

Preserve Today, Relish Tomorrow



UCCE Master Food Preservers of El Dorado County

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Nuts!

Drying, Preserving, and Storing Walnuts and Almonds at Home: When walnuts and almonds reach maturity, the hulls start to crack and loosen. Harvest nuts as soon as hulls can be readily removed or kernels will darken and may mold. Many nuts drop off the trees naturally; others need to be knocked off with a long pole or by shaking the branches. Hull and start drying the same day the walnuts or almonds are harvested. Hulls that adhere must be removed by hand or in hulling machines. To help loosen the hulls of green stick-tights of walnuts (nuts with hulls that adhere tightly to the shells), moisten the nuts and pile them in stacks several layers deep, or place them under wet canvas for a day or two.

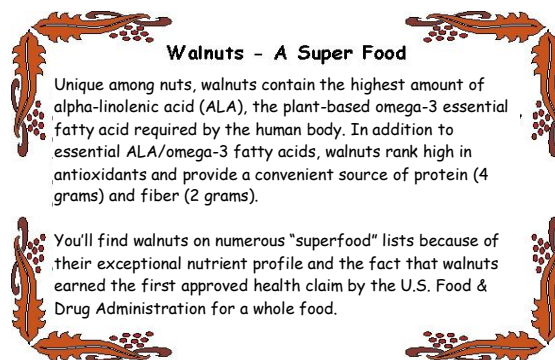
Immediately after hulling, wash the nuts to prevent dark staining and to remove any mud before drying for storage.

To blanch almonds: Cover nuts with cold water and bring shelled almonds to a boil. Drain and when cool enough to handle, slip the skins from the almonds by pressing them between your thumb and fingers. Toasting almonds intensifies their flavor and adds crunch.

Oven Drying: Unshelled walnuts and almonds are best dried on trays in a dehydrator or oven. This sterilizes them as well. The outside dimensions of the tray should be at least 1½" smaller than the inside of the oven to allow for air circulation. Using an oven thermometer, keep drying temperature at 110°F. Leave the oven door ajar at least 4" if gas; less if electric. Open door wider or turn off and on as necessary. Check nuts often, stirring occasionally. Keep room well ventilated. To determine when walnuts are dry, take a sample and allow cooling. Walnuts and almonds are dry when kernels and membranes are brittle and no longer soft and rubbery. Note: wear gloves to avoid staining hands when hulling walnuts.

Sun Drying: Unshelled walnuts and almonds can be sun-dried (not over 110°F) on well-ventilated trays. Support trays well off the ground to ensure good ventilation. Use trays with raised rims - any size. The bottom can be hardware cloth, small gauge poultry netting, or narrow wooden slats. Stir nuts daily to ensure rapid drying. Cover them if the weather is foggy or rainy and at night to protect from dew, or take them inside.

Storing: Walnuts and almonds as well as other nuts keep better and longer if left in the shells. Most nuts need protection from oxygen in the air and from high temperature that may cause the fats in the nuts to become rancid. Store them in a cool dry place. Unbleached nuts may be stored for about a year, but bleached ones should be used within 6 months, as they tend to become rancid more rapidly than unbleached nuts. To retard rancidity, shelled nuts should be stored in the refrigerator or freezer. Pack into coffee cans or plastic containers with tight fitting lids. They should keep well in the freezer for over a year. They will keep 6 to 9 months in the refrigerator. They will only keep for about 3 months at room temperature. Before storing both shelled and unshelled nuts they should be examined carefully. If any insect infestation or mold is noted, discard the infested nuts. Freezing for at least 3 days will kill most organisms.



Beer Snack Nuts**Yield: 4 1/2 cups**

- 4 1/2 cups shelled raw peanuts
- 2 cups sugar
- 1/2 tsp salt
- 1 cup water
- Coarse salt to sprinkle

Place peanuts, sugar, 1/2 tsp salt and water in a heavy Dutch oven and bring to a boil. Continue boiling until all the liquid is absorbed, about 25 to 30 minutes. Stir occasionally and watch as the nuts can burn quickly.

Preheat oven to 350°F. Spread peanuts on a greased 13x11x1" cookie sheet and sprinkle with coarse salt. Bake for 20 minutes. Remove from oven, stir and sprinkle with coarse salt again. Bake 20 more minutes. Cool completely. Store the nuts in an airtight container.

Source: *Sunset Magazine*, 2001

Honey – Cardamom Almonds**Yield: 2 cups**

- 2 Tbsp. sugar
- 1 1/2 to 2 tsp. ground cardamom
- 1/2 tsp. ground ginger
- 1/2 tsp. ground cinnamon
- 2 tsp. kosher salt
- 2 cups raw whole almonds, blanched or skins on
- 1/4 cup honey

Line a baking sheet with parchment paper.

Place sugar, salt, cardamom, cinnamon, and ginger in a small bowl, mix well, set aside.

Place honey in a large, heavy-bottomed skillet and bring to a boil over high heat.

Add the almonds and cook, stirring all the while, until most of the honey has been absorbed by the almonds and any remaining honey is a deep amber color, 2 to 3 minutes.

Remove the almonds from the heat, add a small amount of the sugar mixture to the almonds and toss.

Add the remaining sugar mixture, a little at a time and toss with the almonds until all the mixture has been used.

Transfer the almonds to the prepared sheet and arrange in a single layer; separate the almonds with a fork or your hands.

Set aside to cool before serving.

