

# Cashew Fruit

## Recipes



Sowkhya Mohan



# Cashew Fruit Recipes

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## Cashew Fruits - down the memory lane!

Obviously, it reminds me of childhood days. We used to eat red/yellow fruits hanging in roadside trees. Though it was throat itching at times, we enjoyed it. 'Yellow fruits are less itchy' - we used to discuss among ourselves. Mom used to advise – eat cashew fruits with salt to avoid itching!

I knew one or two recipes of cashew fruit. But never tried them before. Cashew fruit is very rich in vitamin C. However large part of the production goes unutilized in rural areas and this prompted me to explore many recipes out of it. The intense smell of the fruit, which is unpleasant to many, was reduced in recipes and thus making it pleasant! I also considered unripened green fruits and cashew sprouts to develop some recipes. These are very rarely used in cooking. Finally I ended up with 25 recipes which are presented in this book.



My husband Dr. Mohan had contacted scientists of different cashew research stations spread across the country. They have all helped in translation and hence we could prepare the book in 11 languages. Mr. Naveen G.V. from nGV Naturals, Bangalore has nicely designed this e-book. Cashew fruits are supplied in time by ICAR- Directorate of Cashew Research, Puttur. I whole heartedly thank all of them.

The aim of this book- to increase household use of cashew fruit. If that happens, I will be more than happy!

- Sowkhya Mohan Talakalukoppa

## Cashew Fruits: Neither on the shelves nor in households!!

Cashew kernels are relished by everyone. However same can not be said about cashew fruits. The ratio of cashew nut to fruit is about 1:10 and huge quantity of fruits goes waste every season across the country. Fenny is the most famous liquor prepared out of cashew fruits in Goa. Though some states have now permitted to prepare alcohol out of cashew fruits, its usage for this purpose is yet to gear up in a big way.

Many attempts have been carried out to prepare jam, jelly, ready to serve drink, syrup, nector, pickle, cashew apple powder based cookies and fruit bars, and such other products. Unfortunately, it is difficult find them on the super market shelves. This is due to 1) lack of proper advertisement regarding its nutritive value (high vitamin c content compared to lemon and presence of other beneficial components) 2) consumer preference for products of other fruits such as mango, grape etc.

Surprisingly however, in cashew growing areas, usage of cashew fruits at the household level is also very meagre. In other parts of the country, its usage is almost unknown. To ameliorate this situation, tasty recipes are essential and the author has been successful in her efforts.

I have tasted all these recipes and hence I can confidently say these are worth trying at your home too. You can also add new recipes to this list.

That is the sole purpose of this book !!

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# Cashew Fruit Tambuli

## Ingredients

- Cashew fruits 5-6
- Grated coconut 1 cup
- Salt
- Green chilli paste half spoon

Seasoning: Coconut oil 2 spoons, cumin seeds, mustard, chopped red chillies

## Method

First cut the tip of the cashew fruit and discard it. Then squeeze the remaining fruit to take out juice. Add salt to it. Grind the grated coconut and extract about two cups of coconut milk. Add this to juice. Add chilli paste, mix well and give tempering.

- Cashew fruit should be well ripened.
- Juice should be squeezed out by hand only. Taste will be different if you put it in mixer.
- If you like, you can add lemon juice as flavor. It can be used as soup the end.
- Suitable as rasam for hot



# Cashew Fruit Fritters

## Ingredients

- Cashew Fruits 3-4,
- Rava/Semolina half cup,
- Grated coconut  $\frac{3}{4}$  thcup, Jaggery $\frac{1}{4}$  cup,
- Cashew Nuts  $\frac{1}{4}$  cup
- Salt to taste
- Cardamom powder
- Oil for deep frying



## Method

Cut off the tip part of the fruit and discard it. Make small pieces from the remaining portion. Grind the cashew fruit pieces and grated coconut in a mixer. Add jaggery to this, continue grinding. Take this smooth paste in a bowl. Add salt, cardamom powder, dry rava and cashew pieces (no need to add water). Mix it well. Take a small portion of it and deep fry in oil on low flame till it becomes golden brown.

- No need to make balls from the dough
- You can use ghee instead of oil to deep fry, It gives different flavour
- Cashew bites in between enhances the taste of fritters

# Cashew FRUIT halwa

## Ingredients

Cashew fruits 5-6, sugar  $\frac{1}{2}$  cup, saffron, cashew pieces  $\frac{1}{2}$  cup, corn flour  $\frac{1}{2}$  cup, pinch of salt, ghee one cup, cardamom powder



## Method:

To start with, in a large bowl, take  $\frac{1}{2}$  cup corn flour, add one cup water, mix well. Make sure there are no lumps and keep it aside.

