



ON THURSDAY
A DEEPER LOOK
AT OSCAR
NOMINATIONS



In winter, you'll find broccolini, kale, carrots, cauliflower and other hearty produce. These came from Boggy Creek and Springdale farms. ADDIE BROYLES / AMERICAN-STATESMAN

How far will \$15 go at a local farmstand, and what can you make?

Addie Broyles
Relish Austin

As part of my #30atHome cooking challenge, I've been trying to get out of my everyday grocery shopping habits, which is why I went by two East Austin farmstands recently.

Boggy Creek's farmstand is open Wednesday-Saturday from 8 a.m. to 1 p.m., and Springdale Farm, just a few blocks away, is open from 9 a.m. to 1 p.m. Wednesday and Saturday.

Between those two places, I spent \$14.87 on five items. I was hoping that these would be our veggies for the week. (I still had to stop at the store for apples, bananas and oranges,

because with two young boys, we can't go long without familiar fruits.)

The broccolini was the cheapest at \$1.70 (\$3/lb.), and the cauliflower the most expensive at \$4.25 (\$4/lb.). Kale and carrots were \$3 per bunch, and sweet potatoes were \$2.95 (\$2.50/lb.) These are some of my favorite kinds of produce, so I was excited to use them in several dishes, including a kale, carrot and butter bean soup, sauteed broccolini with pasta, roasted sweet potatoes and roasted cauliflower.

I was the most skeptical about the cost of the cauliflower, a produce ingredient you can find for less than \$2 at most grocery stores. But when I roasted it with minced gar-

Farmstand continued on D3



Cashews are popular around the world, and in the U.S., many cooks are using them to make vegan cheeses and sauces, such as the dressing for this Caesar salad. CONTRIBUTED BY ASHLEY MCLAUGHLIN

The world is a nutty place

Cashews originated in Brazil, but here's why you'll find them everywhere.

By Claudia Alarcón
For the Austin American-Statesman

Of the many wonderful culinary memories I've made while traveling, the ones from northeastern Brazil are close to the top.

I have spent time for both research and pleasure in the state of Bahia, the largest in the country, in the capital of Salvador and surrounding areas. This wonderful place that boast miles of coastline and a vibrant culture with a strong African influence — as the unfortunate result of slaves working the sugar cane and cacao plantations — completely captured my heart.

Among the many culinary discoveries I made during my visits, one stands out as an interesting history lesson: the cashew.

Reportedly discovered by Portuguese colonists in 1578, cashews spread to Mozambique and India in the 16th century as colonization expanded. They arrived in Spain from the subcontinent via the spice trade, finding their way to the Americas shortly thereafter. In an interesting twist, the name for cashew in Spanish is nuez de la India - the nut from India.

Nowadays, cashews are consumed worldwide, widely used in Southeast Asian cuisine and characteristic in numerous dishes of India. But in Bahia, cashews reach their cultural and culinary peak.

The name cashew derives from cajú, the name given by the Portuguese after acajú, the name used by the indigenous Tupi people.



Cashews originated in Brazil but are now found in cuisines all over the world, thanks to the movement of people and the spice routes that connect the hemispheres. CONTRIBUTED BY DODESIGN

The cashew tree is known as cajueiro, a close relative of mangoes, pistachios, poison ivy and poison oak. As useful as it is iconic, the trees, including the edible seeds and fleshy fruit that grow on them, appear in literature, poetry, common parlance and popular sayings, music, dance, children's games, customs, folklore, medicine, arts and crafts, painting, furniture and, of course, the cuisine.

Cashews are a seed that grow on the end of what's called an "apple." Botanically a pseudo-fruit, cajú has yellow skin that turns orange and then red as it ripens and is used throughout Bahian cuisine in beverages, sorbets, jams and jellies. It is

rich in vitamin C, and though it has a unique flavor that may be an acquired taste to non-Brazilians, it is used to color, perfume and enrich the tropical cuisine throughout Bahia.

Cajú is the star in numerous regional preparations, such as cajuada (pure juice sweetened with sugar, or cashew juice beaten with milk and accompanied by cassava flour or cashew flour), mocororó (fermented cashew juice), jeropiga (a bottled table wine), tumbance (cashew meal mixed with cassava flour, cashew juice, water, and rapadura, Brazilian piloncillo) and cajuína (cashew juice filtered, bottled

Cashews continued on D8

RECIPE



Miso is a strongly flavored fermented paste that adds a ton of flavor to this bowl of udon noodles with mushrooms. CONTRIBUTED BY DEB LINDSEY

When the only way to beat the cold is with warm noodles

By Joe Yonan
For the Washington Post

I'll make this brief: Sometimes, nothing but noodles will do. It's chilly, I'm hungry, and all I want is to slurp up carbs from a bowl. Maybe it's spaghetti with a simple marinara sauce. Maybe it's a soup like ramen, where the noodles come first and the broth (and everything else) after.

