

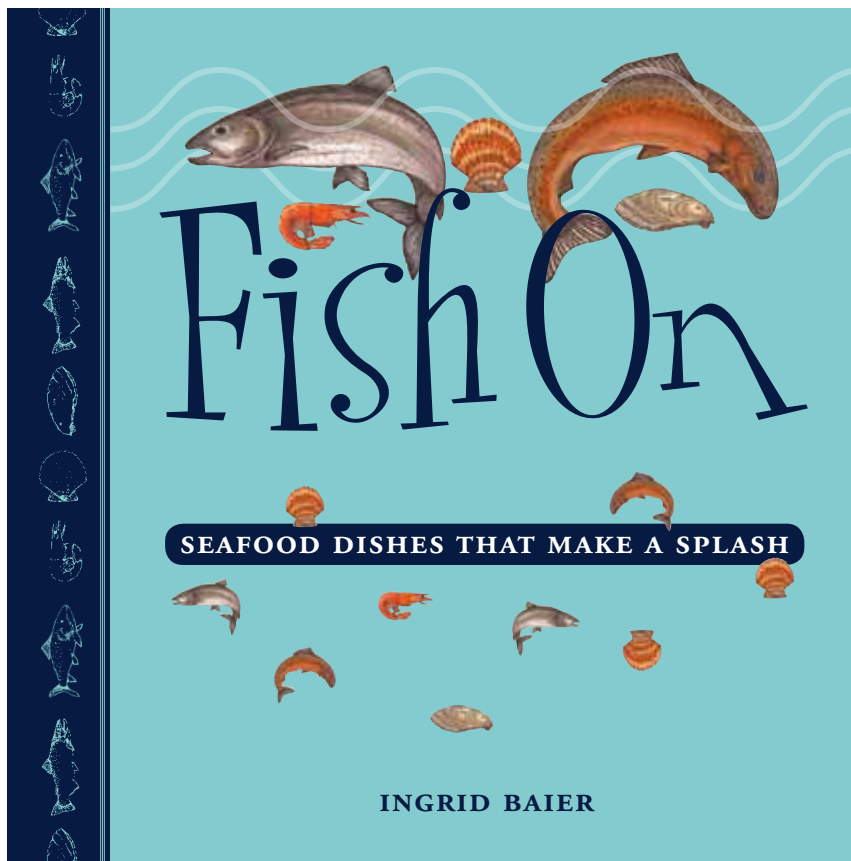


Go Nuts

RECIPES THAT REALLY SHELL OUT

DEBBIE HARDING

Also in the TouchWood Cooks series:



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Southern Spicy Pork Sausage Patties

Since these patties freeze well, you may wish to double this recipe and freeze half before cooking. (You can also freeze them after cooking but they might be on the dry side after you reheat them.)

1 lb (500g) ground pork

½ cup (125 mL) raw pecans, finely chopped

1 tsp (5 mL) salt

½ tsp (2 mL) pepper

¼ tsp (1 mL) cayenne pepper

1 tsp (5 mL) Chinese chili–garlic sauce

¼ tsp (1 mL) poultry seasoning

2 Tbsp (30 mL) butter

2 Tbsp (30 mL) vegetable oil

Add the meat, nuts and seasoning to a medium-sized bowl; stir well to combine. Form 2-inch (5 cm) meatballs; flatten them to make 3-inch (8 cm) patties. Heat the oil and butter in a large, non-stick skillet on medium heat.

Add the patties and cook, covered, for about 5 minutes to brown the sausage. Turn them over gently and cook, covered, for another 5 minutes to brown the other side and cook them through. Check to see if they are cooked thoroughly. They should be firm when pressed and the juice should run clear when pierced with a fork. If they need more time to cook, turn the heat down to medium-low.

Remove from the skillet. Cover and keep warm on a plate in a 200°F (95°C) oven until ready to serve.

Makes 12 sausage patties.

