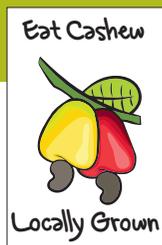


The Cashew Cookbook:

Recipes from The Gambia and Senegal



Healthy, Nutritious & Tasty





Eat it



Cook it



Love it

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This Cashew Recipe Cookbook showcases over 25 recipes inspired by the best dishes presented during the course of Cashew Festivals in Banjul, The Gambia and Ziguinchor, Senegal in February and March 2012 respectively. As part of the Gambia River Basin Cashew Value Chain Enhancement Project (CEP) funded by US Department of Agriculture (USDA), professional chefs as well as amateur cooks have used their imaginations to incorporate cashew into traditional and modern dishes.

Forward

Everyone is going crazy for cashew! And with good reason, cashew is a delicious and nutritional food that can be prepared in so many ways. Whether sweet or savory, cashew nuts are rated as one of the most popular nuts throughout the world. With zero cholesterol and lower in fat than some other nuts, cashew is a great food. Let's not forget, the cashew apple is also a nutritious fruit, with 5 times more Vitamin C than oranges.

In January 2012, with the support from the US Department of Agriculture's (USDA) Foreign Agricultural Service (FAS), International Relief and Development (IRD) sponsored an exciting promotional campaign to inform local residents and visitors to The Gambia River Basin (including The Gambia, Southern Senegal and Northern Guinea Bissau) on the wide range of foods that can be prepared with the cashew apple and the cashew nut. The media campaign accessed radio and television, billboards, supermarket displays and tastings, and wide distribution of leaflets, stickers, and t-shirts. With the slogan, CASHEW, Eat it, Cook it, Love it! the energy and positive wave of "cashew mania" hit the streets in the Greater Banjul Area in The Gambia and the Casamance Region in Southern Senegal.

The month long media campaign grew into a full crescendo, with two exciting cashew festivals, one in Kanifing, The Gambia and the other in Ziguinchor, Senegal. The festivals were attended by close to 1,000 people ranging from dignitaries, cashew farmers and processors, cashew traders, hoteliers and restaurant chefs as well as women's groups and school groups. During both festivals, an innovative cooking competition was undertaken to encourage local cooks and professional chefs to create interesting dishes using both cashew apple and cashew nut. Participants in the cooking challenge went after their task with passion and enthusiasm. With more than 50 different types of cashew dishes to sample, the festival visitors were treated to a truly unique experience.

This cookbook represents the best recipes that were sampled at the cashew festivals. We encourage you to try the recipes yourself and share the dishes with family and friends. Eating cashew is good for you and good for the local economy – by eating cashew that has been locally grown and processed, you support an increase in rural incomes in the sub-region. USDA and IRD have become cashew converts, and we suspect that once you've started to incorporate cashew into your diet on a regular basis, you'll become a cashew convert too!

Enjoy,

Jo Anne Yeager Sallah
IRD Country Director



Introduction



This cashew recipe cookbook is the result of a successful promotional campaign, cumulating in two cashew cooking festivals – one in The Gambia, and the second in Ziguinchor. The campaign increased awareness of the various cooking uses of cashew nuts and cashew apples and how it can

be integrated in local SeneGambian cuisines. We hope this has expanded awareness of and consequently increased consumption of cashew in the general public, thus increasing the competitiveness of the cashew value chain in this region.

Nutritional Value of Cashew Nut

Popular not just for its rich creamy taste, the cashew nut is now confirmed to have many health benefits as well. Research carried out by Harvard's School of Public Health and documented in the British Medical Journal in 1998, found that the daily consumption of nuts reduces the risk of heart disease. Adding a small portion of nuts (roughly 30g/day) to a healthy diet can reduce the risk of a heart attack. In addition to reducing the risk of heart attack, cashew consumption is also linked to reducing the risk of stroke, developing type 2 diabetes, gallstones, muscle degeneration, and dementia.

While cashew is relatively high in fat (12 grams per ounce), the fat contained in cashew is considered a "healthy fat" since it is an unsaturated fat. Cashew has no cholesterol.

Only slightly less than animal protein, cashew nut can provide you with 5 grams of protein in a 28 gram serving, and because of cashew's high protein content-cashew nuts make you feel full and satisfied after eating even a small amount, while other snacks leave you hungry for more.

Nutritional Value of Cashew Apple

As a fresh fruit, the cashew apple has a sweet taste that can make your mouth pucker when eating it. The fresh apples are highly perishable and don't transport well. Most people enjoy the cashew apple not far from the plantation, but it can be found in local markets during the cashew season. Throughout West Africa, young children especially are known to love cashew apple!

The cashew apple can be eaten fresh, juiced, preserved, or dried. As nutritional benefits of cashew apple fruit are uncovered, interest is growing on how to use it, whereas in the past it had been largely left for waste.

The cashew apple is rich in vitamins and minerals. The vitamin C (ascorbic acid) content in a cashew apple is almost 10 times that of pineapple and four times that of oranges (Journal of Tropical agriculture 2004).





