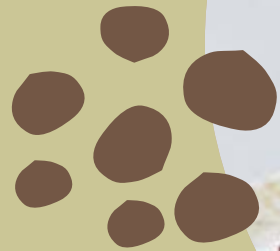


Cooking with *macadamia oil*



12 delicious
& flavourful
recipes

Cooking with *macadamia oil*

**12 delicious
& flavourful
recipes**

Macadamia oil is a wonderful addition to any kitchen, as it has a unique subtle flavour, is versatile and has many health benefits.

Macadamia oil is a type of plant-based oil that comes from extracting (via cold pressing) the nuts or kernel of the macadamia, a tree nut which is native to Australia.

This oil has been gaining popularity in recent years as a healthy alternative to other cooking oils.

Now available at all major supermarkets, bulk food stores and speciality grocers, macadamia oil is easy to source for your pantry.

We invite you to explore the benefits of macadamia oil and get creative with these twelve inspired recipe ideas.

As your confidence grows in using macadamia oil you'll find you can enjoy the health benefits of this oil while satisfying your taste buds!

australian-macadamias.org

Health benefits of macadamia oil



Rich source of *healthy fats*

Macadamia oil is a great source of heart-healthy monounsaturated fats. These healthy fats help lower bad cholesterol levels in the blood and reduce the risk of heart disease.



Cholesterol free

Macadamias and macadamia oil are cholesterol-free, making them both great choices for maintaining heart health.



Sodium free

Macadamia oil is sodium-free, which makes it an ideal choice for people who are watching their salt intake.



Sugar free

Macadamia oil is sugar-free, which makes it a great option for people who are trying to reduce their sugar intake.



Vegan friendly

Macadamia oil is a pure, plant-based product that does not contain any animal ingredients.



Contains *Vitamin E*

Macadamia oil is rich in vitamin E, which helps maintain healthy skin, good vision, and proper immune system function.



Contains *antioxidants*

Macadamia oil is rich in antioxidants, which help to protect your body against free radicals that can cause damage to your cells.



Reduces *inflammation*

Macadamia oil contains compounds with anti-inflammatory properties, which can help to reduce inflammation in the body.

Easy ways to use macadamia oil in your cooking



Marinades

Marinate meats, chicken or fish in macadamia oil before cooking to add flavour and to tenderise food.



Salad dressing

The mild, buttery flavour of macadamia oil makes a delicious base for healthy salad dressings.



Delicious, crispy-skin

Massage the skin of fish or chicken with macadamia oil and salt before baking or pan frying meats for a crisp and delicious result.



Substitute for butter

When baking, a 1:1 substitution of butter and macadamia oil works well. Replace one cup of oil for every one cup of butter in your baking recipe.



Pan or deep frying

Because macadamia oil has a high smoke point, it can be used when pan or deep frying.

Macadamia oil infused with Thai flavours

Makes
1 x 250ml
bottle

This recipe is perfect for adding some Thai-inspired flavours to your cooking. This oil is great for stir-fries, marinades, and dressings. When bottled beautifully it makes a thoughtful gift for a fellow foodie.

- 250ml macadamia oil
- 3 dried red chillies halved
- 6 large kaffir lime leaves finely sliced
- 2 stalks lemongrass lower part only, finely sliced

Combine the macadamia oil and dried chillies in a saucepan. Gently heat the oil over a low heat until it is warm to touch, but not hot. Turn off the heat, add the kaffir lime leaves and lemongrass, cover with a lid and allow the mixture to stand for 3-4 hours. Using tongs, place the chillies, kaffir lime and lemongrass into a bottle and then, using a funnel, pour in the oil. Secure with a lid and store in a cool place.





Go to macadamia oil salad dressing

This simple salad dressing is a great go-to recipe that you can use to enhance any salad.

- 3 tbsp macadamia oil
- 1 ½ tbsp red wine vinegar
- 1 tsp caster sugar
- 1 tsp Dijon mustard
- ¼ tsp sea salt
- Freshly ground black pepper

Place all the ingredients into a jar, season with pepper and place the lid on. Give the jar a good shake until well combined.