Or perhaps it's something in between. That's the appeal of a dish from "Veganomicon," whose 10th-anniversary edition is just out. Isa Chandra Moskowitz and Terry Hope Romero call it "The Ultimate Vegan Cookbook," and it really is, with instructions for tempeh bacon, chickpea cutlets,

nondairy milks and plenty more. Over the past decade, I've made plenty of dishes from the book, some of them more involved and others simple, and one of the simplest combines udon noodles, shiitake mushrooms and kale in a miso-enriched broth.

It's comfort of the highest order, but it's not quite a soup; there's just enough broth to give you something to sip after you've dispatched the noodles. The authors suggest adding seitan for extra heartiness, but that's not (usually) my jam. Chickpeas, on the other hand? Yes, please. They, along with the other vegetables, give me a little something to chew between slurps.

» Recipe on D7

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Cashews

continued from D1

and boiled in a water bath). However, I admit to not being a fan of the cajú caipirinhas that everyone around us enjoyed.

But it is with that soft white seed that cashews enter the international market. Cashews add richness and texture to dishes from many cuisines, and they are also useful to make vegan cheeses and milk substitutes. They contain the highest levels of zinc, manganese, magnesium, copper and iron when compared to other nuts, making them an excellent addition to a vegetarian or vegan diet.

In its raw form right out of the hull, the cashew kernel is soft, white and meaty, and is known in Brazil as maturi. In his novel “Tieta do Agreste,” celebrated author Jorge Amado describes frigdeira, a dish resembling a fluffy omelet flavored with dried shrimp, coconut milk, cilantro and onion, where maturi is used as a substitute for the more expensive codfish.

But just like the cajú fruit, maturi is an extremely delicate ingredient. It must be removed from the shell by hand, a dangerous process due to the caustic substance found between the shell and the membrane that surrounds what we call the nut. People must wear gloves and appropriate clothing in order to safely obtain them. This has recently become a human rights issue for cashew workers worldwide.

While I haven’t had the pleasure of enjoying maturi, I did enjoy cashews throughout the area, driving along countryside roads where vendors walked up to cars with bags full of golden roasted nuts, the biggest I have ever seen. And Bahian cuisine is chock full of recipes that feature cashews as an ingredient and gar-nish, with dishes like vat-apá, bobo with shrimp and xinxim de frango, a chicken stew flavored with palm oil and coconut milk, thickened with cashews. The African influence in the cuisine is

CHICKEN XINXIM (XINXIM DE FRANGO)

This hearty stew showcases cashews as a sauce thickener. It’s a representative dish of the cuisine of Bahia and includes ingredients found in many area recipes such as coconut milk, dried shrimp and dendé (palm oil), a direct transfer from African immigrants. A little goes a long way, so buy the smallest jar possible. You can certainly leave it out, but adding it is traditional.

- 1 (2- to 3-pound) chicken, cut at the joints
- Salt and pepper to taste
- 1 lime, halved
- ½ pound fresh large shrimp, peeled and deveined, with tails
- ¼ cup dry shrimp, peeled and ground (optional)
- ¼ cup ground roasted peanuts
- ¼ cup ground cashews
- 1 tablespoon vegetable oil
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 malagueta peppers, or one serrano, chopped
- 2 medium tomatoes, chopped
- 1 cup chicken stock
- 2 teaspoons fresh grated ginger
- 1 teaspoon ground black pepper
- 1 tablespoon dendé (palm oil)
- ¼ cup cilantro, roughly



This Brazilian chicken stew is called chicken xinxim. Cashews are used to thicken the sauce.

CONTRIBUTED BY CLAUDIA ALARCON

chopped ½ cup coconut milk

Wash the chicken, pat dry and season salt and pepper. In a large bowl, toss with the juice from half the lime, and let it rest for 30 minutes. In a medium bowl, season the shrimp with salt and pepper, toss with the rest of the lime juice and set aside for 15 minutes.

In a food processor,

grind the dried shrimp and mix with the ground peanuts and cashews. In a large saucepan, heat the vegetable oil and saute the shrimp briefly, until just pink. Remove and reserve. Add more oil to the pan, heat and add the chicken pieces, skin side down, until golden. You may need to do this in batches, adding oil as needed. Remove from pan and reserve.

Drain the remaining oil and add olive oil to pan. Saute the onions and garlic until onion is translucent, about 5 minutes; add the serrano and cook for another 5 minutes. Add the tomatoes and the stock and bring to a boil, reduce heat and add the chicken. Cover and cook for about 25 minutes, stirring occasionally, until chicken is cooked through.

Remove chicken from the pan and add the dried shrimp and nut mixture, ginger and pepper. Bring to a simmer; add the dendé, the chicken and the shrimp. Bring to a simmer again, add the coconut milk and cilantro and cook until heated through, about 3 more minutes. Serve with white rice.

— CLAUDIA ALARCÓN



Roasted cashews are delicious on their own, but you can season them with salt and pepper or any other spices you prefer. CONTRIBUTED BY SHEILA FITZGERALD



Cashews add the crunch to many dishes or can be enjoyed on their own. CONTRIBUTED BY THE DAYTON DAILY NEWS

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