Starters + Dips

Vegetable Cashew Roll

By The Kairaba Beach Hotel, The Gambia



This is a light and easy to make snack, ideal for lunch or for starters at dinner

Ingredients

Serves 5

1. 10 sheets of spring roll pastry
2. 500g Julienne assorted vegetables
3. 100g sliced onions
4. 20g garlic
5. 100g chopped cashew nuts
6. 50g sundried tomato pesto (can be bought from most supermarkets)
7. Olive oil
8. Salt and pepper

Directions

1. Sauté vegetables lightly with garlic and onions in a little olive oil, season to taste with salt and pepper
2. Add the tomato pesto, allow to cool
3. Place +/- 50g part of mixture onto pastry sheets, and roll into cigar shape
4. Shallow fry in oil until golden brown
5. Drain on kitchen paper
6. Serve with a sweet chill sauce

Deep Fried Mini Pie with Vegetable and Roasted Cashew Nut

By Sheraton Resort & Spa, The Gambia



Ingredients

Serves 18-20

1. 500g roasted cashew nuts
2. 500g onion
3. 500g cabbage
4. 1 can beans sprout
5. 500g carrots
6. 300ml light Soya sauce
7. 150ml olive oil
8. 100ml oyster sauce
9. Salt and pepper to taste
10. Spring roll pastry sheets

Directions

1. Thinly slice the onion, cabbage and carrot, and sauté with olive oil
2. Add the oyster sauce, Soya sauce, salt and pepper to taste
3. Crush roasted cashew nuts into small pieces and mix it with the cooked vegetable
4. Place the mixture in 50g portions onto pastry sheets and fold and seal with egg wash
5. Fry in hot oil until golden brown
6. Remove and drain on paper towel

Cashew Nut & Vegetable Spring Roll with Sweet Thai Chili Sauce

By Ocean Bay Hotel & Resort, The Gambia



Ingredients

This recipe will make 18-20 Portions

1. 500g carrots thinly strips
2. 500g cabbage thinly slice
3. 18-20 spring roll pastry sheets
4. 1 egg lightly beaten
5. 12 table spoon vegetable oil for stir frying
6. 10 table spoon sugar
7. 4-5 cups oil for frying
8. 350g crushed roasted cashew nuts
9. Salt
10. Ground white pepper

Ingredients (Thai Chili Sauce)

1. 250g sugar
2. 250g water
3. 50g dry chilli
4. 20g corn starch
5. 6 table spoon vinegar

Directions

1. Make the cashew nut filling 30 minutes before frying
2. Stir fry the carrots and cabbage in hot oil, add salt and pepper, sugar and cook until the vegetables are soft
3. Cut pastry sheets into diamond shapes
4. Brush the edges of the sheets with egg wash
5. Place 2 table spoon of the prepared filling at the bottom of half sheet
6. Fold over the left and right side and the seal
7. Heat oil in frying pan or wok at temp 360
8. Fry for 3 – 4 minutes or until golden brown and crispy
9. Remove and drain on paper towel
10. Serve with sweet thai chili sauce

Directions (Thai Chili Sauce)

1. Boil all the ingredients together until thickened

Fataya

By Maimouna Diedhiou a cashew processor
from Baila, Casamance, Senegal



Ingredients

Serves 6

1. 150g cashew flour (finely blended raw cashew nuts)
2. 100g bread flour
3. 50ml of warm water
4. 2 teaspoons sugar
5. 50g of yeast
6. ½ kg Shrimp Meat
7. 100g Gruyere cheese
8. 100g tomato puree
9. 100g butter
10. Pinch of salt
11. Peanut oil

Directions

1. Put yeast in a bowl
2. Dilute with a little water
3. Sieve the bread flour and mix with cashew flour
4. Add the butter and pinch of salt and the remaining water to the flour mixture
5. Knead to obtain homogenous dough
6. Put the dough in the bowl and cover with a clean cloth and let it sit for 2 hours
7. Roll out the dough and cut into small pieces
8. Spread the tomato puree
9. Add shrimp and gruyere cheese and fold pieces into parcels
10. Fry in peanut oil until golden brown
11. Remove and drain on paper towel

Yogurt Dip with Cashew

By Societe de Commercialisation de Produits Locaux (SCPL)
in Ziguinchor, Senegal



This dip particularly goes well with hot or cold fish (cod, hake and crab)

Ingredients

Serves 4

1. 0.5 litre of plain yoghurt
2. 30g of fresh ginger
3. 80g of finely chopped cashew nuts
4. Juice of 2 limes
5. 2 teaspoon Turmeric
6. 1teaspoon pepper sauce
7. 3 sprigs of fresh mint or chives
8. Salt
9. Pepper

Directions

1. Fry the cashew nut in a dry frying pan with a non-stick coating – and leave to cool down
2. Peel the ginger and finely grate
3. Mix the yogurt with the ginger, turmeric, lime juice, pepper sauce and cashew nuts
4. Add salt and pepper to taste
5. Sprinkle with chopped chives or mint

Eggplant with Cashew Nut

By Societe de Commercialisation de Produits Locaux (SCPL)
in Ziguinchor, Senegal



This recipe is delicious if spread on pita bread. It can also serve as a dipping sauce for vegetables or served with starters

Ingredients

Serves 4

1. 1 large eggplant
2. 0.5 litre of plain natural yoghurt
3. 1 teaspoon lime juice or vinegar
4. 35g of cashew nuts
5. ¼ litre of broth
6. 1teaspoon olive oil
7. Salt
8. Pepper

Directions

1. Cook eggplant in salted boiling water for 20 minutes or cut into cubes and cook in a glass container in a microwave for 10 minutes
2. Drain and mash eggplant, preferably in a blender (if cooked in the microwave, there no need to drain)
3. Put cashew nut into blender and blend until it turns into a slightly thick paste (add in some hot broth if necessary)
4. Mix blended eggplant and cashew nuts with yogurt, lime juice, and olive oil
5. Add salt and pepper
6. Mix again and serve