Layered salad with ginger & soy macadamias

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Layered salad with ginger & soy macadamias

The dressing in this recipe is perfect for adding some Asian-inspired flavours to your salads. Just put all the ingredients in a jar and shake vigorously.

Salad

- ¾ cup macadamias
- 1 tbsp soy sauce
- 2-3 tsp ginger finely grated
- 1 cup brown rice
- 1 cup red quinoa
- 1 bunch asparagus
- 3 small beetroot golden and purple
- 1 small green capsicum
- 1 medium carrot
- ½ cup coriander leaves chopped
- 2 tbsp coriander stems finely chopped
- ½ cup micro sprouts

Dressing

- 1 tbsp ginger finely grated
- 1 tbsp soy sauce
- 1 tbsp white wine vinegar
- 1 tbsp honey
- ¼ cup macadamia oil



Salad

Preheat oven to 180°C. Place the macadamias in a bowl and stir through the soy sauce and ginger to coat completely. Scatter over a baking tray and bake for 10 minutes. Remove from the oven and allow to cool before chopping coarsely. Set aside.

Cook the brown rice in plenty of salted boiling water until tender. Drain and set aside. Rinse the quinoa in cold water and drain. Place in a saucepan with 1½ cups cold water and bring to the boil. Reduce heat, cover and cook over a low heat for 15 minutes. Do not remove the lid. Turn off the heat and stand for 12 minutes. Remove the lid and use a fork to separate the grains. Set aside.

Cut the bottom quarter off the asparagus. Fill a large shallow pan with water and bring to the boil. Add the asparagus, reduce heat

to medium and cook for 1 minute. Remove the spears with tongs and rinse under cold water. Cut each spear into thirds and set aside. Using a mandolin, finely slice the beetroot, capsicum and carrot. Combine the asparagus with the other vegetables, coriander leaves and stems and set aside.

Make the dressing by putting all the ingredients in a jar and shaking vigorously. Pour a third of the dressing over the brown rice, a third over the quinoa and a third over the vegetables. Stir through to combine. Layer the brown rice, quinoa and vegetables on a platter, sprinkle with ginger and soy macadamias and micro sprouts and serve immediately.

Dressing

Mix together in a bowl with wire whisk and serve.

Macadamia romesco sauce

Makes
1.5 cups

A delicious macadamia twist on a traditional Spanish sauce.

Macadamias and macadamia oil add a sweet and rich quality in this recipe. When combined with the sharp and slightly smoky flavours of paprika and capsicum this sauce really shines.

Preheat oven to 180°C. Place macadamias on a tray and roast for 10 minutes, until golden. Remove from tray and set aside. Place the capsicum, chilli, whole garlic and tomatoes on the tray and roast for 30 minutes. Remove chilli and garlic and return the capsicum and tomatoes for a further 15 minutes, until the skin of the capsicum is blistered and turning brown. Remove from the oven and cool slightly before removing the skin and seeds from the capsicum and the skin from the tomatoes. Place all ingredients into a food processor and process until smooth. Season to taste with salt and ground pepper.

Serve romesco sauce with BBQ vegetables, fish or chicken alongside lemon and lime wedges. It is also delicious served with cold prawns and oysters.

- ½ cup raw macadamias
- 1 large red capsicum
- 1 long red chilli
- 1 whole garlic
- 2 large tomatoes halved, seeds removed
- 1 tbsp sherry vinegar
- 1 tbsp smoked paprika
- ⅓ cup macadamia oil



Macadamia mayonnaise

Using macadamia oil in this homemade mayonnaise adds extra depth of flavour. A few drops of Tabasco sauce is optional!

- 3 egg yolks
- pinch salt
- 1 tbsp lemon juice
- 300ml macadamia oil
- few drops Tabasco sauce

Place the egg yolks, lemon juice and salt in a large glass or ceramic bowl. Place the bowl on a damp cloth to stop it from moving when you are whisking. Using a balloon whisk, whisk until mixture begins to thicken.

