



2022

AUSTRALIAN  MACADAMIAS

Make every day taste better with macadamias

Whether you're a sweet tooth or a savoury devotee, everything tastes better with macadamias. Our 2022 calendar is a monthly showcase of all the ways you can enjoy this natural Australian treasure - with their creamy flavour and velvety crunch, they're an indulgence like no other. Abundant in nutrients, every delicious kernel also nourishes your body, mind and mood.

Understanding how our food is grown empowers us make the best choices for ourselves and our families. With Australian macadamias, you know you're eating a nourishing wholefood grown by passionate Aussie farmers. Leaders in the use of ecologically sensitive growing practices, they take great care to preserve and protect the natural environment, growing the world's best nuts while treading lightly in the orchard.

When you reach for a handful of macadamias, you're not just choosing a superfood. You're choosing a *sustainable* superfood, and that's a choice you can truly feel good about, every day of the year.

AUSTRALIAN  MACADAMIAS





This easy recipe is like a bowl of sunshine and the addition of roasted macadamias is a simple upgrade that packs plenty of punch. Serve on top of cooked prawns or on its own with a side of corn chips.



MACADAMIA AND MANGO SALSA

Makes 2 cups

Serves 6

Ingredients

¼ cup macadamias, roasted and chopped
2 medium mangoes, flesh removed and diced
1 small red onion (or ½ large red onion), finely diced
½ teaspoon red chilli flakes, or to taste
¼ cup coriander leaves, loosely packed and chopped
1 tablespoon lime juice
2 teaspoons macadamia oil
Salt and pepper, to taste


Method

Combine all ingredients in a bowl and gently stir until just combined.

Serving suggestion: Make a simple salad with lettuce leaves, halved cherry tomatoes and peeled, cooked prawns. Serve topped with the salsa and extra coriander sprigs.



Want more recipe inspiration?
Visit australian-macadamias.org

S	M	T	W	T	F	S	
		DECEMBER 2021 <small>S M T W T F S</small> 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			FEBRUARY <small>S M T W T F S</small> 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		
30	31						<i>New Year's Day</i> 1
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23	24	25	<i>Australia Day</i> 26	27	28	29	

In the orchard, macadamias are nearing full maturity with clusters of nuts hanging on the trees.

MACADAMIA VALENTINE LOVE CAKES

Makes 12

Ingredients

Cakes

1 cup macadamias
1½ cups icing sugar
1 cup plain flour
5 egg whites, lightly beaten
160g butter, melted and cooled
1 teaspoon vanilla essence

Icing

100g butter, at room temperature
100g copha (vegetable shortening),
at room temperature
4 cups icing sugar
¼ cup cocoa powder
2 drops pink food colouring

To serve

Edible pink glitter
Store-bought chocolate hearts
1 cup whole macadamias

Method

For the cakes, preheat the oven to 180°C. Grease a 12-hole muffin tin with straight sided muffin impressions. Place the macadamias and icing sugar into the bowl of a food processor and process until the mixture resembles fine crumbs. Do not over-process or the mixture will stick together, so pulse as you get closer to achieving fine crumbs. Add the flour and pulse until just combined. Transfer the mixture to a large bowl and, using a large spoon or spatula, mix in the egg whites then the melted butter and vanilla essence. Do not overmix. Spoon the mixture into the prepared tin, dividing evenly. Bake for 15-20 minutes, until golden and a skewer inserted in the middle comes out clean. Allow to cool in the tin for 5 minutes before turning out to cool completely.

For the icing, beat together the butter and copha until pale. Add the icing sugar and beat until combined. Divide the mixture between two bowls and stir the cocoa powder into one half, adding a little water (½ teaspoon at a time) to achieve the desired consistency. Stir the pink colouring into the other half.

To assemble, place the pink icing into an icing bag fitted with a decorative nozzle. Using a knife or small spatula, cover the cakes with chocolate icing and pipe 4-5 decorative pink icing swirls around the top. Decorate with a little glitter, a heart and macadamias.



Want more recipe inspiration?

Visit australian-macadamias.org



These little love cakes are perfect just as they are or 'dressed to the nines' to gift a loved one on Valentine's Day.

