



California Walnuts

A GUIDE FOR INDUSTRY





Why

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THE CALIFORNIA WALNUT INDUSTRY

The central valley of California is home to over 220,000 acres of walnut orchards, which account for 99 per cent of U.S. production. The California walnut industry is made up of more than 4,600 growers and over 70 handlers (processors) whose walnuts are shipped to more than 40 countries and represent 3/4 of world trade.

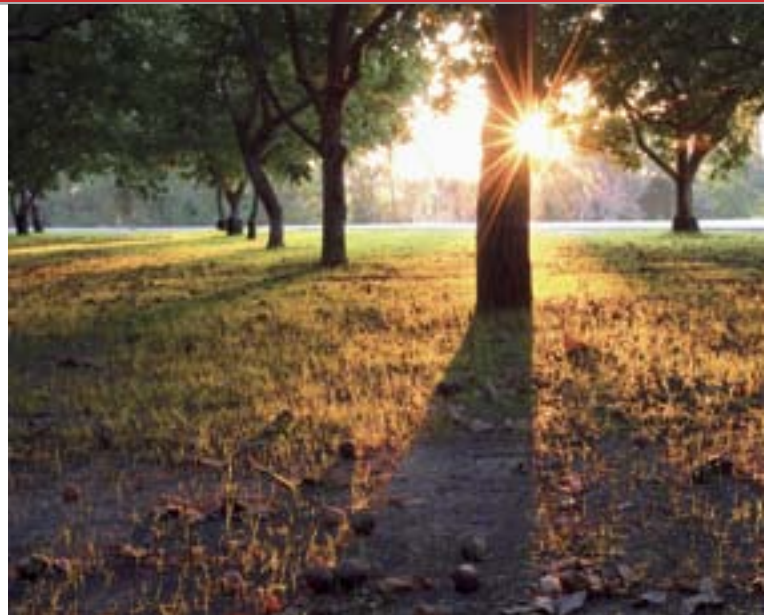
The first commercial walnut plantings began in 1867 when Joseph Sexton, an orchardist and nurseryman in the Santa Barbara County town of Goleta, planted English walnuts. Soon, walnuts were planted in many areas of Southern California and accounted for 65 % of all bearing acreage.

Some 70 years later, the centre of California's walnut production moved northward in one of the most dramatic horticultural moves in history. Better growing areas, coupled with improvements in irrigation, resulted in greater yields, which gradually increased each year.



California Walnuts?

CALIFORNIA'S HIGH GROWING AND HANDLING STANDARDS DIFFERENTIATE CALIFORNIA WALNUTS FROM WALNUTS GROWN ELSEWHERE. CALIFORNIA'S CENTRAL VALLEY REGION'S IDEAL GROWING CONDITIONS OFFER EUROPE QUALITY WALNUTS.



TASTE

Walnuts from California are light in color and have a sweet mild taste that makes savory sweet and sweet savory.

VALUE

Walnuts are a nutrient-rich 'superfood' and add value that consumers will recognize and appreciate. As a topping in a salad, or as an ingredient in a slider or in an oatmeal cookie, California walnuts raise the customer's perception of value without substantially raising food costs.

VERSATILITY

The mild flavor and soft texture of walnuts make them a versatile ingredient for flavor profiles in recipes and processed products.

NUTRITION

Walnuts are the only nuts with a significant amount of alpha linolenic acid (ALA), an omega-3 fatty acid. Consumers are aware of the benefits of omega-3s. Offer your customers the value-added benefits of a daily dose of omega-3s, with just a handful of walnuts in their favorite foods.

OMEGA-3 FATTY ACID CONTENT

In 30 g of Nuts



Harvesting, Processing & Grading



EACH STEP IN THE PROCESS FROM PROPAGATION, TO HARVEST, TO HANDLER, AND FINALLY TO MARKET, IS HANDLED WITH CARE AND ATTENTION.

GROWING

Walnut production takes commitment and patience, and orchards are dedicated solely to walnut production. After a walnut sapling is planted, it takes five to seven years for it to grow into an adult tree suitable for harvesting. A walnut tree can bear fruit for 100 years. Although many varieties of walnuts are grown in California, six account for more than 75 per cent of total production: Hartley, Chandler, Serr, Vina, Franquette and Howard.

HARVESTING

Harvesting begins in late August and continues through November. The walnuts are ready for harvest when the outer green hulls begin to dry and split, allowing the in-shell walnuts to be removed. Mechanical shakers vigorously shake each tree and thousands of walnuts fall to the ground. The walnuts are carefully swept into windrows (rows of walnuts raked into heaps) to allow mechanical harvesters to pick them up for cleaning.