Per patty: 152 cal, 13.5 g fat, 4 g sat. fat, 30 mg cholesterol, 236 mg sodium, 1 g carbs, 6.8 g protein



Pumpkin Pecan Pancakes

This recipe is a fall/winter favourite and works well for serving a crowd. You can make the pancakes the day before and reheat them, wrapped in foil, in a 350°F (180°F) oven for 10 to 15 minutes. If you make too many, they also freeze well.

Preheat the oven to 250°F (120°C), to keep cooked pancakes warm while you finish frying the rest.

Mix together first four ingredients in a medium bowl. In a large bowl, sift together the dry ingredients; add the pecans. Make a well in the dry ingredients; pour in the wet ingredients and mix only until incorporated.

Preheat an oiled non-stick skillet or griddle on medium-high heat. Test the skillet with a tsp of batter; it should sizzle if at the right temperature. Portion 3 Tbsp (45 mL) of batter per pancake; fry for 2 to 3 minutes or until the bottom is golden and the bubbles on top have popped. Flip over and brown the other side for 1 to 2 minutes.

Keep them warm in the oven while you fry the rest of the pancakes. Serve with maple syrup or fruit syrup on the side.

Serves 6, with 4 pancakes per person.

Per serving: 320 cals, 14.3 g fat, 4.9 g sat. fat, 55 mg cholesterol, 286 mg sodium, 39.8 g carbs, 8 g protein

1½ cups (375 mL) canned pumpkin purée

1 large egg, beaten

1¾ cups (185 mL) milk

2 Tbsp (30 mL) melted butter

1½ cups (375 mL) flour

1 Tbsp (15 mL) baking powder

½ tsp (2 mL) salt

2 Tbsp (30 mL) sugar

1 tsp (5 mL) cinnamon

½ tsp (2 mL) nutmeg

½ tsp (2 mL) ginger

½ cup (125 mL) pecans, chopped and toasted

maple syrup or fruit syrup

Peaches and Cream Stuffed French Toast

This recipe may sound fussy but it's actually very easy. You'll soon be inventing your own variations!

Stuffed Toasts

1 medium-sized ripe peach or
8 frozen peach slices

Fruit-Fresh® Produce Protector or 2 Tbsp
(30 mL) lemon juice, if using fresh peaches

4 1½-inch (4 cm) thick slices
white sandwich bread

⅓ cup (80 mL) spreadable
cream cheese, chilled

½ cup (125 mL) toasted,
sliced blanched almonds

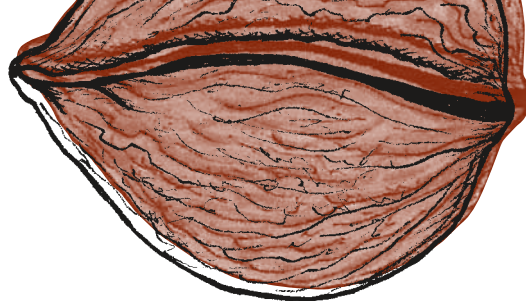
Preheat the oven to 250°F (120°C) for keeping cooked French toast warm when frying in batches.

Stuffed Toasts

If using a fresh peach, peel and cut into eighths; chop each slice into 4 pieces. Place pieces in a bowl and sprinkle with Fruit-Fresh or lemon juice, gently tossing to coat. Set aside.

Using a sharp knife, cut the bread slices in half diagonally to create 8 thick triangles. Slice a 3-inch (8 cm) line down the middle of the crustless sides. Push the point of the knife towards the corner of the triangle and move from side to side to make an opening. You now have 8 “pockets” ready for stuffing.

Push a piece of peach into the back corner of each pocket, then add 2 tsp (10 mL) of cream cheese followed by 3 more peach pieces and 1 tsp (5 mL) almonds on top of another 2 tsp (10 mL) cream cheese. Gently press the pocket closed; the cream cheese should help to seal it shut.



