

LactoFermented Apple-Cashew Spread

Ayurveda Inspired

A smooth apple and cashew paste made through a two-stage fermentation method

Equipment / Materials

- Clean airtight fermentation jar with lid
- Kitchen scale
- Bowl for mixing
- Chopping board / knife / grater
- Steamer or pressure cooker for cooking apples
- Blender / food processor
- Weight or small clean glass jar, if needed, to keep ingredients submerged

Ingredients

- Raw cashews 250G
- Apples, peeled, cored and chopped 1kg
- Cloves 5 to 7 or ¼ tsp powder
- Salt 35G



Two-stage process:

Ferment cashews first, then ferment the finished apple-cashew paste.



Method



- 1 Prepare the cashews and combine them with salt in a clean airtight jar.
- 2 Ferment the cashews for 7–10 days.
- 3 Peel, core and cook the apples until soft; cool completely.
- 4 Blend the fermented cashews & cooked apples, separately into smooth pastes. Then mix both pastes together well in a bowl.
- 5 Add salt & cloves , mix well together
- 6 Pack the paste firmly into a clean airtight jar.
- 7 Keep the paste below its natural moisture level; use a weight if needed.
- 8 Seal and ferment for a further 5–7 days.
- 9 Refrigerate when the flavour and aroma are ready.

Tips



Use clean equipment at every stage.



Ferment the cashews fully before proceeding to the second fermentation stage with the cooked apples.



Cool apples completely before combining with fermented cashews. Heat may kill some of the sensitive microbes from the fermented cashew paste.



Pack the final paste firmly to reduce trapped air.



Keep solids below the surface of their natural moisture.



If you see fuzzy mould, discard the batch.

Serving suggestion



Use as a savoury spread, serve with crackers or add a spoonful alongside a simple meal.