PROCESSING - HULLING

Once the walnuts are harvested, pre-cleaners are used to clean the walnuts so they are ready for hulling. A huller removes the outer green hull and the nut is mechanically dehydrated (air dried) to the optimum 8 % moisture level, preventing deterioration of the nut and protecting its quality during storage. Hulled walnuts are transported to nearby packing plants and are stored until needed for cracking.

GRADING

Walnuts are transported to a packing plant where they are graded based on usage, in-shell or shelled. Shelled walnuts are further graded by color, as shown in the official walnut color chart. Walnut kernels are screened and separated into different sizes (refer to Colors & Sizes on pages 4 through 7).

IN-SHELL WALNUTS – Following drying, sizing of the in-shell nut occurs. In-shell walnuts are sized as jumbo, large, medium or baby according to USDA standards.

SHELLED WALNUTS – Walnuts are mechanically cracked as needed. The shelled material is air-separated and screened for size and sent to electronic laser-sorting units for kernel color and shell removal. The walnuts are certified to meet USDA grade standards and customer specifications. Product is then packed for shipment to the marketplace.

POPULAR USES

HALVES	PIECES	GROUND
BAKERY		
pies	breads – olives and walnut focaccia	crusts
tarts	bagels – cinnamon walnut	savory breads
pancakes	cookies – walnut chocolate chip	pastries – baklava
waffles	walnut shortbread	maple walnut cake
French toast	cereal bars – walnut and cranberry	Greek-style honey balls
carrot cake	muffins – maple walnut or banana walnut	maple butter walnut biscotti
maple walnut cake	cupcakes	gluten-free cakes and cookies
apple walnut cake	biscotti	walnut strudel
cupcakes	coffee cake	
CONFECTIONERY		
candied walnuts	chocolate/candy bars	truffles
pralines	ice cream	chocolates with walnut coating
cinnamon walnuts	ice cream topping	nougats
roasted walnuts	granola bars	confection fillings
organic walnuts	trail mix	walnut butter
chocolate-covered walnuts	fudge	
walnut date rolls	chocolate confections	
truffles/chocolates with walnut centres or walnut coating		
SAVORY		
salad toppings in place of croutons	rice pilaf	spreads and dips
pizza toppings	meat pies	hummus
seasoned or spiced walnuts	asiago and walnut biscotti	pesto
stir-fries	salad dressings	ravioli filling
frozen entrées	stuffing mixes	coating for meat, poultry and seafood
salted walnuts	antipasti	
roasted walnuts	appetizers	
	ravioli	



Colors & Sizes

CALIFORNIA SHELLLED WALNUTS ARE AVAILABLE IN A VARIETY OF SIZES AND COLORS. DESCRIPTIONS AND SIZE TOLERANCES ARE BASED ON THE **USDA STANDARDS** FOR GRADES OF SHELLLED WALNUTS. SCREEN SIZES ARE FOR REFERENCE ONLY. CONSULT YOUR CALIFORNIA WALNUT SUPPLIER FOR EXACT SPECIFICATIONS.

WALNUT COLORS

California walnuts may be color sorted to meet specific product needs. The walnut spectrum chart (for comparison only) illustrates the wide range of color classifications available.

EXTRA LIGHT:
No more than 15% shall be darker than extra light of which only 2% (included in the 15%) may be darker than light.

LIGHT AMBER:
No more than 15% shall be darker than light amber of which only 2% (included in the 15%) may be darker than amber.



LIGHT:
No more than 15% shall be darker than light of which only 2% (included in the 15%) may be darker than light amber.

AMBER:
No more than 10% shall be darker than amber.

IN-SHELL SIZES

Following drying, sizing of the in-shell nut occurs. In-shell walnuts are sized as jumbo, large, medium or baby according to USDA standards.

