

Middle-Eastern Dukkah gets a mac twist

Recipe by
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Dukkah, pronounced DOO-kah, gets its name from the Egyptian Arabic word for “to crush” or “to pound”, which is precisely how this exotic dish is made.

In this recipe made with chopped South African-grown macadamia nuts, seeds and Middle Eastern spices, macadamia industry aficionado and communications expert Annelle Whyte gives this north African dish a new twist.

The ingredients are placed into a mortar, or food processor, and ground into a coarse power, releasing their trademark aromas in the process.

“Dukkah is usually eaten by dipping bread into olive oil and then into the spicy, nutty mixture. It is also delicious on just about anything, including salads, soft cheeses, eggs, yoghurt and as a topping for soups,” she says.



Macadamia Dukkah

Ingredients

- 1 cup macadamia nuts
- 2 ½ tablespoons white sesame seeds
- 2 tablespoons coriander seeds
- 1 tablespoon cumin seeds
- ½ tablespoon cinnamon
- 1 teaspoon chilli powder
- 1 teaspoon black pepper
- 1 teaspoon salt

Method

- Roast macadamia nuts at 160°C for 15 minutes. Cool nuts.
- Roast coriander seeds and cumin seeds separately until aromatic and cool.
- Roughly grind cumin and coriander in a spice grinder or mortar and pestle.
- Roughly grind nuts in a mortar and pestle or place in a sturdy plastic bag and belt with a mallet or rolling pin. Make sure they are still chunky!
- Mix all ingredients well.

Put the camel in the stable, settle down on a pile of Persian carpets and enjoy!



Annelle Whyte is the founder of Limpopo-based communications company Koko & Tree.

With a background in domestic agriculture and a BComm degree in

communications from the University of Stellenbosch, Whyte honed her communications skills in London where she worked for the likes of T-Mobile, Everything Everywhere and UBM.

Describing her firm as a “truly boutique” communications offering with a deep specialisation in agriculture, Whyte says her aim is to link South African businesses – and particularly agri-businesses – to the outside world.

“At Koko & Tree we firmly believe that agriculture is emerging as one of the world’s most strategically important industries and one that is critical to bringing about a more sustainable future,” she says. “We have a passion for agriculture born of our love for both people and our planet.”

Look out for this talented young woman’s recipes in all upcoming editions of The Macadamia magazine.