Cashew Salad Dressing

By Ocean Bay Hotel & Resort, The Gambia



Ingredients

Serves 4

1. 225 ml of water
2. 75g cashew nuts
3. 2 teaspoon fresh lemon juice
4. Salt
5. 1 clove of garlic
6. Provincial herbs

Directions

1. Put all ingredients in a blender and blend until smooth, and then place in fridge.

Cashew Nut and Roasted Red Pepper Spread

By Jo Anne Yeager Sallah, The Gambia

Served as a dip with crackers or fresh vegetables (celery, carrots, or cucumber) or used as a spread on bread, this dip is refreshing and healthy. A vegan delight.

Ingredients

Serves 4

- 1 cup raw cashew nuts
 - ½ cup olive oil
 - 1 onion, chopped
 - 1 garlic clove, peeled and sliced in half
 - 1 roasted sweet red pepper (or 3 tablespoons roasted sweet red peppers from a jar)
 - 1 fresh lemon (to taste)
 - Cayenne pepper (to taste)
 - Salt and pepper (to taste)
 - Fresh cilantro (optional)
- Place cashew nuts in a bowl and cover with fresh water. Soak for 30 minutes. After nuts start to soften, discard the water and strain the water from the nuts.
 - Place chopped onion and garlic in a small frying pan with a tablespoon of olive oil. Sautee the onions and garlic until lightly caramelized (lightly brown). Add salt and pepper to taste.
 - Place the fresh red pepper over a flame to gradually blacken the outer skin of the sweet pepper. Once the entire skin is black, place into a paper bag and allow to cool. Once cooled down, remove the pepper from the bag and pick off the outer burnt peel. The pepper will be soft and slippery; cut open to remove the seeds. Cut up the sweet red pepper into quarters (This step can be skipped if store bought sweet red peppers are used.)
 - Place soaked cashew nuts, caramelized onions and garlic, ¼ cup of oil, and roasted red pep in a food processor, blender, or can be pounded by hand. Puree until nuts form a smooth paste.
 - Tasting the paste, add salt, pepper, and cayenne pepper as needed. Squeeze juice from one lemon and add to the paste to give the paste a smoother consistency. The paste should be smooth and easy to spread. If a looser consistency is required, continue to add olive while blending in the food processor to the desired texture.
 - Add sprigs of cilantro if desired, or use cilantro as a garnish to the dish.

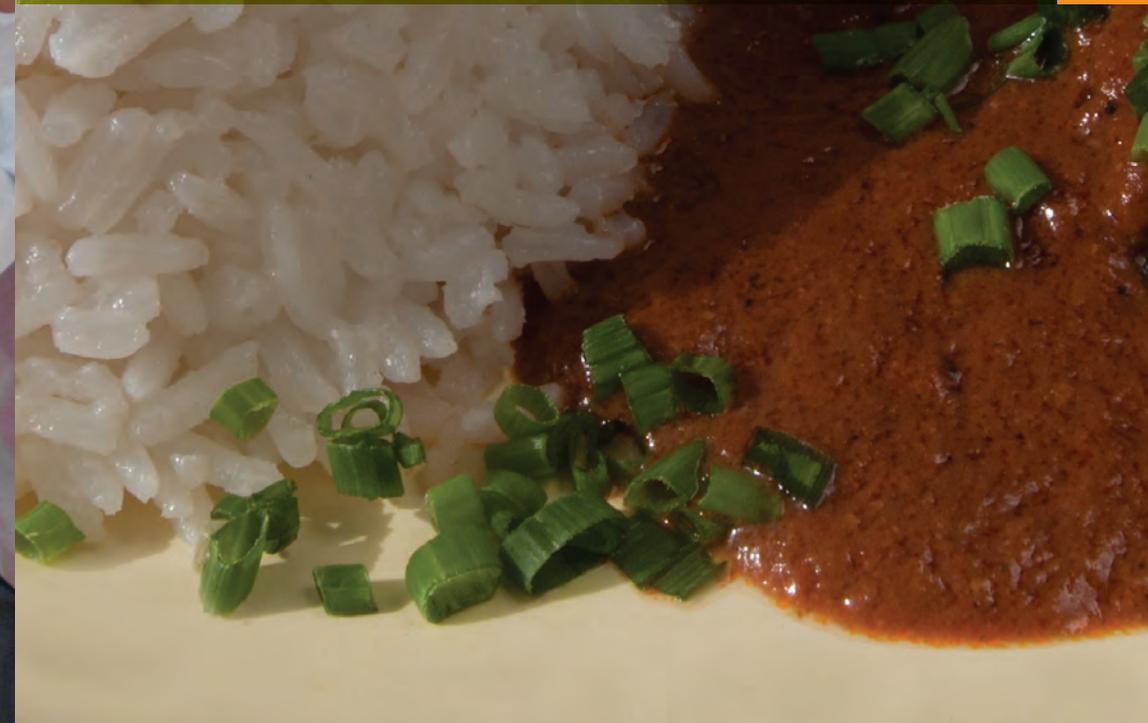
Directions



The first Cashew Festival at the Alliance Francaise, Kairaba Avenue, The Gambia, Saturday 25th February 2012