SIZE	SHELL DIAMETER	
Baby	1.0" – 1.15"	25.4 – 29.21 mm
Medium	1.15" – 1.20"	29.21 – 30.48 mm
Large	1.20" – 1.25"	30.48 – 31.75 mm
Jumbo	1.25" or greater	31.75 or greater

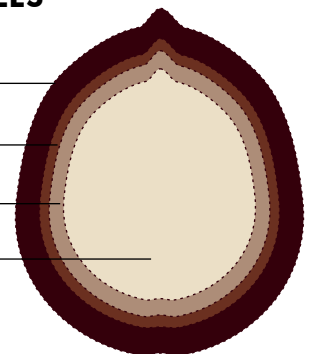
AVERAGE USDA SIZES

JUMBO

LARGE

MEDIUM

BABY



Refer to the USDA Standards at www.ams.usda.gov

Source: USDA. United States Standards for Grades of Shelled Walnuts (*Juglans regia*). Agricultural Marketing Service. Effective September 1, 1968, reprinted January 1997. <http://www.ams.usda.gov/standards/walnuts.pdf>

USDA STANDARD SIZES FOR SHELLED WALNUTS

(See visual examples and USDA Table 3 on the following page)

WALNUT HALVES

Example # 1

Description: 7/8 or more of the kernel is intact. 85% or more of lot, by weight, are half kernels with the remainder 3/4 half kernels.

USDA Size Tolerances: No more than 5% smaller than 3/4 halves of which no more than 1% may pass through 16/64" (6.35 mm) round screen hole.

WALNUT PIECES AND HALVES

(Halves and Pieces) *Examples #'s 2 & 3*

Description: 20% or more of lot, by weight, are half kernels (7/8 or more of the kernel is intact).

USDA Size Tolerances: No more than 18% shall pass through 24/64" (9.53 mm) round hole of which no more than 3% may pass through 16/64" (6.35 mm) and of 3% no more than 1% may pass through 8/64" (3.18 mm) round screen hole.

WALNUT PIECES

Examples #'s 4, 5, 6, & 7

Description: Portions of kernels in lot cannot pass through 24/64" (9.53 mm) round openings.

USDA Size Tolerances: No more than 25% shall pass through 24/64" (9.53 mm) round hole of which no more than 5% may pass through 16/64" (6.35 mm) and of 5% no more than 1% may pass through 8/64" (3.18 mm) round hole included in the 5%.

WALNUT SMALL PIECES

Example #'s 11 & 12

Description: Portions of kernels in lot pass through 24/64" (9.53 mm) round openings but cannot pass through 8/64" (3.18 mm) round openings.

USDA Size Tolerances: 10% will not pass through 24/64" (9.53 mm) round hole and 2% pass through 8/64" (3.18 mm) round hole.

TYPICAL INDUSTRY SIZES

WALNUT MEDIUM PIECES

Example #'s 8 & 9

Although not covered in USDA Standards, Medium Pieces are a common size classification used in the California walnut industry. No less than 98% may pass through a 32/64" (12.7 mm) screen. No more than 3% may pass through 16/64" (6.35 mm) screen. No more than 1% may pass through 8/64" (3.18 mm) screen.

TOPPING PIECES

Example #'s 13 & 14

Description: Portions of kernels in lot pass through 1/4" (6.35 mm) square screen hole or a 20/64" (7.94 mm) round screen hole.

WALNUT MEAL (Double Diced)

Example # 15

The smallest form of the California walnut comes in various consistencies ranging from a coarse meal to a fine powder. Use walnut meal to dust cakes, integrate into dough and batter, and for walnut compounds. Finely ground walnuts are incorporated into pastas, added to fillings and used as a thickening agent in sauces.

SYRUPERS

Example # 10

Description: Portions of kernel in lot pass through 3/8" (9.53 mm) square screen hole or 28/64" (11.11 mm) round screen hole.

Colors & Sizes

SIZE CLASSIFICATION	TOLERANCE FOR SIZE				
	SMALLER THAN 3/4 HALVES	WILL NOT PASS THROUGH 24/64" ROUND HOLE	PASS THROUGH 24/64" ROUND HOLE	PASS THROUGH 16/64" ROUND HOLE	PASS THROUGH 8/64" ROUND HOLE
HALVES	5%	—	—	1% (included in 5%)	—
PIECES AND HALVES*	—	—	18%	3% (included in 18%)	1% (included in 3%)
PIECES	—	—	25%	5% (included in 25%)	1% (included in 5%)
SMALL PIECES**	—	10%	—	—	2%

* No part of any tolerance shall be used to reduce the percentage of halves required or specified in a lot of "pieces and halves."

** The tolerance of 10% and 2% for "small pieces" classification shall apply, respectively, to any smaller maximum or any larger minimum sizes specified.

NOTE: The industry standard of 6/64 is tighter than the USDA standard of 8/64.