Cut off the tip of the cashew fruit and discard it. Remaining portion to be added with pinch of salt and ground to fine paste. Take thick bottomed Kadai and add paste. Stir it for 5 minutes. Then add sugar. Mix well until sugar gets dissolved.

Once sugar is dissolved, keep stirring and pour corn flour mixture, continue to stir until starts to thicken. In between add 2-3 spoons of ghee. Add saffron and cardamom powder. Once mixture turns glowy and thick, add cashew nuts. Transfer the halwa mixture to tray. Wait for 30 minutes until halwa is set completely. Finally cut it into pieces.

# Cashew Fruit Red Sasive

## Ingredients

- Cashew fruit 2
- Grated coconut one cup,
- Mustard  $\frac{1}{4}$  spoon
- Red chillies 4-5
- Jeera  $\frac{1}{4}$  spoon and salt

For seasoning: Oil, mustard, cumin seeds and red chillies, curry leaves

## Method

Wash the cashew fruit, cut into small pieces and add salt to taste. keep it aside. It absorbs salt.

Then grind coconut, mustard and red chillies into a very fine paste while adding required amount of water. Add this paste to cashew fruit. Mix well and give seasoning.



\*If you want light sweet taste add one spoon of Jagger

\*Cashew fruit should be fresh

# Cashew Fruit Paddu

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## INGREDIENTS

Cashew fruits 5-6, Dosarice 3 cups, Paper poha 1 cup, grated coconut 1 cup, cardamom 2, Jaggery 1 cup, salt, ghee



## METHOD

First wash the rice and soak it for 5-6 hours. Drain completely and grind it with cashew fruit, jaggery, cardamom, grated coconut and washed poha. Make a smooth batter. Add salt. Mix well and keep aside for 2 hours. Heat appam pan, put few drops of ghee and pour the batter. Close the lid and cook in medium flame, both sides..

Make sure that cashew fruits are fresh.

# Cashew Fruit Surnoli

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Rice 3 cups, popped rice 3 cups, cashew fruits 10, Jaggery 1 cup, turmeric ¼ teaspoon, ghee, salt, coconut one cup

Wash the rice, soak it for at least 5-6 hours. Add fresh coconut and washed popped rice. Then add chopped cashew fruit. Grind all ingredients into smooth batter, add jaggery, turmeric and salt. Mix it well, Keep it for 3-4 hours.

Heat the pan and spread ghee on it. Pour dosa batter and spread little.

Add ghee and roast it both side.



- Dosa should not be too thin
- Serve it with ghee and honey
- No need to add urad dal to this because popped rice is added

# Cashew Fruit Juice

Cashew fruits 4-5, Sugar, water, lime juice  
3-4 spoon, pinch of salt, ice cubes



Squeeze the cashew fruits by hand, extract the juice from it. Add pinch of salt and water to it. Then add sugar according to the required sweetness. Mix it well.

At the end serve it by adding lime juice and ice cubes.



- Ripe cashew fruits should be used
- You can extract juice by churning cashew fruits in mixer. Both methods give different taste

## CASHEW FRUIT SWEET

Cashew fruits 5-6, corn flour, salt, sugar two cups, cardamom powder, almond pieces, oil to fry



**Method:** Make sugar syrup by adding sugar, water, saffron, cardamom powder in a pan. Then cut off the front portion of the cashew fruits and make slices from the remain part of the fruit. Take corn flour and pinch of salt. Mix it well. Take cashew fruit slices, dip the slices into corn flour powder inside. Make sure that corn flour sticks to the cashew fruit slices. Deep fry in a medium flame. It should be crispy. After that dip the fried slice in the sugar syrup. It should absorb syrup properly. Finally garnish with the badam pieces.

# Cashew FRUIT Payasam

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Finely chopped cashew fruit one cup, grated coconut 2 cup, jaggery 1 cup, cardamom 2-3, pinch of salt, rice 4-5 spoons, ghee  $\frac{1}{4}$  cup, cashew nut 10-12, badam 5-6



In a kadai, take two spoons of ghee, then add cashew fruit and fry it. Add pinch of salt while frying. Wash the rice and dry fry it. Grind 3-4 spoons of grated coconut, fried rice, jaggery and cardamom. The paste should be smooth. This should be added to fried cashew apple pieces. Boil the mixture. After two minutes, add coconut milk and boil it till you get payasam consistency. At the end, garnish with roasted dry fruits.