Main Course



Chicken Tagine with Apricots and Cashew Nuts

By The Butcher's Shop, The Gambia



Ingredients

Serves 4

1. 1 teaspoon ground cinnamon
2. 1 teaspoon ground ginger
3. ½ teaspoon turmeric
4. ½ teaspoon black pepper
5. 1¼ teaspoons salt
6. 3 tablespoons olive oil
7. ¼ cup olive oil
8. 1 chicken, cut into 6 pieces (wings and backbone discarded)
9. 1 tablespoon unsalted butter
10. 1 medium red onions, halved, then sliced 1/4 inch thick
11. 4 garlic cloves, finely chopped
12. 5 sprigs fresh cilantro
13. 5 sprigs fresh flat-leaf parsley
14. 1 ½ cups water
15. 2 tablespoons mild honey
16. 1 cinnamon sticks
17. ½ cup dried apricots, cut into halves
18. 1/3 cup whole white cashew nuts
19. kitchen string

Directions

1. Mix the ground cinnamon, ginger, turmeric, pepper, 1 teaspoon salt, and 2 tablespoons oil in a large bowl. Add chicken and coat well.
2. Heat butter and 1 tablespoon oil in tagine (or in large skillet), uncovered, over moderate heat, then brown chicken, skin sides down, turning over once, 8 to 12 minutes, adding any spice mixture left in bowl.
3. Add onion and remaining 1/4 teaspoon salt to and cook, uncovered, stirring frequently, until soft, about 8 minutes. Add garlic and cook for 3 minutes.
4. Tie cilantro and parsley into a bundle with kitchen string and add to tagine along with 1/2 cup water and chicken. Reduce heat and simmer, covered for 30 minutes.
5. While chicken cooks, bring honey, remaining cup water, cinnamon stick, and apricots to a boil in a heavy saucepan, then reduce heat and simmer, uncovered, until apricots are very tender and liquid is reduced to a glaze.
6. Heat remaining 1/4 cup oil in a small saucepan over moderate heat and cook cashew nuts, stirring occasionally, until just golden. Transfer with a slotted spoon to paper towels to drain.
7. Ten minutes before chicken is done, add apricot mixture to tagine. Discard herbs and cinnamon stick, and then serve chicken sprinkled with cashew nuts on top.

Cashew Crusted Chicken

By The Kairaba Beach Hotel, The Gambia



Chicken breasts dipped in an apricot and mustard sauce, then rolled in chopped cashew nuts for a wonderfully tangy, crunchy and easy-to-make chicken dish.

Ingredients

Serves 4

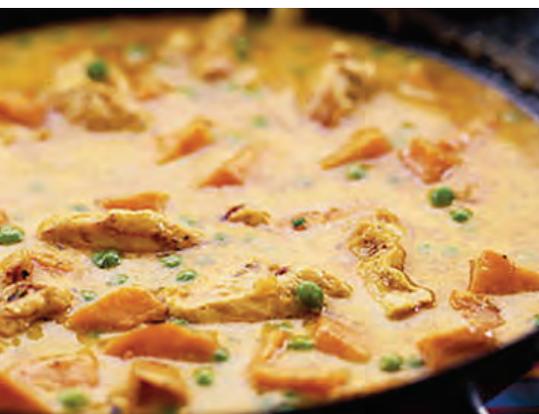
1. 1 jar apricot preserve (or jam)
2. 1/4 cup dijon mustard
3. 1 teaspoon curry powder
4. 4 skinless, boneless chicken breast (halved)
5. 1 cup coarsely chopped cashews
6. ½ cup fresh bread crumbs
7. 250ml chicken stock

Directions

1. Preheat oven to 190 degrees C.
2. Combine the preserves, mustard and curry powder in a large skillet and heat over low heat, stirring constantly, until preserve is completely melted and turned into a smooth puree
3. Place cashews and bread crumbs in a shallow bowl. Dip chicken breasts in the puree sauce, then roll in the cashew nuts/bread crumbs mixture to coat and place in a lightly greased baking dish.
4. Bake at (190 degrees C) for 20 to 30 minutes.
5. Add any remaining sauce to the chicken stock, and cook gently to reduce and serve on the side with the baked chicken.

Chicken in Cashew and Coconut Curry

By Vineyard Restaurant, The Gambia



Ingredients

Serves 4

1. 1/2 cup raw unsalted broken or split cashew nuts
2. 50g of whole cashews
3. 1 teaspoon ground cinnamon
4. 2 teaspoons cumin powder
5. 1/2 teaspoon ground turmeric
6. 2 teaspoons ground coriander
7. 1/2 teaspoon white pepper
8. 1/2 teaspoon chili powder
9. 1 tablespoon olive oil
10. 1 onion, thinly sliced
11. 2 garlic cloves, crushed
12. 2 pieces ginger crushed
13. 750g chicken thigh fillet
14. 1 cup coconut milk
15. Salt to taste

Directions

1. Cut the thigh fillets into 2 cm pieces. Take 1/2 of the ginger and garlic paste and turmeric powder, some salt, 1/2 of the cumin powder and 1/2 of the coriander powder and rub it on the chicken pieces. Set aside for an hour.
2. Heat a large saucepan over medium heat. Dry roast cinnamon, remaining cumin, coriander and chili and white pepper powders for 1 minute. Let it cool down. Add to the broken cashews and place mixture into a food processor. Grind to a fine paste.
3. Heat oil in pan. Add onion and the remaining ginger and garlic. Cook, stirring for 3 minutes or until the onion is golden brown. Add chicken. Cook, turning occasionally, for 2 to 3 minutes or until brown. Add the cashew paste. Cook, stirring constantly, for a couple minutes or until the chicken is coated.
4. Reduce heat to medium-high. Add coconut milk and 1/2 cup cold water. Bring to the boil. Reduce heat to low. Cover and simmer until chicken is well cooked.
5. Garnish with slightly dry roasted cashew nuts and coconut flakes. Add freshly chopped coriander leaves.
6. Serve with steamed basmati rice.