FEBRUARY

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13	<i>St Valentines Day</i> 14	15	16	17	18	19
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27	28	 <p>In the orchard, some varieties have reached full maturity and macadamias begin dropping to the ground.</p>				MARCH
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MACADAMIA AND DARK CHOCOLATE ROCKY ROAD

Makes 20 pieces

Ingredients

¾ cup macadamias, whole
200g marshmallows (about 1 ½ cups)
½ cup glacé cherries
½ cup shredded coconut
500g dark chocolate, 70%

Method

Line a 18cm x 28cm baking tin with baking paper. Scatter with the macadamias, marshmallows, glacé cherries and coconut. Melt the chocolate in the top part of a double boiler and stir until smooth. Pour, as evenly as possible, over the nut mixture. Jiggle slightly to even the chocolate out. Cool at room temperature, until the chocolate has set completely. Cut into squares to serve.

Elevate this classic treat by adding premium whole macadamias. Technically it will last for two weeks stored in an airtight container, but realistically it won't last that long – it's simply irresistible!



Want more recipe inspiration?
Visit australian-macadamias.org



Everyone loves an Anzac biscuit. Next time you whip up a batch, try this version and discover the magic that macadamias can bring. Not only are they an Australian ingredient, they also add a texture like nothing else, and that unique creamy crunch gets even better once they're baked. If you're keen to explore indigenous Australian ingredients further, try the wattleseed version of this recipe. It might just be a new Australian classic.

MACADAMIA ANZAC BISCUITS

Makes 36

Ingredients

2 tablespoons golden syrup
250g butter, unsalted
1½ cups plain flour, sifted
1½ cups caster sugar
1 cup macadamias, halved
3 cups rolled oats
1 cup desiccated coconut
¼ cup boiling water
2 teaspoons bicarbonate of soda

Method

Preheat oven to 160°C. Line 3 large baking sheets with baking paper. Or, if working in batches, line a large baking sheet with baking paper. Combine the golden syrup and butter in a saucepan and melt over medium heat. Stir to combine. Combine the flour, caster sugar, macadamia halves, rolled oats and desiccated coconut in a large mixing bowl. Combine the boiling water and bicarb soda, allowing it to fizz up completely. Stir the bicarb and butter mixtures into the dry ingredients and continue stirring until thoroughly combined. Place tablespoons of mixture 3cm apart onto the trays and place in the oven for 13-15 minutes, or until golden. For chewier biscuits, cook for only 13 minutes. Allow to cool on the trays for 5 minutes before transferring to a wire rack to cool completely.


MACADAMIA AND WATTLESEED ANZAC BISCUITS

Follow the recipe above but add 1½ tablespoons of wattleseed to the dry ingredient mix.



Want more recipe inspiration?
Visit australian-macadamias.org

APRIL

S	M	T	W	T	F	S			
MARCH		 <p>The nuts are dehusked and sorted. Then the nut in shell is dried, cracked and removed so we can eat the kernel.</p>			MAY				
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<i>Easter Sunday</i> 17	<i>Easter Monday</i> 18	<i>Easter Tuesday (TAS)</i> 19	20	21	22	23			
24	<i>Anzac Day</i> 25	26	27	28	29	30			