Extract coconut milk by grinding coconut with little water  
Roast cashew and badam pieces with two spoons of ghee

# Cashew Fruit Jam

10

- Cashew fruits 20-25
- Salt  $\frac{1}{4}$  spoon
- Sugar approximately
- 2 cups Cinnamon powder  $\frac{1}{4}$  spoon
- Lemon juice 2 spoons
- 



First cut off front portion of the cashew fruits. Grind remaining part of the fruit. While grinding add salt. Take thick bottom kadai and put the paste. Boil it by continuous stirring. Add sugar and lemon juice. Stir it well, till it becomes thick. Consistency should be like liquid jam. After cooling, it will become thick. In the end, add cinnamon powder and mix it well.

- Intense flavour of cashew fruit will not be there in this jam
- You can serve this with bread, dosa or chapati
- Careful while adding sugar. If you add more sugar, it will become sticky



## Cashew Fruit Kayirasa

### Ingredients:

Cashew fruits 4, grated coconut 1 cup, white sesame seeds 3 spoons, onion big size 1, red chilli powder 2 spoons, rasam powder 1 spoon, salt, tamarind, jaggery 2 spoons, turmeric powder  $\frac{1}{4}$  spoon, coriander leaf, masala powder 3 spoons (method: 3 spoons of bengal gram, 2 spoons of urd dal, 1 spoon jeera, 1 spoon coriander seed – all these should dry fried separately and after cooling, grind it into fine powder)

For seasoning: oil, mustard, jeera, red chilli, curry leaves

### Method:

Wash the cashew fruits, cut off the stalk part of the fruit. Cut the remaining part of the fruits into pieces. Fry the sesame seeds and keep it aside. For grated coconut, add 2 spoons of fried white sesame seeds, chilli powder, rasam powder, masala powder and grind it well.

For seasoning add all the ingredients. Then add finely chopped onion and fry well. Then add cashew fruit pieces and fry very well. Add salt and turmeric. Then add jaggery and mix it well. Then add ground mixture and little water. Cook well. Then at the end, garnish with fried white sesame seeds and coriander leaves.

# Cashew Fru KADABU



## Ingredients

2 cup rice, grated coconut 1 cup, chopped cashew fruit 1 cup, Jaggery 1 cup, salt, cardamom, ghee and banana leaf

## Method:

Wash the rice thoroughly and soak it for 4-5 hours. Grind coconut, cashew fruit, jaggery, salt and cardamom with soaked rice. Consistency should be smooth. Wash the banana leaf. Spread the batter on the banana leaf (like dosa). Fold the banana leaf and cook like idli in steam for 20 minutes. Or keep banana leaf on the pan and cover it and cook it well both sides. Then take out banana leaf and add ghee and eat it.

- The ground mixture should be smooth
- The consistency should be proper. Otherwise it is difficult to spread it on banana leaf



## Cashew fruit spicy dosa

**Ingredients:** Bansi rava/big size wheat rava/ semolina 3 cups, cashew fruits 5-6, jeera  $\frac{1}{4}$  spoon, green chilly 3-4, salt, oil or ghee

**Method:** Soak the rava for 1 hour, grind cashew fruits, jeera, green chilli and salt with soaked rava. Add little water while grinding. Keep the batter for  $\frac{1}{2}$  hour. Heat the tava and prepare thin dosa. Close the lid. Use oil or ghee. Serve with chutney.

# Cashew Fruit Sasive



Cashew fruits 3-4. Grated coconut 1 big cup, mustard  $\frac{1}{4}$  spoon, green chillies 4-5, salt, lemon juice and jaggery

Wash the cashew fruit, cut it into small pieces. Add salt to taste. Keep it aside so that pieces absorb salt. Then grind coconut, mustard, green chillies and pinch of salt into a very fine paste by adding required amount of water. Add this paste to cashew fruit pieces. Mix well. Add jaggery and lemon juice according to your taste. Give seasoning. Mash red chillies at the end on the mixture.