Chicken with Bamboo Shoots and Cashew

By The Shanghai Chinese Restaurant, The Gambia



Ingredients

Serves 4

1. 1 tablespoon cornstarch
2. 1 egg white
3. 3 teaspoon dry white wine
4. 4 chicken breasts, cut into small pieces
5. 2 tablespoon of oil
6. 2 sprigs of chopped chives
7. 1 green pepper, cut into dices
8. 130g of bamboo shoots, drained and cut into strips
9. 1 tablespoon soy sauce
10. 130g of unsalted cashew nuts
11. Hot green chilli pepper (to taste)

Directions

1. Mix cornstarch and egg white in 2 tablespoons of white wine
2. Place the chicken in this mixture
3. Heat oil in a pan
4. Add the chives and cook for 30 seconds while stirring
5. Add chicken and cook 3 minutes
6. Add the remaining ingredients and cook another 5 minutes
7. Arrange on a warm serving dish and serve immediately

Oriental Chicken with Rice

By Carol Blell, The Gambia

Fragrant rice with chicken and minced meat mixes with cinnamon and crunchy cashew and almonds to tantalize the senses and fill the stomach!!

Ingredients

Serves 8

1. One large chicken
2. 1 large onion
3. 1 clove of garlic
4. 1 carrot
5. 2 cinnamon sticks
6. 100 g butter
7. 250 g cashew nut (and flaked almond if available)
8. 500 g minced meat (beef)
9. ½ cup of dried raisins
10. 3 cups of white rice. (washed and soaked)
11. Cinnamon powder
12. Salt

Directions

1. Place the chicken, onion, garlic and carrot in the cooking pot with enough water, add one cinnamon stick.
2. Cook until the chicken is completely cooked through. Do not discard the broth after cooking, as it will be used later to make the rice.
3. Soak the raisins in water in a small bowl, and set aside for later.
4. Stir fry the minced meat with some salt and cinnamon powder.
5. Break cooked chicken pieces into big chunks and remove the bones.
6. Remove the boiled garlic and onion, place in a small bowl and pound into a smooth paste.
7. In a separate pot, melt the butter and stir fry the pounded onion/garlic paste for 1 minute, add the rice and the raisins, stir for 3-4 minutes, add chicken broth.
8. Add water as needed for the rice, and cover the rice and cook until tender and all water is absorbed.
9. Sprinkle cinnamon powder into the layer of rice and place into bowl. Place the boiled chicken pieces on top of the rice, and with a sprinkling of cinnamon.
10. Alternate the layers of rice, cinnamon with chicken and cooked minced meat.
11. In a separate small frying pan, gently fry cashew nuts in butter or vegetable oil until they are a lightly brown. Sprinkle cashew over the top of the rice dish.

'Plasas' with Cashew Nuts

By Solmic Catering Services, The Gambia &
Mme Mbaye née Aissatou Seydi, Ziguinchor, Senegal



Ingredients

Serves 8

1. 1 kg beef, cut in cubes
2. 3 1/2 pints of water
3. 280g cashew nuts powder (blended raw cashew nuts)
4. 1 level dessertspoon pounded peppers
5. 4 onions pounded
6. 3 tablespoon 'ogiri' or 2 large 'maggi' stock cubes
7. 500g of edible green leaves
8. 500g of sorrel
9. 1/2 pint palm oil
10. 500g of smoked fish (herring, barracuda)
11. 1 scotch bonnet pepper
12. Salt

Directions

1. Season beef with salt
2. Pour the water into a cooking pot
3. Add the beef, cashew nut powder, grounded peppers, onions ogiri or maggi cubes.
4. Boil for 5 minutes, reduce heat and cook gently for 1 hour 30 minutes.
5. Wash the sorrel very well. Pound and add to the pot.
6. Wash green leaves very well. Pound and add to the pot.
7. Add palm oil
8. Leave to simmer for 15 minutes.
9. Add the smoked fish and scotch bonnet pepper. Cook gently for another 15 minutes.
10. Serve with boiled rice or fufu.

Cashew Domoda

By Terru Bi Garden Restaurant, The Gambia



Ingredients

Serves 8

1. 1kg of beef, cut into small cubes
2. 250g roasted cashew nut paste
3. 2 tablespoons tomato puree
4. 4 pints of water
5. 3 pounded onions
6. 1 level dessertspoon pounded small papers
7. 2 bitter tomatoes
8. 3 okras
9. 1 large scotch bonnet pepper, finely chopped
10. 4 chopped tomatoes
11. Salt
12. 2 large Maggie cubes
13. 3 tablespoons lime juice

Directions

1. Rinse beef and place in to large saucepan
2. Pour water in pan, add salt and bring to boil
3. Add cashew nut pasted and leave to boil.
4. Add all other ingredients and vegetables except tomato puree
5. Boil rapidly for 50 minutes to break down the paste
6. Add tomato puree.
7. Stir occasionally, season well with salt and add lime juice
8. Serve hot with boiled rice

