

## **Macadamia Nuts (Nuts)**

**Interesting facts:** Most of the world's macadamia nuts are grown on the island of Hawaii. Tough nut to crack: it takes 300 lbs. per square inch to break the macadamia nut shell, hardest of all nut shells. The macadamia is the most calorie-laden nut. One hundred grams (about 2/3 cup or a handful) contains 718 calories.

**How to select:** Macadamia Nuts are treated with atrazine which has been shown to harm aquatic organisms and there is some evidence that it has a negative impact on human reproduction. Buy organic only. Macadamia nuts are most often available in packages or cans after they have been shelled and dried, or in candies. Vacuum-packed nuts are the best choice for the freshest product. Shelled macadamia nuts have a very high fat content and must be stored carefully to avoid rancidity.

**How to store:** The nuts should be light in color; they will darken with age as the inherent oil turns rancid. Refrigerate unopened packages or cans of macadamia nuts for up to 6 months, or freeze for up to 1 year. Once opened, refrigerate and use within 2 months.

**How to use:** Ground, Roast, Snacking

**Ground:** Some recipes call for ground macadamia nuts. Simply put them in a food processor and pulse until desired consistency is achieved. Beware over grinding you'll end up with nut butter.

**Roast:** Preheat the oven to 225 °F. The temperature may vary based on your elevation. A higher elevation will require a higher temperature; anywhere between 225 °F and 250 °F should be suitable for roasting macadamia nuts. Mist the nuts with your buttery spray (part water, salt and melted butter). Roast for 10-15 minutes. You may want to roast longer or shorter, depending on your preference and taste. Monitor the nuts closely as they roast; If they turn anything darker than a golden brown, they will likely burn.

**Snacking:** Eating them as a snack. Remember they are the highest fat and calorie of all nuts.