1 WALNUT HALVES, LIGHT



2 WALNUT PIECES AND HALVES, LIGHT



3 WALNUT PIECES AND HALVES, LIGHT/LIGHT AMBER



4 WALNUT PIECES, LIGHT



5 WALNUT PIECES, LIGHT/LIGHT AMBER



6 WALNUT PIECES, LIGHT



7 WALNUT PIECES, LIGHT/
LIGHT AMBER



8 MEDIUM PIECES, LIGHT



9 MEDIUM PIECES, LIGHT



10 SYRUPER (DICED), LIGHT/LIGHT AMBER



11 SMALL PIECES, LIGHT



12 SMALL PIECES, LIGHT



13 TOPPING PIECES, LIGHT



14 TOPPING PIECES, LIGHT/LIGHT AMBER



15 WALNUT MEAL, LIGHT/
LIGHT AMBER

Health Benefits



NUTRITIONAL PROFILE OF WALNUTS

Nutrient	Per 30 g* (Kernel)**	% of DV***	Nutrient	Per 30 g* (Kernel)**	% of DV***
Energy	190 kcal		Dietary Fibre	2.0 g	8%
Protein	4.0 g		Folate	28.0 mcg	6%
Fat:	18.0 g	28 %	Iron	0.82 mg	4%
Monounsaturated	2.5 g		Magnesium	45.0 mg	10%
Polyunsaturated	13.0 g		Niacin	0.32 mg	2%
Saturated	1.5 g	8 %	Thiamine	0.10 mg	6%
Trans	0.0 mg		Vitamin B6	0.15 mg	8%
Omega-3 fatty acid	2.5 g		Vitamin E	0.0 mg	0%
Omega-6 fatty acid	11.0 g		Zinc	0.88 mg	6%
Cholesterol	0.0 mg		Sodium	1.0 mg	0%
Carbohydrate	4.0 g		Potassium	125.0 mg	4%

* The number of walnut halves can vary with size. Our measurements indicate that one ounce or 30 g is about 10 halves.

** Source: USDA National Nutrient Database for Standard Reference, Release 21, 2008.

*** Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. USDA National Nutrient Database for Standard Reference, Release 21, 2008.

A recommended serving of walnuts is 30 g, which equates to approximately 10 walnut halves.

Not all fats are created equal. The fat in walnuts is 72.4 % heart-healthy polyunsaturated fat. Walnuts contain no cholesterol and no trans fat.

Dietary guidelines recommend that people (ages 19 years and over) keep total fat intake between 20 to 35 % of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids.

WALNUTS FOR HEART HEALTH

Numerous studies report the significant cardiovascular benefits of eating a 30 g serving of walnuts every day. These benefits include lowering total cholesterol, lowering LDL "bad" cholesterol and improving endothelial cell function. These are the cells that line arteries to the heart.

WALNUTS FOR WEIGHT MANAGEMENT

Walnuts aid in satiety (providing a feeling of fullness), which may prevent over-indulgence, a very important factor in successful weight management.

WALNUTS FOR BONE HEALTH

Clinical research suggests walnuts, rich in ALA, an essential omega-3 fatty acid, are beneficial to the skeletal system by decreasing the breakdown of bone. Walnuts are unique as one of the most nutrient-dense whole food sources of ALA.

WALNUTS AND ANTIOXIDANTS

Walnuts contain several antioxidants including selenium, melatonin, gamma-tocopherol (a form of vitamin E) and several polyphenols. In a 2006 study of 1,113 foods, walnuts ranked second only to blackberries in antioxidant content.

WALNUTS FOR COGNITIVE HEALTH

A study published in the British Journal of Nutrition shows walnuts improved cognitive function in laboratory animals. The researchers found that walnuts may have the ability to protect the brain by reducing age-related free radicals and by promoting neuronal communication and the growth of new neurons.

WALNUTS FOR TYPE 2 DIABETES

A study published in the European Journal of Clinical Nutrition found that including walnuts in the daily diet of people with Type 2 diabetes may be beneficial. The adults in the study who were given 30 g serving of walnuts a day showed improvements in blood lipid levels.

WALNUTS AND OMEGA-3'S

Walnuts contain the highest amount of ALA amongst nuts. ALA is an essential fatty acid that cannot be produced by the body and must be consumed through the diet. A 30 g serving provides 2.5 g of ALA. The omega-3's in walnuts have been shown to slow the progression of breast cancer tumors in laboratory animals.

"One of the easiest ways to improve one's diet is to eat a handful of walnuts every day. In our fast paced society of 'instant' everything, reaching for a handful of walnuts a day is truly effortless. A cholesterol-lowering effect of diets enriched with walnuts has been consistently demonstrated in many studies. Ongoing research studies at major universities are exploring walnuts' role in reducing other risk factors for heart disease, including lowering blood pressure, reducing inflammation, improving diabetes control and aiding in weight management. Walnut research to date has been very impressive and the upcoming studies look very promising too."