CHUNKY MACADAMIA AND FRUIT SLICE

Serves 10

Ingredients

300g pitted dates, roughly chopped

2 tablespoons coconut oil

$\frac{3}{4}$ cup macadamias, halved

$\frac{3}{4}$ cup /100g dried apricots

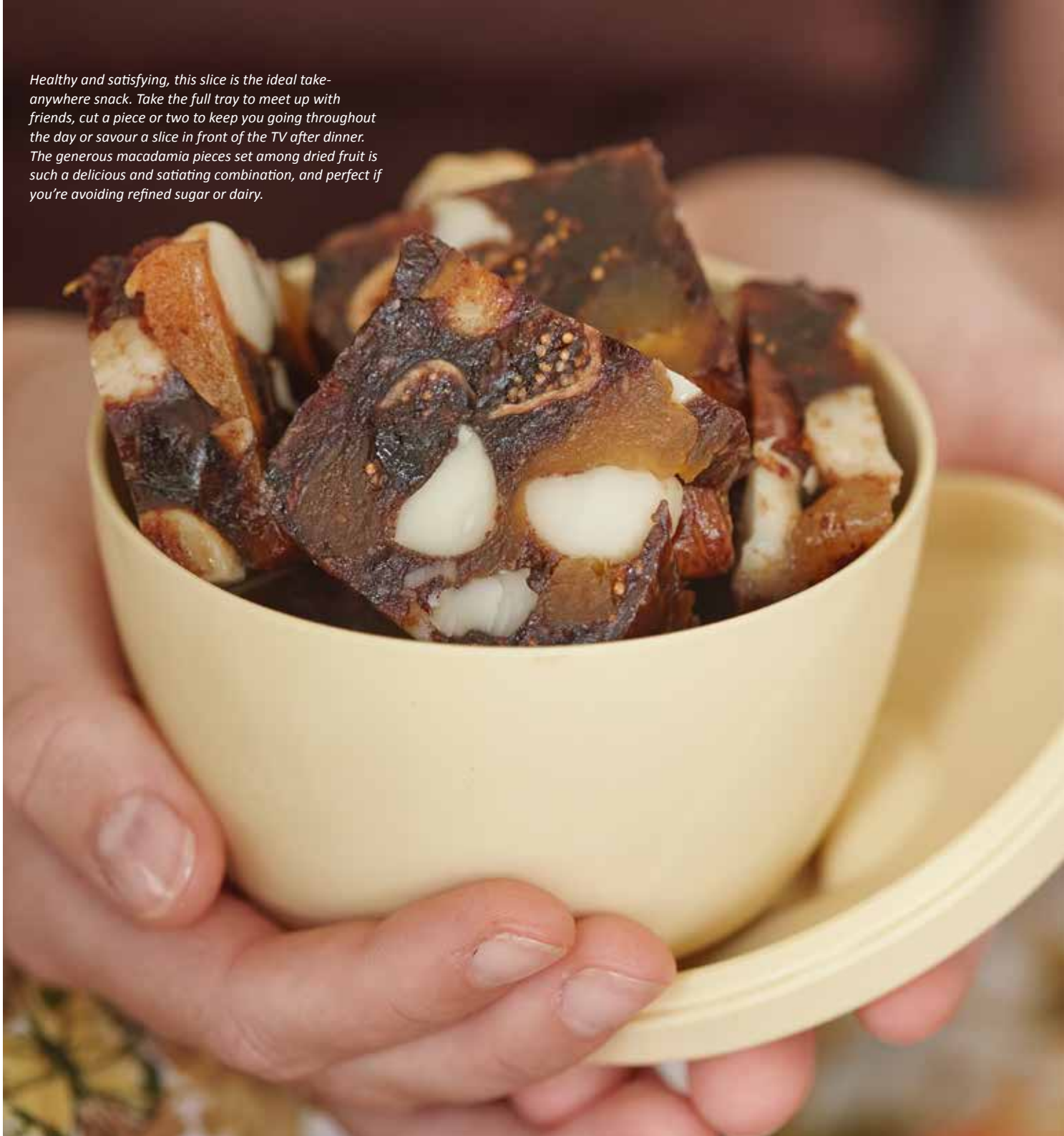
$\frac{3}{4}$ cup/100g small dried whole figs or large figs, halved

Method

Line a 20cm x 10cm loaf tin with baking paper. Combine the dates and coconut oil in a medium saucepan or frying pan and stir over medium heat until the oil liquifies. Reduce the heat to low and cook, stirring occasionally for 10 minutes or until the dates are soft. Remove from the heat and cool slightly or until it is not too hot to touch. Place in a bowl with the remaining ingredients and stir to combine. Use your hands to thoroughly combine the mixture and then press tightly into the prepared tin. Allow to cool completely in the tin before slicing to serve, or alternatively, just cut slices from the loaf-shaped block as you please.

Store in plastic wrap in the fridge for 2 -3 weeks.


Healthy and satisfying, this slice is the ideal take-anywhere snack. Take the full tray to meet up with friends, cut a piece or two to keep you going throughout the day or savour a slice in front of the TV after dinner. The generous macadamia pieces set among dried fruit is such a delicious and satiating combination, and perfect if you're avoiding refined sugar or dairy.



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29	<i>Reconciliation Day (ACT)</i> 30	31	<p>APRIL</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> </tbody> </table>		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	 <p>Macadamias are cracked and sorted to remove any shell and packed ready to be shipped around Australia and the world.</p>	<p>JUNE</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table>	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		
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A close-up photograph of a hand reaching towards a burger and fries. The burger is the main focus, stacked with a sesame seed bun, a chicken patty, tomato, lettuce, and pickled onions. Fries are visible in the background.

These delicious burger patties are a little bit meat and a little bit nut making them the perfect choice for flexitarians. The addition of macadamias makes them extra special, boosting flavour, texture and health benefits.

MACADAMIA CHICKEN FLEXITARIAN BURGERS

Serves 4

Ingredients

500g chicken mince
½ cup macadamias, chopped
½ cup coriander leaves,
roughly chopped
1 tablespoon vegetable oil

Method

Mix all the ingredients in a bowl and, using your hands, form 4 patties. Heat the oil in a large frying pan over medium heat and cook the patties for 4-5 minutes each side, until cooked through.