Pour a few drops of the macadamia oil into the egg-yolk mixture and whisk until combined. Continuing adding the oil 1 tablespoon at a time, whisking well in between each addition. If the oil is added too quickly you are at risk of not incorporating the oil and the mayonnaise could separate or curdle (see tip).

Once all the oil has been incorporated add the Tabasco, taste

the mixture and adjust the seasoning with extra lemon juice, salt and pepper if needed. Transfer to a small airtight container and place a piece of cling wrap directly on the surface of the mayonnaise, this prevents a skin from forming, then cover with a lid. Store in the fridge.

If your mayonnaise curdles during preparation, in a large clean bowl add an extra egg yolk and whisk to a smooth paste and slowly add the curdled mayonnaise a spoonful at a time, whisking well after each spoonful.





Macadamia aioli

*Makes
1.5 cups*

Everybody loves the garlic hit of a good aioli, with many people preferring it to traditional mayonnaise. Great as a dipping or side sauce, this version, made with macadamia oil, has a nutty flavour that tastes amazing on burgers!

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

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.



Macadamia crusted prawns with aioli

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Macadamia crusted prawns with aioli

Spoil your guests with macadamia crusted prawns at your next party. Perfect when served with homemade macadamia aioli.

Makes 4 servings

- 20 green prawns deveined and peeled
- 1 cup flour
- 1 good pinch salt and pepper
- 1 good pinch Cayenne pepper
- 1 cup macadamias
- 2 eggs
- 1 cup Panko breadcrumbs
- 1L vegetable oil
- 1 clove garlic
- salt and pepper
- 1 egg yolk
- 1 tsp Dijon mustard
- 200-300ml grape seed oil
- lemon juice to taste



Prawns

For the prawns, combine flour, salt, pepper and cayenne pepper in a bowl.

Crack eggs into a bowl and lightly whisk with a fork. Blitz the macadamias in a blender and combine with the breadcrumbs.

To crumb the prawns, dust in the spiced flour, dip in the egg yolk then roll in the macadamia and breadcrumb mix.

Heat oil to approximately 180°C. To test the oil, drop a piece of bread into the oil – it should go golden brown in about 10 seconds. Once the oil has reached the required temperature, drop about 10 prawns in and cook until they are golden brown. Remove and drain on paper towel. Repeat with remaining prawns.

Aioli

For the aioli, crush garlic and place in a bowl. Add a pinch of salt and pepper, the egg yolk and mustard and whisk until well combined. Add a few drops of 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 in 1 tablespoon at a time until the desired zing is reached.

Serve the macadamia crusted prawns with the aioli as a dipping sauce.

Serving suggestion: Serve with a green salad on the side.



Moroccan lamb with macadamia rice pilaf

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Moroccan lamb with macadamia rice pilaf

Lamb backstraps

- ½ cup macadamia oil
- 2 cloves garlic crushed
- 1 tbsp sumac
- 1 tsp ground cumin
- 2 x 350g lamb backstraps
- salt and pepper to taste



Macadamia rice pilaf

- 2 tbsp macadamia oil
- 1 red onion peeled and thinly sliced
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp ground allspice
- ½ tsp ground turmeric
- ¼ tsp dried chilli flakes
- salt and pepper to taste
- 1 cup basmati rice rinsed
- ½ cup raisins
- 2 tbsp tomato paste
- 500ml chicken stock
- 1 cup macadamias roasted, roughly chopped
- ½ cup flat leaf parsley chopped
- 1 cup Greek style natural yoghurt
- ¼ cup mint leaves finely chopped
- 2 tbsp coriander leaves finely chopped
- harissa paste to taste*
- lemon wedges to serve

A hearty and flavourful meal, that's perfect for dinner. The lamb is coated in macadamia oil, garlic and spices to marinade. Macadamia oil is also used to add additional flavour to the rice pilaf.

Makes 4 servings

Lamb backstraps

For the lamb backstraps, combine the macadamia oil, garlic and spices in a large dish, add the lamb and coat well. Set aside.

