

Bunya Nut Processing

January is Bunya Nut season here in South East Queensland. I am still exploring the many ways to use bunya nuts in cooking and so far have made cakes, flatbread, biscuits, crackers and pesto. As well as using them as a starchy veg in stews and soups, and a gnocchi substitute with a pasta sauce.

My method follows, which I learnt from this YouTube clip [How to Prepare Bunya Nuts to EAT! \(youtube.com\)](#)

1. Break open the Bunya Nut and remove the kernels and place in a large saucepan
2. Discard any small ones, as these will not have any flesh in them.
3. Cover them with water and remove any that float as these will be empty also
4. If there is debris in the pot, tip off the water and put a fresh lot in
5. Add salt – quite a lot – the amount will depend on how much you're doing. You want it as salty as sea water.
6. Boil for 45 minutes and leave in saucepan overnight or up to 24 hours.
7. After this time, drain the water off and cut the nuts in half. Using a sharp knife, cut down the split in the shell.
8. Remove the yellow centre piece and then take the flesh out of the shell and put aside.
9. Either dry in a dehydrator until crispy dry and then mill to flour in a food processor, or use the nuts as they are.
10. Freeze what ever you are not using in the next day or so.

Another way that Perri's Plants to Plate on Facebook recommend is to cut them in half and dry in a dehydrator. I find this too hard without a specialised guillotine, which I am working on.

Recipe for Chocolate Brownie

200g Bunya nut meal

200g melted butter

100g coconut sugar – could add another 50g if you like it a bit sweeter

50g cacao

4 eggs

Pinch of salt

1 cup of chopped pecans.

Melt butter. Add the remaining ingredients except the pecans. Mix well and then fold in the chopped pecans.

Bake in a moderate oven approximately half an hour. Store in fridge once cool.