Frying

In a medium bowl, beat the eggs with the cream, sugar and flavourings. Preheat a ½ inch (1 cm) of vegetable oil in a large, non-stick skillet on medium-high heat. Just before frying, dip each stuffed toast in the batter, letting any excess run back into the bowl. You want them to be well coated but not saturated.

Fry the first side for 3 to 4 minutes (until golden), then gently flip over. Cook the other side for 2 to 3 minutes more (until browned). If toasts are browning too quickly, turn down the heat slightly. Continue until all the stuffed toasts are fried; keeping them warm on a plate in the oven until ready to serve.

Warm the peach syrup in the microwave on medium low for 1 to 2 minutes, or heat it in a saucepan on low for about 5 minutes. Sprinkle stuffed toasts with icing sugar and the remaining ¼ cup (60 mL) almonds. Serve with warm peach syrup on the side.

Serves 4, with 2 halves per person.

Per serving (not including syrup): 565 cal, 26.8 g fat, 9.1 g sat. fat, 73 mg cholesterol, 521 mg sodium, 67 g carbs, 13.6 g protein

Batter

3 large eggs, beaten

¾ cup (185 mL) whipping cream

1 Tbsp (15 mL) sugar

½ tsp (2 mL) cinnamon

½ tsp (2 mL) vanilla

1 Tbsp (15 mL) brandy or orange-flavoured brandy (optional)

1 cup (250 mL) vegetable oil for frying

2 Tbsp (30 mL) icing sugar, in a shaker or fine mesh sieve for garnishing

1 cup (250 mL) bottle of peach syrup, preferably Summerland brand

Skewered Chicken with Peanut Sauce

These are always a big hit at parties! Check your wooden skewers and discard any ones with rough tips or split in them, Also include 4 to 6 extra skewers when you soak them.

4 6-oz (175 g) boneless, skinless chicken breasts (or use 1½ lb [750 g] chicken thighs)

32 8-inch (20 cm) wooden skewers, soaked in warm water for 30 minutes

1 recipe Peanut Sauce (p. 45)

1 Tbsp (15 mL) toasted sesame seeds

Preheat the oven to 375°F (190°C) and oil a baking sheet.

If peanut sauce was made ahead, begin reheating it slowly, stirring frequently because it sticks easily.

Cut the chicken into ¾-inch (2 cm) cubes and spear 2 to 3 onto each skewer.

Bake skewers for 10 minutes, then check for doneness. (It may take 2 to 3 more minutes in the oven for them to cook through.)

To serve, dip each skewer in the peanut sauce and sprinkle with the sesame seeds.

Makes 32 skewers, with 1½ Tbsp (22.5 mL) sauce per skewer.

Per skewer (with sauce): 60 cals, 3 g fat, 0.6 g sat. fat, 12 mg cholesterol, 82 mg sodium, 2.1 g carbs, 6.2 g protein



Peanut Sauce

You can use this sauce with skewered chicken, beef, pork, lamb or vegetables. It also makes an excellent salad dressing when you add 2 Tbsp (30 mL) of water to 1 cup of sauce (250 mL) and whisk until smooth.

In a medium saucepan, combine all the ingredients except the peanut butter with $\frac{1}{2}$ cup (125 mL) water. Cook on medium heat for 2 to 3 minutes until the sugar and salt melt.

Turn off the heat and gradually add the peanut butter, alternating with 1 cup (250 mL) water; stir with a whisk until the mixture is smooth and moderately thick. If the sauce is too thick for dipping the skewers, add up to $\frac{1}{2}$ cup (125 mL) more water. While sauce is cooling, stir frequently to prevent a skin from forming on the surface.

Makes about $3\frac{1}{2}$ cups (875 mL).