Dr. Emilio Ros, Head of the Lipids Unit of Clinic Hospital of Barcelona.



CALIFORNIA WALNUTS IN
Trade

CALIFORNIA WALNUTS FOR YOUR NEEDS

Walnut kernels are available in 11,34 kg boxes (25 pounds) in poly-lined bags, vacuum-sealed or without vacuum. Vacuum-sealed bags are also offered in aluminium. Inshell walnuts are available in 25 kg polyester-woven bags. For small dealers suppliers also offer 10 kg bags (22 pounds), 9,07 kg bags (20 pounds) or 5 kg bags (11 pounds). All bags are non-transparent to easily detect damages.

STORAGE TIPS

Follow these tips to maintain the high quality, freshness, flavor and nutritional value of California walnuts:

- Store in air-tight packaging.
- Store away from foods with strong odors, like cabbage and onions.
- Rotate inventory. Practice FIFO – First In, First Out.
- For storage up to six months: refrigerate at 0°C to 5°C at 65 % relative humidity.
- For storage longer than six months: freeze at -18°C.



WHERE TO PURCHASE

For information about where to source premium walnuts, visit www.walnuts.org to view our list of U.S. handlers. Or, contact us directly to speak with our Trade Representative.



FACT: FROM 2000 TO 2009 SHELLED CALIFORNIA WALNUT SHIPMENTS INTO THE EU AND SWITZERLAND HAVE INCREASED BY 273 % FROM 5,370 MT TO 19,976 MT.

**NEW PRODUCT
MARKETING SUPPORT**

The California Walnut Commission has promotional materials and fact sheets that are available free of charge to retailers, manufacturers, bulk distributors and wholesalers of California walnuts. **Order our promotional materials and recipe booklets. Contact us at: +49-228- 943787-0 or via email at CWC@californiawalnuts.eu.**



**Choose
California walnuts
for premium quality
and great taste.**

**Walnuts are an
excellent source of
omega-3
polyunsaturated
fatty acids.***

For free recipes, visit

www.walnuts.org

Menu Suggestions

BREAKFAST

- Add chopped walnuts to pancake or waffle mix.
- Mix together walnuts, raisins, rolled oats and bran for easy granola.

APPETIZERS

- Serve spiced walnuts as bar snacks.
- Purée walnuts with garbanzo beans for a healthy hummus dip.



Walnut and Caramelized Onion Pizza

ENTRÉES

- Add toasted walnuts to stir-fry or sautéed vegetables for added crunch, flavor and nutrients.
- Mix ground walnuts and bread crumbs to encrust salmon fillets, chicken breasts or pork chops.

SAUCES

- Add finely chopped walnuts to sauces for texture and taste.



Linguine with California Walnut Lemon Cream Sauce



Maple Candied Walnuts

PIZZA

- Prepare whole wheat pizza crust with ground walnuts.
- Use walnuts, apple pieces and brie cheese to top pizza.

ASIAN

- Mix chopped walnuts with crab and mango for sushi roll filling.
- Add chopped walnuts to your favorite dumpling filling.



California Walnut Encrusted Lamb

These and other great California walnut recipes are available online at www.walnuts.org

SALADS

- Add chopped walnuts to your house salad for a signature taste that adds a healthy crunch.
- Candied walnut "croutons" can be used in virtually any salad.

SANDWICHES/SNACKS

- Add chopped walnuts into sandwich or wrap fillings.
- Include walnuts in heart-healthy trail mixes.



Fennel and Radicchio Salad with Walnuts

DESSERTS

- Use toasted walnut halves as a garnish on desserts.
- Ground walnuts can be added to pie or cheesecake crumb crusts.

CHEESE PLATTERS

- Add walnuts to cheese platters. They are the perfect complement to both mild and aged cheeses.



California Walnut and Cheese Platter

Walnuts for Baking

In which baked goods might we find walnuts?

Walnuts are versatile and can be added to any baked goods, from breads and muffins to pastries and fine cakes.



What is the major role that walnuts play in baked goods, aside from acting as a common topping and inclusion?

Since walnuts have numerous health benefits (see page 8), including being the only nut with a significant amount of alpha linolenic acid, an omega-3 fatty acid, their health component is the major distinguishing factor.