Mbakhai

By Fajara Skills Development Centre, The Gambia

Ingredients

Serves 6

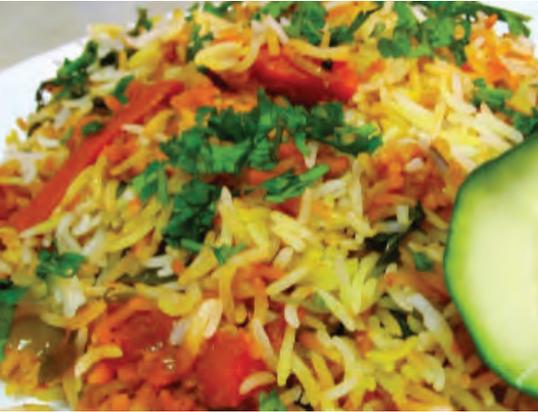
1. 500g of rice
2. 500g of cashew nut powder (blended raw cashew nuts)
3. 2 onions
4. 1 Teaspoon chili powder
5. 50g of dried fish or smoked fish
6. 50g of locus ('netetou')
7. 1 maggie cube
8. 150g of sun dried oysters
9. 150g sun dried shrimps
10. 1 bitter tomato
11. 4 okras
12. 1 tablespoon of salt
13. 1 litre of water
14. 2 scotch bonnet pepper

Directions

1. Cook the rice with one litre of water
2. Add the scot bonnet pepper, okra and the bitter tomato to boil with the rice
3. Blend the onions, powdered pepper, maggie cube and the Locus (netetou)
4. Steam the blended ingredients with the dried fish or smoked fish and the cashew nut powder
5. Once the rice is cooked remove the scot bonnet pepper and the bitter tomato from the pot
6. Add the blended ingredients with the cashew nut powder and let it cook slowly on low heat for 20minutes
7. Mix all ingredients and serve

Vegetable Biryani

By Societe de Commercialisation de Produits Locaux (SCPL)
in Ziguinchor, Senegal



Ingredients

Serves 6

1. 1 teaspoon garlic, chopped
2. 1 teaspoon ground ginger
3. A pinch of turmeric
4. A pinch of red chili powder
5. ½ bunch coriander
6. ½ bunch of mint
7. 100 g of onions
8. 150g of frozen beans
9. 2 teaspoon garam masala
10. 2 potatoes, diced
11. 250g basmati rice
12. 3 carrots
13. 50g plain yoghurt
14. 40 g of raisins
- 15.. 50 g blanched almonds
16. 50g clarified butter
17. 50 g cashew nuts

Directions

1. Cook the rice in boiling salted water and perfumed with 1 teaspoon of garammasala
2. Once cooked, rinse under cold water
3. Drain, reserve
4. Peel and chop onions
5. In the skillet, add garam masala, then onions, ginger, garlic, turmeric and red chili
6. Stir in carrots, simmer 2 minutes, then add the diced potatoes
7. Pour 15 cl water
8. Bring to a boil, continue cooking for 10 minutes at low heat
9. Blanch beans for 5 minutes in boiling salted water and add them at the last moment
10. Season well with salt
11. Mix the stewed vegetables with rice, raisins, almonds and cashews
12. Keep warm
13. Mix the yoghurt with the mint and minced coriander and serve with the dish

Cashew Apple Brochette

By Mme Siranding Sane a processor from Lindiane in Ziguinchor



This recipe is a fantastic alternative to chicken or beef, and ideal for vegetarians

Ingredients

Serves 6

1. 6 to 8 freshly picked cashew apples
2. 2 onions diced in medium size pieces
3. 2 green peppers diced in medium cubes size pieces
4. 4 tomatoes diced in medium cube size tomatoes
5. 2 diced garlic
6. 2 table spoons of groundnut oil
7. 1 beef stock seasoning Maggie cube
8. 1 tea spoon of dry chili powder
9. 1 tea spoon of black pepper powder
10. 1 tea spoon of table salt
11. 50g mustard
12. 50g of cashew nut powder

Directions

1. Peel and cut the cashew apples in to cubic pieces
2. Boil the cashew apple pieces in 1 litre of water for 10 minutes, filter and let it cool
3. Make the marinade with the garlic, beef stock seasoning pepper, black pepper, salt, mustard, vinegar, cashew nut powder and add the cashew apple pieces to marinade
4. Put the cashew apple pieces, the onion pieces and the green pepper on a barbeque stick and grill on a medium heat
5. Serve with salad



The second Cashew Festival at the, Ziguinchor Chamber of Commerce, Ziguinchor, Senegal, Saturday 10th March 2012



Desserts and Snacks



Jam and Cashew nuts mini tarlet

By Sheraton Resort & Spa, The Gambia



Ingredients

Serves 16-18

1. 6 egg
2. 200g butter
3. 600g flour
4. Strawberry jam
5. 500g cashew nuts powder
6. 300g sugar
7. 1kg cashew nuts

Directions

1. Mix butter and sugar for 10 minutes and then add the egg and flour to make the dough.
2. Use the dough to make mini tarts and bake for 15 minutes
3. Roast the cashew nuts and blend to make cashew nuts crumbs
4. Mix the cashew nuts crumb, jam and egg together and fill the tarts with the mixture.
5. Bake the filled tarts for 10 minutes until golden brown

Cashew Nuts Coconut Ball

By Sheraton Resort & Spa, The Gambia



Ingredients

Serves 18-20

1. 600g desiccated coconut
2. 8 egg white
3. 150g orange jam
4. 300g Sugar
5. 1kg cashew nuts

Directions

1. Roast the cashew nuts for 15 minutes in medium temperature oven
2. Cool down the cashew nuts and crushed to small pieces
3. Mix all the coconut and egg white, orange jam and the cashew nuts, then make small ball and bake in the oven for 15 minutes 160°C temperature.