Serve on a toasted brioche bun with macadamia aioli, BBQ sauce, sliced tomato, lettuce, rocket, sprouts, gherkin and pickled red onion.

Add a side of thin cut sweet potato chips and macadamia aioli.

MACADAMIA AIOLI

Makes approximately 1½ cups

Ingredients

1 clove garlic, crushed
salt and pepper
1 egg yolk
1 teaspoon Dijon mustard
200-300ml macadamia oil
lemon juice, to taste

Method

Place the garlic, a pinch of salt and pepper, the egg yolk and mustard in a bowl and whisk until well combined.

Add a few drops of macadamia oil, whisking constantly, until the mixture starts to thicken. Slowly pour in the remaining oil in a thin, steady stream, whisking constantly, until combined and the texture is thick and creamy.

Add lemon juice 1 tablespoon at a time until the desired zing is reached.



Want more recipe inspiration?
Visit australian-macadamias.org

JUNE

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WARM SPICE INFUSED MACADAMIA MILK WITH WARMING SPICED MACADAMIAS

Serves 2

Ingredients

Spiced macadamia milk

2 cups macadamia milk
3-4 slices of fresh ginger
2 tablespoons honey

Spiced macadamias

1 cup macadamias
1 teaspoon cinnamon
1 teaspoon ground ginger
2 teaspoons sesame seeds or chia seeds
½ teaspoon salt
1 tablespoon brown rice syrup

Method

For the spiced macadamia milk, place the macadamia milk and ginger in a saucepan and set over medium heat for 5 minutes, until it is very warm but not boiling. Turn off the heat, place a lid on the saucepan and allow to stand for 5 minutes before stirring in the honey and straining into warmed mugs to serve.

For the spiced macadamias, preheat the oven to 180°C. Line a baking tray with baking paper. Combine all the ingredients in a bowl and stir to completely coat the nuts. Spread on the baking tray and bake for 7-8 minutes, until the macadamias are golden. Allow to cool for 5 minutes on the tray before eating warm or allow to cool completely and store in an airtight container.




Want more recipe inspiration?

Visit australian-macadamias.org



In some cultures, macadamias are considered to have the quality of creating warmth. So for cooler constitutions or to warm up on a cold winter evening, take the time to make yourself a mug of warm sweet macadamia milk and enjoy with a bowl of sweetly spiced nuts.

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31	JUNE		 <p>In the orchard the last harvest of the late fruiting varieties is being collected. <i>Pictured: Grower Wendy McClusky</i></p>	AUGUST		1	2			
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MACADAMIA AND PORK WONTONS AND STEAMED BUNS

Serves 2 - 4

Ingredients

250g pork mince
¼ cup macadamias, roasted and chopped
1 tablespoon good quality hoisin sauce
1 packet wonton wrappers
1 quantity risen bread dough

Method

For the filling, place the pork, macadamias and hoisin sauce in a bowl and stir to combine.

For the wontons, place a teaspoon of pork and macadamia mixture in the middle of the wonton wrapper, dampen the edges with a little water and wrap by pleating the edges together to create small bundles. Place 5 or 6 at a time in a steamer and steam for 8-10 minutes until cooked through. Repeat with remaining wonton wrappers. Tip: don't overcrowd the steamer or allow the wontons to touch.

For the steamed buns, extract a small handful of dough and knead to create a ball. Flatten to a circle and place a teaspoon of pork and macadamia mixture in the middle before folding by pleating the edges together to create small buns. Allow to stand at room temperature for 15 minutes before steaming in batches for 10-12 minutes until puffed and cooked through. Tip: don't overcrowd the steamer or allow the buns to touch.

To serve, make a quick chilli sauce by mixing crushed roasted macadamias with a little chilli sauce, macadamia oil and black vinegar. Alternatively, serve with store-bought chilli sauce, sprinkled with chopped roasted macadamias.

Pork and macadamias are such a tasty combination and make the most delicious filling for these quick-to-make steamed buns or wontons.



Want more recipe inspiration?
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28	29	30	31		SEPTEMBER 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	

As spring draws near there's a real buzz in the air... native and honey bees help with pollination.

MACADAMIA TRAIL MIX

Makes 2 cups

Ingredients

¾ cup whole macadamias
½ cup activated buckinis (buckwheat kernels)
¼ cup pepitas (pumpkin seeds)
¼ cup cranberries, currants or sultanas
¼ cup goji berries
½ cup coconut flakes
2 tablespoons brown rice syrup or maple syrup
1 teaspoon cinnamon
1 tablespoon macadamia oil

Method

Preheat the oven to 180°C. Line a large baking tray with baking paper. Place the macadamias on the tray and bake for 5 minutes. While still warm, place the macadamias in a bowl with all the remaining ingredients and stir to combine. Spread evenly over the baking tray and cook for a further 5 minutes, or until the macadamias are just golden. Allow to cool completely before storing in a sealed container.