Source: *adapted Party Nuts by Sally Simpson*, 2002

Seedy Herbed Walnuts**Yield: 3 cups**

- 2 Tbsp. extra virgin olive oil
- 1 tsp. orange liqueur (optional)
- 1/2 tsp. smoked paprika
- 2 Tbsp. sesame seeds
- 1 Tbsp. poppy seeds
- 2 tsp. flakey salt
- 1 tbsp. finely chopped dill; more dill fronds for serving
- 2 tsp. freshly ground black pepper
- 2 tbsp. pure maple syrup
- Zest of half an orange
- 3 cups walnuts
- 1/4 cup sugar

Position a rack in the center of the oven and heat oven to 325°F.

Line a large rimmed baking sheet with parchment paper.

In a medium bowl, whisk the oil, syrup, orange liqueur (if using), zest, and paprika. Add the walnuts and toss to coat.

Transfer to the prepared baking sheet and bake until fragrant and starting to brown, 12 to 15 minutes.

In a small bowl, combine the sesame seeds, poppy seeds, dill, pepper and salt. Sprinkle the mixture over the nuts, stirring to coat. Return to the oven until the nuts and sesame seeds are golden, about 5 minutes.

Remove from the oven and set aside to cool for at least 1 hour.

Before serving, sprinkle with the fresh dill fronds.

Source: *Taste Of Home*, 2020

Glazed Pecans**Yield: 2 cups**

- 2 cups pecan halves
- 1 tbsp. balsamic vinegar
- ½ tsp flaked salt
- ½ cup packed light brown sugar
- 2 Tbsp. olive oil

Heat oven to 325°

Spread pecan halves on a parchment lined baking sheet.

Bake until lightly toasted and fragrant, about 10 minutes; set aside.

Boil brown sugar, balsamic vinegar and olive oil in a 12" skillet over medium-high heat.

Cook until the mixture is foamy and slightly thickened, about 2 to 3 minutes.

Add pecans and cook, stirring constantly until well coated, about 3 minutes.

Spread onto prepared baking sheet and sprinkle with sea salt.

Let cool completely. Break into bite-sized pieces before serving.

Source: *Southern Living*, 2013

Roasted Buttery Pecans**Yield: about 4 cups**

- 4 cups pecan halves
- 4 Tbsp. butter (1/2 stick), melted
- 1 Tbsp. light or dark brown sugar
- ½ tsp. salt

Toss pecans with melted butter and scatter onto a 13x9-inch baking pan.

Toast on the middle rack of a preheated 325°F oven for about 15 minutes, stirring once or twice.

The nuts should be fragrant and deep golden brown.

Mix salt and brown sugar in a medium bowl, add hot pecans and toss to coat evenly.

Return pecans to baking pan and continue to toast to melt sugar, about 3 minutes longer.

Cool slightly before serving.

Source: *Southern Living*, 2000

Sour Cream Walnuts**Yield: about 3 cups**

- 1 cup brown sugar
- ½ cup white sugar
- 1 tsp vanilla
- ½ cup sour cream
- 3 cups walnut halves

Cook and stir sugars with sour cream to soft ball stage (240°F). Remove from heat and stir in vanilla.

Add walnuts, stirring gently until coated. Spread on pan to cool. Store nuts in an airtight container in refrigerator.

Note: The walnuts need to be cooled to let the candy coating adhere. Plan to make these the night before serving.

Source: *California Walnut Board*

Curried Garlic Peanuts**Yield: 2 cups**

- 2 cups lightly roasted shelled peanuts
- 1 tsp. garlic powder
- 1 tsp. curry powder
- 1 ½ tsp. kosher salt
- 1 tsp. peanut or olive oil

Preheat the oven to 250°F.

Line a baking sheet with parchment paper.

Place the peanuts, oil, garlic and curry powder in a medium sized bowl and toss until the nuts are well coated. Transfer the nuts to the prepared sheet and arrange in a single layer. Place in oven and bake for 10 minutes. Remove from the oven and sprinkle evenly with the salt, immediately loosen the nuts with a spatula as needed and set aside to cool for 1 hour before serving.

Source: Source: adapted Party Nuts by Sally Simpson, 2002

Safe and Tested Resources:

Nuts: Safe Methods for Consumers to Handle, Store, and Enjoy, UC ANR Publication #8460:

<http://anrcatalog.ucanr.edu/Details.aspx?itemNo=8406>

Harvesting and Storing Your Home Orchard's Nut Crop: Almonds, Walnuts, Pecans

<https://anrcatalog.ucanr.edu/Details.aspx?itemNo=8005>

National Center for Home Food Preservation: <http://nchfp.uga.edu/>

Complete Guide to Home Canning. 2015. http://nchfp.uga.edu/publications/publications_usda.html

Also available in paper copy from Purdue Extension (online store is located at https://mdc.itap.purdue.edu/item.asp?item_number=AIG-539)

So Easy to Preserve, Sixth Edition. 2016. Bulletin 989. Cooperative Extension/University of Georgia, Athens <https://www.fcs.uga.edu/extension/so-easy-to-preserve>

Ball Blue Book Guide to Preserving. 2020. Newell Corporation.

Ball Complete Book of Home Preserving, 2020. Bernardin, Newell Corporation.

UCCE Master Food Preservers of El Dorado County website

https://ucanr.edu/sites/mfp_of_cs/

UC Master Food Preserver program website

<https://mfp.ucanr.edu/>

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