Cashew Nut Pie

By Kairaba Beach Hotel, The Gambia

*This simple recipe takes a lot less time to cook than other deserts.
Served hot or cold, this is delicious with vanilla ice cream*

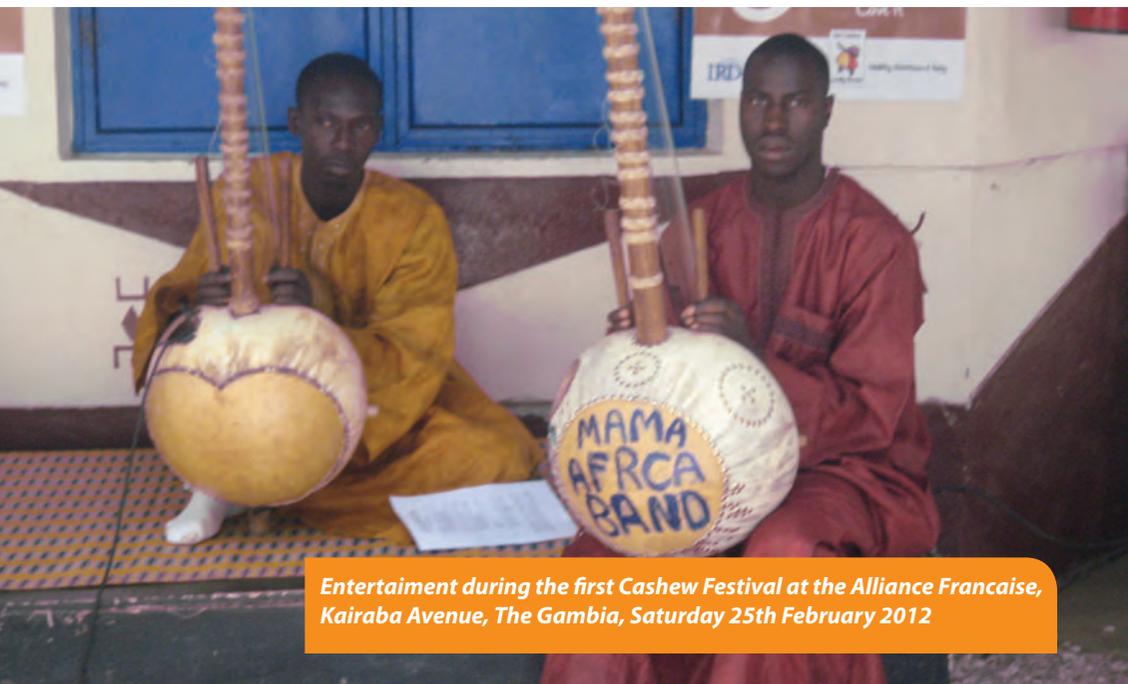
Ingredients

Serves 6

1. 250g cashew nut
2. 150g corn syrup or golden brown syrup
3. 1 table spoon flour
4. 3 whole eggs
5. 5ml vanilla essence
6. 500g sweet dough

Directions

1. Prebake a 20cm pie dish with the sweet dough
2. Mix all ingredients and pour into dish
3. Bake at 160°C for 10 to 15 min or until solid and golden brown
4. Serve with a vanilla icecream



Entertainment during the first Cashew Festival at the Alliance Francaise, Kairaba Avenue, The Gambia, Saturday 25th February 2012

Cashew Nut & Carrot Cake with Cream Cheese Frosting

By Ocean Bay Hotel & Resort, The Gambia



Ingredients

Serves 18

1. 10 Eggs Whole
2. 150g Oil
3. 300g Sugar
4. 250g Flour
5. 2teaspoon baking soda
6. 2teaspoon Baking powder
7. ½ teaspoon salt
8. 2teaspoon cinnamon powder
9. 400g grated carrot
10. 350g crushed cashew nut

Ingredients (Frosting)

1. 125g unsalted butter, soften
2. 800g Cream Cheese
3. 400g icing Sugar
4. 1tablespoon Vanilla Essence
5. 200g Chopped Cashew Nut

Directions

1. Preheat oven to 175 C
2. Grease & flour baking mould
3. Beat eggs, sugar, oil and vanilla in mixing bowl
4. Fold flour, baking powder, baking soda, cinnamon and crushed cashew nut
5. Pour into mould Bake for 40 to 50 minutes. Let it cool down in the mould for 10-15 minutes before removing

Directions (Frosting)

1. Combine butter, cheese, icing sugar and essence, and beat until completely smooth and creamy. Stir in chopped cashew nuts
2. Frost the cake and serve

Cashew Nut Toffee

By Solmic Catering Services, The Gambia



Ingredients

Serves 12-15

1. 100g cashew nuts
2. 100g cup sugar
3. 1 teaspoon water
4. 2 tablespoon margarine or butter

