

SISAL Galip

Galip Nut Recipe Card

Roasted Galip Snack

Ingredients: 1 cup raw galip kernels, 1/2 tsp sea salt, 1 tbsp coconut oil (optional)

Method: Preheat oven to 120C. Toss kernels with salt and oil. Spread on tray and roast 25-30 mins until golden and fragrant. Cool completely before storing.

Galip Kernel Tea

Ingredients: 1 tbsp crushed galip kernels, 1 cup hot water, honey to taste

Method: Lightly toast crushed kernels. Add to boiling water. Steep 5-7 mins. Strain. Add honey. A nutty, aromatic caffeine-free tea.

Galip Pesto

Ingredients: 1/2 cup roasted galip kernels, 2 cups fresh basil, 2 garlic cloves, 1/3 cup olive oil, 1/4 cup parmesan, salt

Method: Blend kernels, basil, garlic. Slowly add oil. Stir in parmesan. Serve with pasta or bread.

Galip Crusted Fish or Chicken

Ingredients: 4 fillets, 1/2 cup crushed galip kernels, 1/4 cup flour, 1 egg, salt, pepper, oil

Method: Crush kernels into crumbs. Coat fillets in flour, egg, then crumbs. Pan fry 3-4 mins each side until golden.
