

Industry Practices

The majority of the nuts imported into the UK come from South Africa or Australia; both of these large growing regions have established grower organisations to ensure that appropriate practices and standards are in place.

Macadamias can be supplied with:

- HACCP accreditation
- ISO9002
- GlobalGAP

Many growers also work to the UK Multiples fresh produce standards :

Marks and Spencers' Field to Fork scheme
Tesco Nature's Choice.

Working with the Environment

The SAMAC growers and processors work hard to minimize the impact on the surrounding environment and wildlife.

Where possible Integrated Pest Management is applied:

- Pests are constantly monitored to enable control measures which minimize chemical usage
- Pheromones are used to distract male insects from females
- Natural enemies of insect pests are encouraged

Storing Macadamias

Due to the high levels of monounsaturated oil in Macadamias - once the vacuum packs are opened more care should be given to the storage of macadamias than other nuts.

- The Macadamia kernel requires a storage environment, which is very low in moisture and oxygen
- Once packaging is opened and the kernels are exposed to the atmosphere for several hours they can absorb moisture and begin to lose their "crunch"
- Opened packs should be stored in a food grade air tight container in a refrigerator at or near 0° C to minimize exposure to oxygen, moisture in the air and slow the development of rancidity

What is available in the UK?

Macadamia nuts are currently only available in the UK in the following three styles:



Style 1 – Premium Wholes. Suggested uses: Table nuts, confectionary (Available from most wholesalers in the UK currently)



Style 2 – Premium Wholes and Halves. Suggested uses: Snack nuts and bakery toppings (Available from most wholesalers in the UK currently)



Style 4 – Premium Halves. Suggested uses: Bakery, economy snack nuts (Available from most wholesalers in the UK currently)

Other styles can be ordered from some wholesalers or from source, dependent on quantities. For more information on other styles available visit - www.samac.org.za/quality.html

Contact Details

If you would like further information on Macadamia nuts including supplier details, please contact The Macadamia Advice Centre or The Impact Agency.

The Macadamia Advice Centre
Website: www.macadamias.org.uk
Email: info@macadamias.org.uk
Telephone helpline: 020 7436 8800

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5 Reasons to join the Macadamia nut revolution

1. Great taste
2. Health benefits
3. Luxury appeal
4. Highly versatile ingredient
5. Increased consumer demand

Why the Macadamia nut revolution?

In the last 3 years the Southern African Macadamia Growers' Association (SAMAC) and the Australian Macadamia Society have been running a combined campaign to inform consumers and the trade about Macadamias' unique taste profile and health benefits.

It's not just this combined campaign which has been helping to spread the Macadamia message though. Food brands, food manufacturers, chefs and bakers also need to be credited with helping to drive interest in the 'Queen of Nuts' through innovative new product and menu development.



Retail brands

From multi-national brands such as Ben & Jerry's and Subway to smaller artisan producers such as Eat Natural, The Byron Bay Cookie Company, Stoats and Dorset Cereals, Macadamias are increasingly becoming a 'must have' ingredient for a range of new sweet and savoury retail products.

Top chefs

With top chefs such as Marcus Wareing, Shane Osborne, Sat Bains and Sami Tamimi all using Macadamias in various dishes, Macadamias can now be found on the menus in some of the UK's best high end restaurants including The Berkeley, Providores, Asia de Cuba, Pied à Terre, Sat Bains with Rooms and SAF.

Macadamias' unique selling properties

- Mouth-watering, buttery rich yet delicate taste
- Unique irresistible crunch
- A versatile nut for both sweet and savoury
- Value-adding, luxurious and ultra premium
- Offer real product differentiation
- Fantastic health properties



Health benefits of Macadamia nuts

Macadamia nuts...

- Contain the highest proportion of monounsaturated fats of any natural foodstuff – even olive oil
- Help to lower 'bad' LDL cholesterol, blood pressure and protect against coronary heart disease
- Contain plant sterols which help improve 'good' HDL cholesterol levels
- Contain a good range of vitamins and minerals
- Contain antioxidants called phytosterols



| NUTRITIONAL INFORMATION | Per 100g |
|-------------------------|----------|
| ENERGY | 718kcal |
| PROTEIN | 9.2g |
| FAT (total oils) | 74.0g |
| Monounsaturates | 60.0g |
| Polyunsaturates | 4.0g |
| Saturated | 10.0g |
| CARBOHYDRATES (total) | 14.0g |
| SUGARS | 5.0g |
| DIETARY FIBRE | 9.0g |
| CHOLESTEROL | Nil |

The Macadamia bakery trial

To showcase one way Macadamias could be used in bakery products, three artisan bakers Ian Martin from Martins Bakery, Paul Merry from Panary and Peter Cook from SC Price & Sons each created a Macadamia bread recipe which they felt could be equally successful in both retail and foodservice.



Here's what the bakers thought of Macadamias...

"Macadamias are just so versatile and easy to use that I can't believe they are not used more in the bakery sector. They help products stand out from the crowd and excite adventurous consumers." Ian Martin, Martins Bakery

"The mellow flavour of Macadamias doesn't overwhelm recipes while complementing a range of ingredients especially dried fruits." Paul Merry, Panary

"With their delicate buttery taste and wonderful texture, Macadamias can add a slice of luxury to bread and baked products." Peter Cook, SC Price & Sons

To view the baker's Macadamia bread recipes – visit www.samac.org.za/ukmarketing.html

The Macadamia foodservice trial

To showcase how Macadamias can be used in foodservice, UK Executive Chef for the Compass Group Nick Vadis was asked to trial Macadamias in a variety of sweet and savoury dishes. Here's what he thought of Macadamias...

"Macadamias are an ingredient I love working with as they can really elevate a dish. They have a buttery goodness, beautiful crunch and are extremely versatile making them perfect for a wide range of savoury and sweet products and dishes." Nick Vadis, Executive Chef of the Compass Group UK and Ireland and National Chairman of the Craft Guild of Chefs