# Green Cashew Fruit Salad



Unripened cashew green fruits,  
green chillies 3-4, onion 1, salt  
and lemon juice, grated coconut  
2-3 spoons, coriander leaves  
For seasoning :

coconut oil, mustard, jeera,  
urad dal and curry leaves

Method: Remove the stalk part of the cashew unripened fruit and then burn it over flame (just like brinjal). Then remove the black part of the burnt cashew fruit. The inside part is cut it into small pieces and add salt to it. Burn green chillies and mash it and add it. Then add finely chopped onion and coriander leaves and mix well. Then add lemon juice and grated coconut. Add seasoning at the end.

This goes well with rice, chapathi and roti There will not be throat itching with this recipe



## Cashew fruit SUttav

Cashew fruits 10, wheat flour 2 cups, jaggery 1 cup, cardamom 203, coconut pieces 2-3 spoons, little salt, ghee 1 spoon, oil for frying

Remove the stalk part of the fruit (to avoid throat irritation), and put the remaining part in mixer grinder and grind it once. Then add jaggery and cardamom and grind again. Next, add salt and coconut pieces and mix well. Then add wheat flour as much as required and kneed well. Keep it for half an hour. Then make balls (gooseberry size) and fry in oil.

- If final mix is thin, then it will absorb lot of oil
- This recipe is to be eaten with ghee

# Cashew Fruit Salad



cashew fruits 4-5, salt, pepper powder, chat masala powder, jeera powder, lemon juice 3-4 spoons



Take fully ripened cashew fruits. Cut into small cubes. Sprinkle **salt, pepper powder**, chat masala powder and jeera powder.

At the end, put lemon juice



- If you eat like this, there is no itching of the throat
  - Use fully ripened fruits
- Do not use stalk part of the fruit otherwise it will cause throat irritation



# Cashew Fruit Ice-Cream<sup>18</sup>



Custard powder 2 spoons, milk 1 cup, cream 1 cup, condensed milk  $\frac{1}{2}$  cup, cashew fruit jam 3-4 spoons, sugar 3 spoons, dry fruits (almond, cashew)

To start with, add one spoon custard powder to 4 spoons of milk and mix it well. Keep remaining milk for boiling. When it starts boiling, add custard powder and sugar and mix it well continuously so that it becomes thick. Then allow it to cool. Whip the cream thoroughly to get froth. Then add condensed milk and milk prepared from custard powder and cashew fruit jam and blend it well. Keep it in freezer. After 5-6 hours, put it in mixer grinder and grind well. Again keep it in freezer. After 5-6 hours take it out and add dry fruits fried in ghee.



## Cashew green fruit sasive

### Ingredients :

Unripened green fruits 3-4, green chillies 1-2, grated coconut 1 cup, mustard  $\frac{1}{4}$  spoon, salt to taste, sweet curd 1 big cup, onion 2, coriander leaves

**For seasoning:** oil, mustard seeds, cumin seeds, red chillies and curry leaves

**Method:** Initially cut off the stalk part of the unripened green fruit and discard it. Burn the remaining part directly over flame like burning brinjal. Then remove the burnt blackened parts carefully. Then mash the inner part or fine cut it. Add salt to it. Burn the green chillies over flame little and grind it along with grated coconut and mustard seeds. Add little water while grinding. Add this mix to unripened green fruit slices/mashed part. Add sweet curd and mix it well. Chop the onions and add it. Flavour the entire mix with seasoning. Then mash the red chillies little so that it gives the correct flavour and taste.

- This will have unique flavour and taste
- Because of burning over flame, tannin content (itchy element) goes away from unripened green fruit.



cashew  
green fruit  
tamarind  
gojju



Ingredients: Unripened green fruits 4-5, Onion 2, tamarind, salt, chilli powder, sambar powder, turmeric powder, jaggery

For seasoning: Oil, cumin seeds, mustard seeds, curry leaves and red chillies

Method: First remove the stalk part of the unripened green fruit and burn the remaining part directly over the flame. Remove the burnt and blackened surface and discard it. Finely slice the inner part.

Chop the onions. Take tamarind in water and squeeze the contents. Add all these and mix well. Add salt, turmeric powder, jaggery, sambar powder and chilli powder and boil well. Then give seasoning.