Walnuts also add to the eating experience because of their crunch, taste and appearance. Lastly, they are versatile (e.g. they are great for replacing flour in some cakes and adding to crusts for pies and cheesecakes).

What should users know when adding walnuts to the baking application?

- Keep walnuts refrigerated (see page 11 for storage tips).
- Walnuts equilibrate at less than 6 percent moisture, which frees them from water activity. Walnuts baked at normal temperatures do well and do not burn at normal baking temperatures. To prevent burning, do not bake them higher than 180°C.
- Toasting walnuts enhances their flavor and adds crunch. It may also change the texture and affects their freshness, so once toasted, walnuts should be used quickly.
- Since they are a versatile tree nut, walnuts work well with sugar and other ingredients in the mix.
- Walnuts should be incorporated into the mix towards the end to prevent breaking them up more than needed.
- The normal time frame for baked goods on the grocery shelf allows walnuts to move through the system before they oxidize. If longer shelf life is required, antioxidants may be added to extend product life.
- Walnut flour is an increasingly popular ingredient in baking applications since it is easy to add to any baked good (simply mix it in) and enhances the taste, flavor and water-binding capacity. Remember that walnuts are best when freshly ground. When grinding, be careful as they turn into butter very quickly – use a little flour or sugar in the recipe while grinding.
- When using walnuts for quick breads, chop more finely than for yeast-leavened baked goods. Also, walnuts do not affect the gluten structure of breads.



CALIFORNIA WALNUT *Recipes*

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TOAST BEFORE YOU TOSS

Bring out the nutty, rich flavor of walnuts by toasting them before tossing into salads, stir-fries, pasta dishes and more. You can season walnuts with salt, sugar or spices to create an array of flavors.

OVEN: Spread chopped walnuts evenly onto a baking sheet or in a shallow pan. Bake at 180°C for 5 to 7 minutes or until lightly browned. Stir several times for even toasting. Be sure to keep an eye on them though – they burn easily. Cool before using. Note: walnuts can be toasted dry or with a dash of oil.



MICROWAVE: In a glass plate, spread walnuts in a single layer. Microwave on HIGH 5 to 6 minutes, stirring every 2 minutes. Cool before using.



SKILLET: In large, dry skillet over medium-high heat, cook walnuts until lightly toasted, about 1 to 2 minutes.



WALNUT AND ANISE BISCOTTI

MIDDLE-EASTERN FLAVOR IS INFUSED INTO THIS RECIPE FROM ISRAEL. ANISE SEED ADDS A DISTINCTIVE TASTE TO THESE BISCOTTI AND MAKES EVERY BITE OUT OF THIS WORLD.

YIELD: 24 biscotti, approx. 30 g each.

BEAT butter and sugar in mixer until pale and fluffy. Beat in eggs until well-combined.

WHISK flour with baking powder in medium size mixing bowl. Add walnuts, cranberries, lemon zest and anise seed; stir to blend. Add to butter mixture; mix well.

SHAPE dough into large log, approximately 10 x 30 cm on parchment paper-lined baking sheet. Bake in preheated 160°C oven 30 to 35 minutes, or until golden.

COOL for 15 minutes. Transfer to cutting board. Using sharp serrated knife, slice into 5 mm thick slices (diagonally for longer cookies, or straight across for smaller). Return biscotti to baking sheet, cut side down, and bake 10 minutes. Turn biscotti over and bake an additional 10 minutes, or until completely dry. Transfer to wire cooling rack.

INGREDIENTS	WEIGHTS/MEASURES
butter, softened	113 g
lightly packed light brown sugar	142 g
eggs	2
all-purpose flour	215 g
baking powder	7 g
roughly chopped California walnuts	200 g
dried cranberries or dried cherries	120 g
grated lemon zest	2 tsp
anise seed	1 tsp



CALIFORNIA WALNUT APPLE BREAKFAST BREAD



IMPRESS GUESTS WITH THIS SIMPLE, RUSTIC LOAF, A PERFECT ACCOMPANIMENT TO ANY BREAKFAST MEAL.

YIELD: 2 [350 g] loaves, 12 slices each.

INGREDIENTS

WEIGHTS/ MEASURES

SPONGE

bread flour	50 g
salt	1 g
fresh yeast	5 g
water	30 ml

BREAD

peeled, diced apple	50 g
ground cinnamon	2 g
bread flour	250 g
salt	5 g
brown sugar	38 g
unsalted butter, softened	30 g
fresh yeast	15 g
dough improver	3 g
milk	160 ml
sponge (see above)	82 g
California walnuts	50 g

SPONGE

COMBINE flour, salt, yeast and water in a mixer; mix on low speed for 4 minutes. Place sponge into a greased, clean container with a lid. Reserve in the refrigerator overnight or for up to 24 hours.