Per Tbsp (15 mL): 50 cal, 3.5 g fat, 0.7 g sat. fat, 91 mg sodium, 2.7 g carbs, 1.7 g protein

$\frac{1}{3}$ cup (80 mL) packed brown sugar

3 Tbsp (45 mL) lemon juice

1 Tbsp (15 mL) soy sauce

1 tsp (5 mL) minced garlic

1 Tbsp (15 mL) minced ginger

1 tsp (5 mL) salt

$\frac{1}{2}$ tsp (2 mL) ground pepper

$\frac{1}{4}$ tsp (1 mL) cayenne pepper

$1\frac{1}{2}$ cups (375 mL) smooth peanut butter, preferably Skippy

Honey Nuts and Orange

These nuts can be prepared 2 days ahead of time if stored prior to baking in an airtight container at room temperature. After baking and cooling, a foil- or wax-paper-lined tin will help maintain their crunchiness for 5 to 7 days.

1 Tbsp (15 mL) melted butter

¼ cup (60 mL) honey

¼ tsp (1 mL) vanilla

½ tsp (2 mL) cinnamon

½ tsp (2 mL) finely minced orange zest

**1¾ cup (185 mL) whole blanched almonds
(or substitute walnuts or pecans)**

vegetable oil for the baking sheet

salt in a shaker

Preheat the oven to 325°F (160°C) and oil a foil-lined baking sheet.

In a medium bowl, mix the melted butter with the honey and flavourings. Add the nuts and stir well to coat them with the glaze. Slide the nut mixture onto the baking sheet and separate the individual nuts as well as you can.

Place pan on the middle rack of the oven and bake the nuts for 6 to 7 minutes. Remove and stir to ensure even browning and return to oven for another 6 to 7 minutes. After 12 to 14 minutes, nuts should be deep brown.

Place the baking sheet on a cooling rack and lightly sprinkle the nuts with salt.

Cool completely before handling then remove from foil and breaking apart any connected ones.

Makes 2 cups (500 mL).

Per ¼ cup (60 mL): 347 cal, 18.1 g fat, 2.5 g sat. fat, 4 mg cholesterol, 18 mg sodium, 14.5 g carbs, 6.5 g protein



Best Ever Veggie Burgers

Even diehard carnivores like these burgers! Microwaving the patties is recommended; they will not be as moist if you use a conventional oven.

In a small bowl, stir the cheese with the pesto until well mixed. Preheat the broiler and place the buns, cut side up on a baking tray.

Microwave the patties on a dinner plate, spaced about 1 inch apart, on medium heat for 2 minutes. Flip them over and cook for 1 more minute. Check to see if they are warm throughout and heat for 1 more minute if necessary.

Top each warm burger with 3 Tbsp of pesto cheese and microwave on medium for 1-minute intervals until cheese melts.

Broil the buns until light golden, about 1 to 2 minutes.

Spread each cut half with 1 Tbsp (15 mL) Sun-dried Tomato Mayonnaise and top the bottom half of each bun with a hot, cheese-covered patty. Add a tomato slice and lettuce leaf to each one before topping with the bun lid.

Serves 4.

Per burger: 613 cal, 40.3 g fat, 7.3 g sat. fat, 83 mg cholesterol, 1456 mg sodium, 43 g carbs, 19.4 g protein

**¾ cup (185 mL) grated Edam
or Monterey Jack cheese**

**1½ Tbsp (22.5 mL) Basil Pesto (p. 68)
(or purchased basil pesto)**

4 Kaiser buns or hamburger buns, sliced

4 Veggie Burger Patties (p. 134)

**½ cup (125 mL) Sun-dried
Tomato Mayonnaise (p. 90)**

4 small green leaf lettuce leaves

**4 slices beefsteak tomato, ¼-inch
(6 mm) thick (half a tomato)**

Spaghetti Squash with Browned Butter and Walnuts

This sauce also pairs well with other vegetables, or use it for pasta.