To cook the lamb, heat a chargrill on a medium to high heat. Remove lamb from marinade and cook for 3-4 minutes one side and 2-3 minutes the other or until cooked to your liking. Remove from the heat and set aside, covered, to rest for 10 minutes. Season with salt and pepper. Thickly slice the lamb.

Macadamia rice pilaf

To make the pilaf, heat the macadamia oil in a large frying pan and cook the onion for 5 minutes or until softened. Add the spices, chilli flakes, salt and pepper and cook for a further minute. Add rice, raisins, tomato paste, chicken stock and macadamias, stir well and bring to the boil.

Cover tightly and simmer on a low heat for 18-20 minutes or until the rice is cooked.

Remove from the heat and set aside for 10 minutes with the lid on. Stir in parsley.

Combine the yoghurt and mint and place into a serving bowl. Add the coriander to the pilaf.

Fluff the rice with a fork and serve on warmed plates topped with the lamb, mint yoghurt, harissa and lemon wedges.

* Harissa is a Tunisian chilli paste, from gourmet and Middle Eastern food shops.

Chicken, mushroom & macadamia stir-fry

- 700g skinless chicken thigh fillets cut into strips
- 2 tbsp cornflour
- ¼ cup shaoxing wine Chinese cooking wine
- ¼ cup macadamia oil
- 2 brown onions finely sliced
- 4 cloves garlic finely sliced
- 6 cm piece ginger grated
- 2 red chillies sliced
- 400g mixed mushrooms such as shiitake, oyster and Swiss brown, sliced
- ¼ cup salted roasted macadamias
- ¼ cup soy sauce
- juice of ½ lime
- 250g cherry or grape tomatoes halved
- 4 green shallots finely sliced
- ½ bunch Vietnamese mint
- steamed rice to serve

Fast to cook and full of goodness, this flavoursome dish is the perfect everyday meal for busy families.

Put chicken, cornflour and wine in a large bowl and stir to combine. Place into the fridge for 1 hour to marinate.

Heat a tablespoon of oil in a large wok over a high heat. Stir-fry one-third of the chicken for 2-3 minutes or until meat is browned. Transfer to a plate. Repeat, in 2 more batches, with oil and remaining chicken, reheating the wok in between batches. Set aside.

Heat remaining oil in the wok and add onion, garlic, ginger and chilli and cook for 2 minutes or until onion begins to brown. Add mushrooms and cook for 3 minutes. Return chicken to wok and stir in macadamias, soy and lime juice and cook until sauce is thickened, then stir in tomatoes, shallots and mint. Serve with rice.

Makes 4 servings



Macadamia oil & rosemary cake

Recipe over page >

Macadamia oil & rosemary cake

This unique combination creates a cake that really showcases the subtleness of macadamia oil & the delicate, buttery crunch of macadamias. Easy to whip up for afternoon tea or dessert, just add cream to serve & watch everyone come back for seconds.



Cake

- 4 eggs
- ½ cup caster sugar
- ½ cup macadamia oil
- ¼ cup lemon juice
- 1 cup macadamia nuts ground to make 1 cup meal
- ½ cup self-raising flour
- 1 tsp baking powder
- ½ tsp salt flakes
- 2 tbsp fresh rosemary finely chopped

Glaze

- ¼ cup lemon juice
- ¼ cup honey

To serve

- Rosemary sprigs
- Thick cream

For the cake

Preheat oven to 180°C. Grease a ring or bundt loaf cake tin. Place the eggs, caster sugar, macadamia oil and lemon juice in a bowl and whisk until smooth. In a separate bowl, combine the ground macadamias, flour, baking powder, salt flakes and rosemary.

Stir the wet ingredients through the dry ingredients until just combined. Do not over mix.

Pour into the prepared tin and bake for 40 minutes, or until a skewer inserted in the centre comes out clean. Allow the cake to cool in the tin for 10 minutes before turning out.

For the glaze

Combine the lemon juice and honey, stirring until smooth. While the cake is still warm, use a wooden skewer to make small 2cm deep holes over the top of the cake with intervals of 2-3cm. Spoon over the glaze and decorate with rosemary sprigs.