Directions

1. Crush nuts on a pastry board with a rolling pin
2. Dissolve sugar in water
3. Melt butter in a pot, and then add dissolved sugar and stir well until golden brown
4. Add cashew nuts, mix well
5. Pour on to a wet pastry board, using wet rolling pin, roll out until it is about a third an inch thick
6. Cut into various shapes
7. Leave to cool
8. Arrange on plate and serve

Chocolate and Cashew Nut Brownies

By Societe de Commercialisation de Produits Locaux (SCPL)
in Ziguinchor, Senegal



Ingredients

Serves 4

1. 150g of flour
2. 300g of sugar
3. 3 eggs
4. 150g of butter
5. 200g of dark chocolate pieces
6. 125g of cashew nuts

Directions

1. Mix the flour with the sugar then add eggs one after the other until you get a smooth mixture
2. Melt chocolate broken pieces with butter
3. Mix the melted chocolate to the batter and the cashew pieces (reserve a few pieces for decoration)
4. Pour the batter into a mold and bake 20 minutes gas mark 6 (180 C)
5. Unmold, allow to cool then cut into slices and decorate with cashews

Ghraibeh

By Carol Blell, The Gambia

A delicious biscuit loved by children and adults, perfect for lunch boxes, parties, and goes great with tea and coffee.

Ingredients

Serves 24

1. 300g of butter or margarine
2. 2 cups of icing sugar
3. 2 cups of flour
4. Unsalted cashew nuts

Directions

1. Mix the butter with the icing sugar in a deep bowl until the sugar dissolves completely
2. Gradually add the flour to the butter/sugar mixture
3. Knead the mixture with your hands until a soft dough forms
4. Cut the dough in half and roll into a ball and then flatten with a rolling pin on a lightly floured surface, making a dough approximately 1.5cm
5. Cut the individual cookies into diamond or squares, and place a few cashew nuts on top of each cookie
6. Place them on the baking tray and cook for 15 to 20 minutes in a 135 C or 325 F degree oven
7. Cookies should be light golden brown when finished. Remove from tray and let cool

Cashew Nut Milk

By Vineyard Restaurant, The Gambia



Cashew milk is an excellent alternative to dairy milk, especially for people who are lactose intolerant. It is great with tea, coffee and cereals.

Ingredients

Serves 6-8

1. 1/2 cup white cashew nuts
2. water
3. sweetener (maple syrup or honey), optional
4. Pinch of sea salt

Directions

1. Cover cashew nuts with water and allow to soak for at least one hour or overnight. Drain and rinse.
2. Place soaked cashews and 2 cups water into a blender or food processor and blend until smooth.
3. Add a dash of sweetener to taste.
4. Strain through a fine sieve for that extra smoothness
5. You can use more or less water to vary the thickness of your cashew milk, depending on your personal preference, but in general, you want 1:4 ratios of cashews to water.

Cashew Fruit Juice

By Vineyard Restaurant, The Gambia



This juice tastes great, and is simple enough to prepare and has numerous health and nutritional benefits.

Ingredients

Serves 4

1. 2 to 3 freshly picked cashew apples
2. Pinch of Salt
3. White pepper powder – A pinch (for 1 cup)
4. Pinch Sugar

Directions

1. Wash and cut cashew fruit into bite size pieces and put it into blender.
2. Blender adding water little at a time until you get a fine consistency.
3. Add a pinch of salt and a pinch of sugar
4. Strain the juice and pour it into a glass
5. Serve chill.

Cooking Measurement Equivalents

1 tablespoon (tbsp)	=	3 teaspoons (tsp)
1/16 cup	=	1 tablespoon
1/8 cup	=	2 tablespoons
1/6 cup	=	2 tablespoons + 2 teaspoons
1/4 cup	=	4 tablespoons
1/3 cup	=	5 tablespoons + 1 teaspoon
3/8 cup	=	6 tablespoons
1/2 cup	=	8 tablespoons
2/3 cup	=	10 tablespoons + 2 teaspoons
3/4 cup	=	12 tablespoons
1 cup	=	48 teaspoons
1 cup	=	16 tablespoons
8 fluid ounces (fl oz)	=	1 cup
1 pint (pt)	=	2 cups
1 quart (qt)	=	2 pints
4 cups	=	1 quart
1 gallon (gal)	=	4 quarts
16 ounces (oz)	=	1 pound (lb)
1 milliliter (ml)	=	1 cubic centimeter (cc)
1 inch (in)	=	2.54 centimeters (cm)



U.S.-Metric Cooking Conversions

U.S. to Metric

Capacity		Weight	
1/5 teaspoon	1 milliliter	1 oz	28 grams
1 teaspoon	5 ml	1 pound	454 grams
1 tablespoon	15 ml		
1 fluid oz	30 ml		
1/5 cup	47 ml		
1 cup	237 ml		
2 cups (1 pint)	473 ml		
4 cups (1 quart)	.95 liter		
4 quarts (1 gal.)	3.8 liters		

Metric to U.S.

Capacity		Weight	
1 milliliter	1/5 teaspoon	1 gram	.035 ounce
5 ml	1 teaspoon	100 grams	3.5 ounces
15 ml	1 tablespoon	500 grams	1.10 pounds
100 ml	3.4 fluid oz	1 kilogram	2.205 pounds = 35 ounces
240 ml	1 cup		
1 liter	34 fluid oz = 4.2 cups = 2.1 pints = 1.06 quarts = 0.26 gallon		