## CASHEW SPROUT SALAD

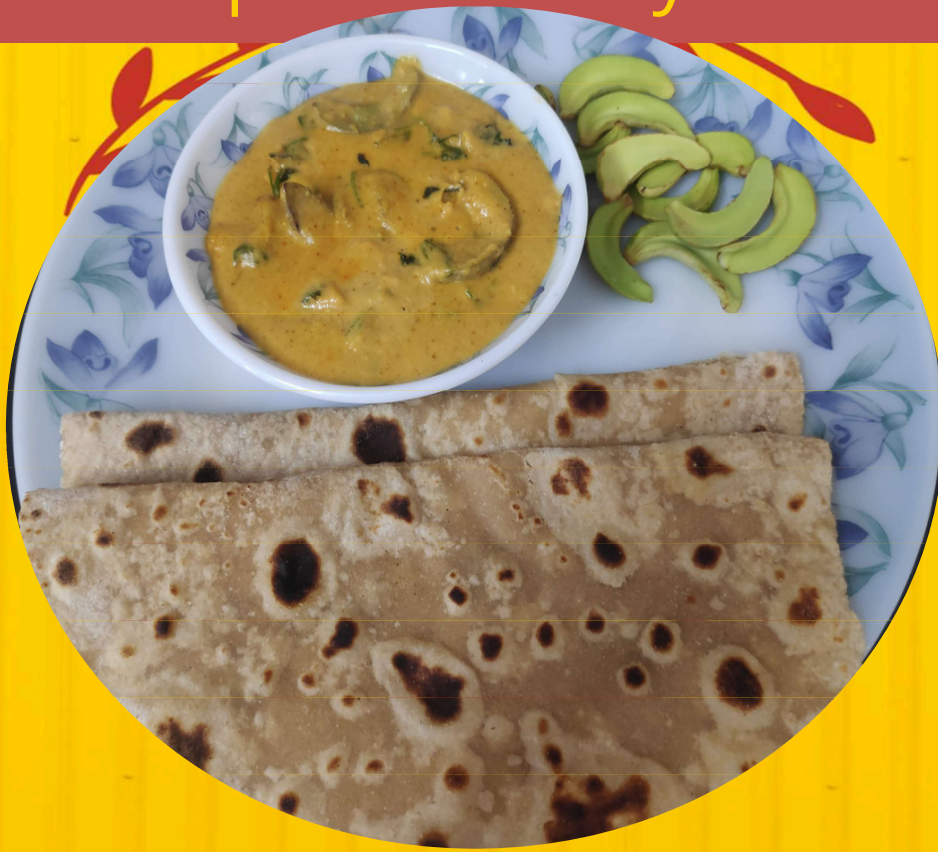
### Ingredients :

Cashew sprouts half cup, Onion 1,  
Tomato 1, Carrot 1, Coriander  
leaves, Green chillies 1-2, Lemon  
juice, Salt, Pepper powder  $\frac{1}{4}$  spoon

### Method

Chop onion, tomato and coriander leaves. Add grated carrot to it.

Cut green chillies into small pieces and add it. Add cashew sprouts to this. Then add salt, lemon juice, pepper powder to taste and mix it well. If needed, seasoning can also be given.



## Ingredients:

Cashew sprouts 1 big cup, tomato 4, onion 1, coriander leaves, turmeric, ginger-garlic paste, sambar powder 1 spoon, chilli powder 2 spoons, garam masala, cashew kernels 8-10, salt to taste, milk cream 2 spoons, sugar, oil 4-5 spoons

## Method

Add oil to the pan. Add onion, tomato, salt and fry. Coriander leaves, ginger-garlic paste should be added. Once it is cooled, add cashew kernels and grind it. In another pan, add oil and fry cashew sprouts. Add little salt so that it cooks early. Add ground paste to this and cook well. Add turmeric, sambar powder, red chilli powder and little garam masala. Add water and cook well. Add a little sugar. Then add milk cream and cook once. Then add lemon juice, coriander leaves. This gravy goes well with chapathi.

# Cashew Sprout Fried Rice



**Ingredients:** Cashew sprouts 1 cup, cooked rice 4 cups, onion 2, ginger-garlic paste, pepper powder  $\frac{1}{4}$  spoon, green chillies 2, soya sauce 2 spoons, salt, lemon juice, oil 4-5 spoons, cumin seeds

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## Method:

Put oil in the pan and add cumin seeds first. Add chopped onion and chopped green chillies and fry them. Add a little salt. Add ginger-garlic paste. Add cashew sprouts (two halved). Add salt and pepper powder and fry a little. Sprouts should absorb salt. Then add soya sauce. Afterwards add cooked rice and mix it well and cook for sometime. Add lemon juice at the end.