Serve warm or cool with thick cream. This cake is best eaten on the day it is made.

Macadamia, raspberry & lime streusel cake

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Macadamia, raspberry & lime streusel cake



A scrumptiously pretty cake, the highlight has to be the perfect combination of macadamias with the tang of lime and sweetness of raspberries.

Topping

- 2 tbsp raw macadamias
- 2 tbsp plain flour
- 1 tbsp raw caster sugar
- 2 tbsp butter
- 1 cup fresh raspberries

Cake

- 1 cup plain flour
- 1 tsp baking powder
- ¼ tsp salt
- ¾ raw macadamias chopped
- 1 egg lightly beaten
- ½ raw caster sugar
- ½ plain yoghurt
- ¼ macadamia oil
- 1 lime zest
- 2 lime juice

Topping

For the streusel topping, place macadamias in a food processor and process until coarsely chopped. Add flour, sugar and butter and pulse until mixture combines and forms a crumb. Set aside.

Cake

Preheat oven to 180°C. Grease and line a 24cm x 14cm loaf tin with baking paper, allowing the paper to come over the edges of the tin for easy removal of the cake once cooked. Combine the flour, baking powder, salt and macadamias in a bowl. In another bowl, whisk together the egg, sugar, yoghurt, macadamia oil, lime zest and juice. Pour over the dry ingredients and stir to combine.

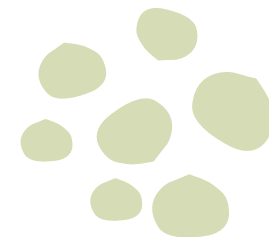
Pour into the prepared tin and scatter with raspberries. Sprinkle the streusel crumb over the raspberries and bake on the middle oven rack for 1-1¼ hours, until a skewer inserted in the middle comes out clean. Cover loosely with foil half way through cooking to prevent the crumb from burning. Cool in the tin for 15 minutes before gently lifting out to cool completely on a wire rack.



Crazy colour slab cake with glittered macadamias

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Crazy colour slab cake with glittered macadamias



Cake

- 2 ¼ cups plain flour
- 2 ½ tsp baking powder
- ½ tsp salt
- 170g butter at room temperature
- ¼ cup macadamia oil
- 1 ½ cup caster sugar
- 4 eggs
- 1 cup milk
- ½ cup macadamias finely chopped

Icing

- 250g butter at room temperature
- 250g copha vegetable shortening – at room temperature
- 6 cups icing sugar
- 1 tsp vanilla essence
- 5 different food colourings of your choice

Glittered macadamias

- 10 macadamias
- 1 egg white lightly whisked
- Edible glitter



Adding macadamias and macadamia oil to this cake makes it deliciously moist with a lovely crunch. The crazy coloured icing and glittered macadamias are optional!

Cake

Preheat oven to 180°C. Grease and line a 25cm x 40cm cake tray. Sift together the plain flour, baking powder and salt into a large bowl. Add the butter, macadamia oil and caster sugar to the bowl and beat with electric beaters until pale. Beat in the eggs, one at a time, beating well after each addition.

Alternately add the milk and macadamias to the flour mixture, stirring to combine. Pour into the prepared tin and bake for 15-20 minutes, until cooked through when tested with a skewer. Cool in the tin for 10 minutes before turning out onto a wire rack to cool completely.

Icing

Combine the butter and copha in a large bowl and beat, using electric beaters, until completely pale. Stir in the icing sugar, a cup at a time, until smooth. Divide the mixture by 5 and add a drop of food colouring, or more, to each to achieve your desired colours.

Glittered macadamias

Roll the top of each macadamia in eggwhite. Sprinkle a small amount of glitter onto each nut and allow to set for 10 minutes. To decorate, put each icing colour into a piping bag fitted with a decorative tip. Be as adventurous as you like piping colours onto the cooled cake, being careful to pipe using just enough icing to cover the entire cake. Arrange the glittered macadamias over the icing.



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