1 3 lb (1.5 kg) spaghetti squash

Sauce

½ cup (125 mL) butter

½ cup (125 mL) walnuts, coarsely chopped

3 Tbsp (45 mL) dry white wine

1½ tsp (2 mL) lemon juice

¼ tsp (1 mL) pepper

1 Tbsp (15 mL) chopped fresh herbs
(such as thyme leaves, sage,
oregano, tarragon, or parsley)

Preheat the oven to 350°F (180°C) and oil a large baking pan.

Use a large knife to split the squash in two from stem to end. Remove the seeds and stringy centre and discard.

Place squash halves cut side down in a 1- to 2-inch (2.5 to 5 cm) deep baking dish. Add ½ cup (125 mL) of water. Bake in the bottom third of the oven for 20 minutes.

Check for doneness by scraping at the insides with a dinner fork. Squash is ready when the flesh easily pulls off in thin spaghetti-like strands. If it is not done yet, bake for another 10 minutes and try again.

Once it has cooled off, use a fork to remove the cooked flesh from each squash half until only a ¼ inch (6 mm) layer remains, then switch to a spoon. Discard the empty squash shell or use one half (the nicest one) to serve the squash in. The squash can be cooked and shredded a day or two ahead if refrigerated; frozen spaghetti squash flesh lasts for 3 months if wrapped well (thaw before reheating).

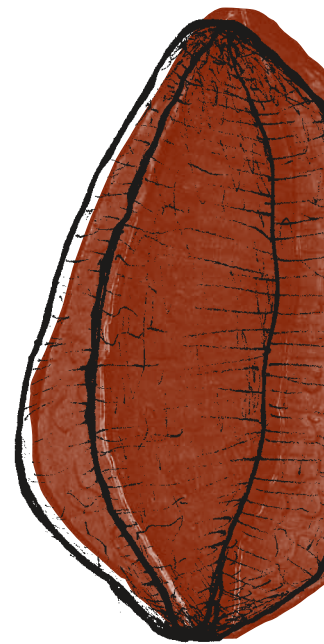
Reheat squash in a covered dish in the microwave on medium high, 2 minutes for 1 cup (250 mL) of squash (no need to add water).

Heat $\frac{1}{4}$ cup (60 mL) butter in a skillet on medium-high heat; add the walnuts. Cook until they are golden and the butter starts to brown, about 5 minutes. Remove the nuts to a plate but leave the butter in the skillet. Add the wine and increase the heat to high. Bring the mixture to a boil and boil for 2 to 3 minutes to reduce the volume to $\frac{1}{4}$ cup (60 mL). Reduce heat to low and add the herbs and pepper. Whisk in the remaining butter 1 Tbsp (15 mL) at a time, whisking well after each addition. Stir in the nuts.

Add the nut butter mixture to the hot squash; stirring well to coat. Top the squash with the fresh herbs and serve immediately.

Serves 8.

Per serving: 181 cal, 16.3 g fat, 7.6 g sat. fat, 31 mg cholesterol, 200 mg sodium, 6.5 g carbs, 1.7 g protein



Chocolate Caramel Pecan Bread Pudding

This is the ultimate comfort food! Try it topped with whipped cream or ice cream, and drizzle it with some chocolate and or caramel sauce.

4 cups (1 L) 1-inch (2.5 cm) chocolate cake cubes, made from brownies, muffins, loaf, or cake

12 Kraft caramels, wrappings removed and cut into 8 pieces each

½ cup (80 mL) chocolate chips or chopped semi-sweet dark chocolate

½ cup (80 mL) toasted, chopped pecans

1 cup (250 mL) 2% or whole milk

1 cup (250 mL) light cream

½ cup (80 mL) chocolate sauce

3 large eggs and 2 large egg yolks, in a large bowl at room temperature

½ cup (80 mL) sugar

½ tsp. vanilla

½ tsp. cinnamon

Preheat oven to 375°F (190°C) and oil six 3-inch (8 cm) ramekins, or a 2- to 3- quart (2 to 3 L) baking dish.