Want more recipe inspiration?
Visit australian-macadamias.org



This trail mix is a hard-working pantry staple. Take it anywhere to keep your energy up while you're on the move, or use it to enhance almost any combination of fruits, yoghurt and even ice cream.

SEPTEMBER

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			<i>The scent of flowers fills the air as a new crop of macadamias begins to bloom.</i>			
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A close-up photograph of a child's hand reaching towards a spider-shaped bliss ball. The spider is made of a dark brown, textured bliss ball with two almond slices for fangs, two red cranberries for eyes, and four licorice sticks for legs. It is positioned on a white, fibrous web that is draped over a piece of light-colored wood. The background is a blurred image of a child's face, looking intently at the spider.

Spiders are usually scary and best avoided...but not these little guys. They're packed with all the yummy and healthy qualities of crunchy macadamias, so there's nothing to fear here at all!

SPOOKY MACADAMIA BLISS BALL SPIDERS

Makes 8 - 10

Ingredients

8 fresh dates, pitted and roughly chopped
(approx. 180g)

½ cup macadamias plus 4 extra, cut into fangs

¼ cup dried cranberries, roughly chopped plus

1 tablespoon finely chopped pieces for eyes and
red back spot

2.5 metres liquorice string, cut into approximately
4cm pieces for legs

Store-bought white fairy floss, to serve (optional)

Method

Place the dates, macadamias and cranberries in the bowl of a food processor and process until the mixture combines so that when pressed together it forms a ball. Roll the mixture into 8 balls and 8 smaller balls. Press each small ball onto a big ball by pressing firmly together. Use the chopped macadamias to create fangs and press in the chopped cranberries for eyes and a red back. Push each liquorice length into the bliss ball body to create legs. Serve on a platter with white fairy floss for a web, if desired.



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WATERMELON AND MACADAMIA SALAD

Serves 6

Ingredients

Dressing

1½ tablespoons macadamia oil

1 tablespoon lime juice

¼ teaspoon salt, or to taste

Black pepper, freshly ground

Salad

½ watermelon, skin removed and cut into 1cm thick triangular pieces

80g feta cheese, crumbled

½ cup mint leaves, whole

½ small red onion, finely sliced

¼ cup macadamia halves, roasted

Method

For the dressing, combine all ingredients in a small bowl and whisk to combine.

For the salad, place all ingredients in a bowl and pour the dressing over the salad. Gently toss to combine.




Roasted macadamias add velvety crunch and delicious indulgence to this simple salad, complementing the watermelon's sweetness and the salty creaminess of the feta cheese.



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NOVEMBER

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	In the orchard, macadamias continue to develop and growers can begin to see how next year's crop is shaping up. <i>Pictured: Growers Garry and Andrea Sheppard</i>														
		Melbourne Cup Day (VIC)	1	2	3	4									
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CHRISTMAS SPICED MACADAMIAS

Makes 1 cup

Serves 6

Ingredients

1 egg white, lightly whisked until foamy

½ cup brown sugar

2 teaspoons ground cinnamon

1 teaspoon ground ginger

½ teaspoon ground nutmeg

½ teaspoon salt

1 cup whole macadamias

Icing sugar to serve, optional

Method

Preheat oven to 175°C. Line a baking tray with baking paper. Combine lightly whisked egg white, sugar, spices and salt in a bowl and stir through the macadamias so they are completely coated. Using tongs, transfer the nuts to the tray and place in a single layer, ensuring they are separated. Roast for 15 minutes, checking regularly towards the end to make sure they do not burn. They are ready as soon as the coating appears a little glossy and is hard to touch.

Allow to cool before serving or storing in a container or jar. Sprinkle with icing sugar if desired.

The egg white in the coating creates a crisp, sweet and spicy shell around each macadamia nut. They stay crunchy when stored in an airtight container or jar and make a delicious Christmas gift for your favourite foodie.



Want more recipe inspiration?
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Macadamia and mango salsa



Macadamia Valentine love cakes



Macadamia and dark chocolate rocky road



Macadamia Anzac cookies



Chunky macadamia and fruit slice



Macadamia chicken flexitarian burgers



Warm spice infused macadamia milk



Macadamia and pork wontons and steamed buns



Macadamia trail mix



Spooky macadamia bliss ball spiders



Macadamia and watermelon salad



Christmas spiced macadamias