BREAD

TOSS apple with cinnamon to coat; set aside.

COMBINE flour, salt, brown sugar, butter, yeast, dough improver, milk and sponge in a mixer fitted with a dough hook. Mix on lowest speed for 4 minutes. Add the apple mixture and walnuts. Mix for 1 minute. Increase to second speed and knead for 5 to 6 minutes or until dough is fully developed (use the Windowpane Test*). The dough temperature should be about 25.5°C. Avoid over-mixing as this will give the loaves a swirled effect.

COVER dough with greased plastic wrap and rest for 30 minutes.

DIVIDE dough into two portions. Shape dough into rounds and rest for 15 minutes covered in greased plastic wrap.

SHAPE into oval loaves and proof for about 40 to 60 minutes (depending on proof-box temperature and humidity) or until loaves are almost double in size and bounce back when touched. Don't over proof. Very carefully score each loaf with 2 to 4 diagonal cuts.

BAKE in a deck or rack oven at 180°C for about 25 minutes or until the top sounds hollow when tapped.

* **NOTE:** Windowpane Test - Pull off a piece of dough about the size of a walnut. Roll it between your hands for a few seconds to smooth the edges. Using both hands, pull the dough between your hands, rotating the dough 90 degrees occasionally to form a thin sheet of dough so thin that light passes through it. The dough shouldn't tear when you do this. If you can form a windowpane, the dough is fully developed. If you can't, then knead another 5 minutes or so.

MAPLE WALNUT MINI COFFEECAKES



PERFECT WITH COFFEE, TEA OR MILK, THESE MOUTH-WATERING MINI COFFEECAKES OFFER A FLAVORFUL COMBINATION OF MAPLE, CINNAMON AND CRUNCHY WALNUTS.

YIELD: 12 servings, 1 each.

CAKES

WHISK together flour, ground walnuts, baking soda, baking powder and salt in small bowl.

BEAT together butter and sugar in electric stand mixer, until pale and fluffy. Beat in one egg at a time, beating well after each addition. Beat in sour cream and maple extract until smooth and fluffy, about 2 minutes. Reduce speed to low and add flour mixture, scraping down sides of bowl and mixing just to combine.

STREUSEL

PULSE together toasted walnuts, sugar, cinnamon and ginger in food processor, until walnuts are chopped. Drizzle in butter and pulse once, just to combine.

SPOON half of the batter into greased muffin pan [12 large muffins]. Sprinkle with half of the walnut streusel. Distribute remaining batter over top; sprinkle with remaining streusel. Bake in preheated 180°C oven 25 to 30 minutes, or until cakes begin to pull away from sides of the pan, the tops are golden and set, and tester comes out clean.

TRANSFER pan to cooling rack; cool 1 hour. Run knife around edges to loosen cakes; transfer to rack to cool completely, or serve warm sprinkled with icing sugar. Store in airtight container for up to 2 days.

TIP: Alternatively, this recipe can be made into one bundt cake. Bake 45 to 60 minutes.

INGREDIENTS WEIGHTS/MEASURES

CAKES

all-purpose flour	262 g
California walnuts , ground	30 g
baking soda	1 tsp
baking powder	1/2 tsp
salt	1/2 tsp
unsalted butter, softened	175 g
maple sugar or brown sugar	260 g
eggs	2
sour cream	250 ml
maple extract	2 tsp

STREUSEL

California walnut halves, toasted	125 g
maple sugar or brown sugar	38 g
cinnamon	2 tsp
ground ginger	1 tsp
melted butter	24 g

CARROT WALNUT CUPCAKES WITH LEMON BUTTERCREAM FROSTING

SATISFY EVERYONE'S SWEET TOOTH WITH DELIGHTFUL, DELICIOUS CUPCAKES.

YIELD: 24 cupcakes, approx. 66 g each (unfrosted).

INGREDIENTS

WEIGHTS/MEASURES

CUPCAKES

grated carrot [about 2 large carrots]	275 g
California walnut pieces	160 g
diced pineapple, fresh or canned (well drained)	200 g
all-purpose flour, divided	290 g
baking soda	2 tsp
cinnamon	2 tsp
nutmeg	1/2 tsp
salt	1/2 tsp
eggs	4
granulated sugar	300 g
vegetable oil	375 ml

LEMON BUTTERCREAM FROSTING

unsalted butter, softened	250 g
icing sugar, sifted	750 g
lemon zest [from 2 lemons]	4 tsp
fresh lemon juice [from 2 lemons]	7 tbsp
vanilla extract	1 tsp

CUPCAKES

COMBINE carrots, walnuts, pineapple and 125 ml flour in large bowl; set aside.

