on a chopping board. Sift the flour and sugar into a large bowl. Combine with macadamias, rolled oats and coconut.

To a small jug, add the boiling water, golden syrup and bicarbonate of soda. Once the mixture froths up, add butter and stir. Set aside to cool. Add the slightly cooled butter mixture to the flour mixture, combining with a wooden spoon.

Place two heaped teaspoons of mixture onto baking tray and use the back of a spoon to flatten slightly, spacing 3cm apart. Bake for 15 minutes (or 13 minutes for chewy biscuits). Swap trays around halfway through cooking to ensure trays don't cook unevenly. Leave on tray for 5 minutes before transfer to wire racks to cool.



## TRIPLE GINGER, FIG & MACADAMIA COOKIES

- 1/2 cup semi-solid coconut oil
- 1/2 cup rapadura or raw sugar
- 2 large eggs
- 1 teaspoon vanilla
- 1/2 teaspoon ground ginger
- 1/2 teaspoon grated fresh ginger
- 1 Tablespoon finely diced candied ginger
- 2 cups whole spelt flour
- 1 teaspoon bi-carb soda
- 1 scant teaspoon sea salt
- 1/2 cup chopped dried figs
- 1/2 cup roughly chopped raw macadamias

Using a large wooden spoon, beat coconut oil and sugar until well combined. Beat in eggs, vanilla and gingers. Stir in remaining ingredients, flour through macadamias, to create a soft dough.

Form dough into a log on a long strip of baking paper. Roll paper around the dough and place in refrigerator for 30 minutes to firm up.

Preheat oven to 180 C. Line a baking tray with baking paper.

Use a sharp non-serrated knife to slice log into 1/2 cm rounds, peel off paper and place cookies a few cms apart on the tray.

Bake for 6-7 minutes for soft cookies or 8-9 minutes for firm cookies. Remove from tray immediately and cool on a rack.

**NOTE:** Dough log can be made in advance, refrigerated for up to a few days, sliced and baked as needed.



### RECIPE BY JENNIFER JENNER (JJ)

JJ is a recipe developer, food photographer, writer and communications consultant. She firmly believes food should be fun, healthy should not mean boring and if all else fails pie makes everything better. Discover unprocessed, allergy friendly recipes with a creative twist [at her blog](#).





## WHITE CHOCOLATE AND MACADAMIA BISCUITS

**1/2 cup butter, softened**

**3/4 cup packed brown sugar**

**1 1/2 teaspoons vanilla extract**

**1 cup white chocolate chips**

**2 cups plain flour**

**1 teaspoon baking soda**

**1/2 teaspoon salt**

**1 egg**

**130g raw macadamia nuts, roughly chopped**

Preheat oven to 180°C. Line baking trays with non-stick baking paper.

Using an electric mixer beat the butter and sugar in a large bowl until thick and creamy. Add egg and vanilla and beat until well combined. Fold in the flour, baking soda and salt until just combined. Add the white chocolate chips and macadamias to form a chunky mixture.

Place rounded teaspoons of the mixture onto the prepared trays.

Bake for 12-15 minutes or until golden brown. Remove from oven and set aside for a few minutes to cool slightly then transfer to a wire rack to cool completely.

Store in an airtight container.





## MACADAMIA AND CHOCOLATE BISCOTTI

**250 grams plain flour, sifted**

**2 tablespoons cocoa**

**175 grams caster sugar**

**1/2 teaspoon baking powder**

**3 eggs, lightly beaten**

**grated rind of 1 orange**

**150 grams roasted, unsalted macadamia nuts, roughly chopped**

Preheat oven to 200°C.

Combine flour, cocoa, caster sugar and baking powder in a large bowl and mix well. In a separate bowl combine eggs, orange rind and macadamias and mix well. Make a well in the centre of the dry ingredients, pour in the egg mixture and stir to form a dough.

Turn dough onto a lightly floured surface and divide in half. Shape halves into logs, place on a greased and floured baking sheet and bake for 15 minutes.

Remove from oven and when cool enough to handle cut logs into 0.5cm thick slices. Place slices on baking sheets and bake a further 10 - 15 minutes. Cool on a wire rack then store in an airtight container.





# GLUTEN-FREE CHOCOLATE AND MACADAMIA COOKIES

- 1 cup macadamia nuts
- 1/3 cup. coconut flour
- 1/3 cup almond meal
- 1 egg
- 60 grams coconut oil
- 2 tablespoons good-quality cocoa powder
- 2 tablespoons agave syrup
- ¼ teaspoon baking powder
- pinch salt
- 100 grams 70% chocolate, for dipping

Roast macadamias at 180C for 8-10 minutes or until lightly golden. Chop roughly. Sift dry ingredients into a mixing bowl and add the chopped nuts.

Gently melt coconut oil and mix into the dry ingredients. Add the egg. Roll dough into a log and chill in fridge for 30min, or until firm.

Slice dough into inch-thick rounds and place on a baking tray. Bake at 160C for 10min. When cooled, half-dip in melted chocolate and place on a clean piece of baking paper to set.

**NOTE:** As with all baking, the quality of the product is in the ingredients. These cookies really shine with high-quality cocoa powder, and of course free-range or organic eggs.



## RECIPE BY JULIA TAYLOR

MasterChef 2012 runner-up Julia Taylor is self confessed 'chocolate - obsessed'. Apprentice chef at Zumbo Patisserie and patisserie student at Le Cordon Bleu, Julia shares some of her favourite recipes and baking tips at [juliataylor.com.au](http://juliataylor.com.au).





## MACADAMIA CHRISTMAS COOKIES

- 125g unsalted butter, softened
- 2/3 cup firmly packed brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 300g plain flour
- 1 teaspoon baking powder
- 200g white chocolate, roughly chopped
- 1 cup macadamias, roasted
- 1/2 cup dried raisins
- 8 strawberries, hulled and finely chopped
- 1 cup blueberries

Preheat the oven to 175°C, fan-forced.

Using an electric beater, beat the butter and brown sugar in a large bowl until thick and creamy. Add egg and vanilla extract and continue to beat until combined.

Fold through the flour and baking powder, then add the white chocolate, macadamias, raisins and berries to form a chunky mixture.

Place 1 heaped tablespoonful of the mixture onto the prepared baking trays and gently press down to flatten slightly. Bake in the oven for 20-25 minutes or until golden brown. Remove from the oven and set aside to cool completely.

**NOTE:** these cookies are best eaten on the day as they soften as each day goes by because of the fresh berries. They still taste great but just a bit more cake like.



AUSTRALIAN  
**MACADAMIAS**

*The world's finest nut*

Find out more at [australian-macadamias.org](http://australian-macadamias.org)

*or follow us here*