## Cashew Sprouts Fry –Method I

### INGREDIENTS

Cashew sprouts 1 cup, oil, salt, pepper powder and lemon juice

### METHOD:

When oil in the pan gets heated, add cashew sprouts and fry them. Take out cashew sprouts. Add salt and pepper powder and mix it well. At the end, add lemon juice.



## Cashew Sprouts Fry Method -II

### INGREDIENTS:

Cashew sprouts one cup, oil 2-3 spoons, salt, cumin powder, amchur powder/lakoocha powder, red chilli powder, turmeric powder, chat masala powder little

### METHOD:

Put oil in the pan and add cashew sprouts and fry well. Add salt. Then add all masala items and fry well. See that all masala gets into cashew sprouts. This tastes very good during the rainy season.

# Cashew Leaf Tambuli



**Fry/cook the cashew leaves, add grated coconut, roasted cumin seeds and black pepper, bird's eye chilli. And grind it smoothly, add buttermilk, salt and a pinch of jaggery. Season it with cumin and mustard seeds and mix well.**

**This tambuli increases digestion and removes stomach impurities. Good for post delivery**





## CASHEW APPLE KESARIBHATH (SHIRA)

### INGREDIENTS



Finely chopped cashew apple pieces 1/4 cup, Medium Upma Rava 1 cup, Ghee 1/2 cup, Sugar 1 cup, water 3 Cup, Cardamom 1, clove 1, pinch of salt, cashew kernel pieces and kismish (dried grapes) few

### INSTRUCTIONS



- 1) Fry the cashew kernel pieces and kismish pieces with little ghee, keep it aside.
- 2) Then fry the finely chopped cashew apple in ghee. While frying, add very little salt. Then add water. Add clove and cardamom. Then add sugar.
- 3) In another pan, fry the rava with ghee. Add the boiling mix from the second point given above. Close the lid. Then add ghee and stir it. Finally, add cashew kernel pieces and kismish pieces. No odd smell of cashew apple. No throat itching, very tasty. We can easily use instead of pineapple - Sayeegeetha, my neighbour.

# Recipe books by Sowkhya Mohan



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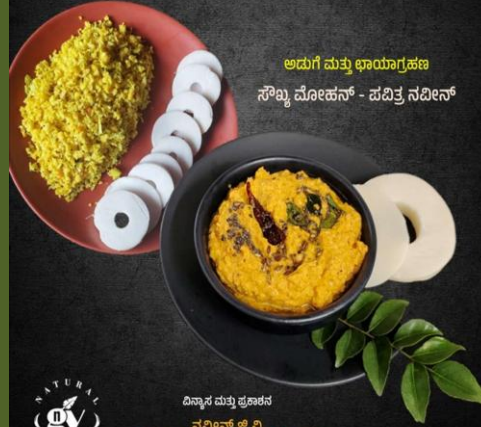


ಸೌಖ್ಯ ಮೋಹನ್



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An Album of tasty recipes



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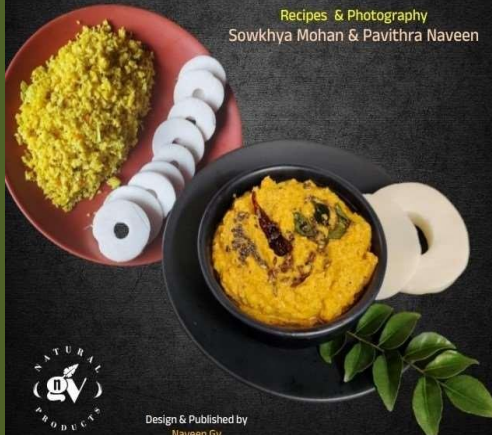
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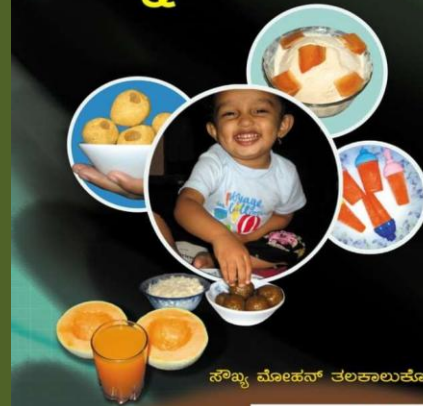
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## ನನ್ನ ಅಡುಗೆ



ಸೌಖ್ಯ ಮೋಹನ್ ತಲಕಾಲುಕೊಪ್ಪ