Divide half of the cake pieces amongst the ramekins or layer the bottom of the baking dish. Top the cake layer with half of the chocolate, caramel pieces, and pecans. Repeat layering beginning with the cake.

Heat milk, cream, and chocolate sauce in a medium saucepan on medium heat until just steaming but not boiling, about 5 to 7 minutes.

In a large bowl, whisk together the eggs, yolks, sugar, vanilla, and cinnamon. Whisk the hot cream into the egg mixture and mix well. Pour the egg mixture over the cake layers; gently press down on the top layer until the liquid is absorbed. Place ramekins or baking dish on a baking sheet to catch any drips in the oven. Bake 3-inch (8 cm) ramekins for 20 minutes and a large baking dish 30 to 45 minutes. Check middle for doneness; a toothpick should come out clean. Otherwise, return it to the oven for 5 more minutes more. This dish is best served warm.

Serves 6.

Per serving: 583 cal, 31.6 g fat, 12.3 g sat. fat, 384 mg cholesterol, 326 mg sodium, 62.6 g carbs, 12.7 g protein

Almond Shortbread

My mom used to make these cookies every Christmas (now I do) and they're my family's favourite! This recipe also doubles well and freezes well.

Preheat the oven to 325°F (160°C).

In a large bowl, cream the butter and sugar with a wooden spoon. Slowly add the flour and mix well. Add the nuts gradually, mixing well to incorporate them.

Roll out the dough to ¼-inch (6 mm) thickness and cut out 2 x 3-inch (5 x 8 cm) shapes using cookie cutters. (If they stick a bit, dip them in some flour.)

Bake on ungreased baking sheets until light golden around the edges, about 12 to 15 minutes. Cool for several minutes before coating both sides of each slightly warm cookie with sugar.

Makes 4 dozen medium-sized cookies.

Per cookie: 88 cal, 5.4 g fat, 2.6 g sat. fat, 10 mg cholesterol, 1 mg sodium, 8.8 g carbs, 1 g protein

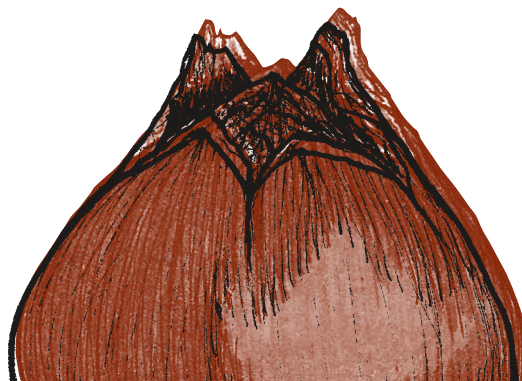
1 cup (250 mL) butter, at room temperature

½ cup (125 mL) sugar

1½ cups (375 mL) flour

1 cup (250 mL) ground blanched almonds

**1 cup (250 mL) granulated sugar
for coating warm cookies**





Nuts make the most mundane foods extraordinary. The added crunch or buttery smoothness of a certain nut can change the dish completely. They are versatile, tasty, a great source of protein, available and affordable.

This exciting culinary collection has something for everyone, from the seasoned cook to the budding new chef. The recipes are of easy-to-medium difficulty with a few advanced choices, and encompass exotic, savory, sweet, affordable, healthy, organic, vegetarian and meat-lovers specialties. Well-tested, these dishes will get you rave reviews from family and friends. Along with helpful nutritional information and instructions on how to handle, store and toast different types

of nuts, a pairing guide is also included so you will learn what food and beverages go well with each type of nut. Sample recipes include Pumpkin Pecan Pancakes, Honey Almond Spread, Sherried Mushroom and Chestnut Soup, Brie and Walnut Stuffed Figs, Chocolate Almond Fudge Cake and many more.

With a dish for every occasion, *Go Nuts* is the first cookbook that features an all-nut cast of culinary delight.



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