WHISK remaining flour with baking soda, cinnamon, nutmeg and salt; set aside.

PLACE eggs and sugar in mixer, mix until just combined. With mixer running, slowly add vegetable oil, until emulsified.

FOLD flour mixture into egg batter until well combined. Stir in carrot mixture.

LINE muffin tins with 24 paper liners and fill with batter, filling each about three-quarter full [approx. 73 g batter per cup]. Bake at 180°C 20 to 25 minutes, or until cake tester inserted in centre comes out clean. Transfer to wire cooling racks; cool.

Decorate with lemon buttercream frosting.

LEMON BUTTERCREAM FROSTING

COMBINE butter, sugar, lemon zest, juice and vanilla in mixer; whip until light and fluffy about 4 minutes.

TIP: This recipe can also be made into a cake. Simply pour batter into round cake pan and place in preheated 180°C oven for 1 hour or until cake tester inserted into centre comes out clean. Transfer to rack; let cool and cover with frosting (same amount as used for cupcakes).



CRUNCHY CALIFORNIA WALNUT-CRUSTED SALMON FILLETS



FOR A COMPLETE MEAL, SERVE SALMON ON A BED OF BABY SPINACH, DRIZZLED WITH A LIGHT, LEMONY VINAIGRETTE OR WITH ASPARAGUS SPEARS AND RICE.

YIELD: 12 servings, 1 salmon fillet + 75 ml walnut crumb mixture per serving.

PLACE walnuts in food processor; coarsely chop. Add bread crumbs, lemon rind, olive oil and dill; pulse until crumbly. Mixture should stick together. Season; set aside.

ARRANGE salmon fillets skin side down on parchment paper-lined baking sheets. Brush tops with mustard. Spoon 30 g of walnut crumb mixture over each fillet; press into mustard. Cover with plastic wrap; refrigerate for up to 2 hours.

BAKE at 180°C 15 to 20 minutes, or until salmon flakes with a fork. Just before serving, sprinkle each with 1 tsp lemon juice.

INGREDIENTS	WEIGHTS/MEASURES
California walnuts	280 g
dry bread crumbs	6 tbsp
lemon rind, finely grated [approx. 3 lemons]	6 tbsp
extra virgin olive oil	45 ml
fresh dill, chopped	3 tbsp
salt and pepper	
salmon fillets, skin on	1.5 kg
Dijon mustard	2 tbsp
fresh lemon juice	50 ml

CALIFORNIA WALNUT STUFFED BEEF TENDERLOIN FILETS



CALIFORNIA WALNUT PESTO GIVES THIS ENTRÉE A SOPHISTICATED FLAVOR AND TEXTURE. SERVE WITH A SIDE OF GRILLED VEGETABLES AND RICE OR WHIPPED POTATOES.

YIELD: Makes 12 filets.

CALIFORNIA WALNUT PESTO

COMBINE basil, walnuts, olive oil and garlic in food processor; pulse until well-combined. Add cheese, butter, lemon juice and pepper; pulse until mixture forms a paste. Set aside.

BEEF FILETS

SLIT the side of each filet horizontally to create a pocket.

Stuff each filet with 2 tbsp pesto. Wrap one slice of bacon around each filet and secure with a toothpick. Rub olive oil over filets just before cooking. Sprinkle with salt and pepper.

COOK over medium-high heat on grill until meat reaches preferred doneness. Remove from grill and allow to rest 5 minutes.

VARIATION: *In a heavy skillet, pan-sear meat over medium-high heat for about 2 minutes per side, or until browned. Finish cooking in 180°C oven until meat reaches preferred doneness.*

INGREDIENTS WEIGHTS/MEASURES

CALIFORNIA WALNUT PESTO

well-packed fresh basil leaves, patted dry	150 g
chopped California walnuts	250 g
olive oil	175 ml
garlic cloves, minced	15 g
grated Parmesan cheese	100 g
butter, softened	30 g
lemon juice	60 ml
freshly ground black pepper	2 tsp

BEEF FILETS

beef tenderloin filets / approx. filet mignon, each approx. 5 cm thick, approx. 175 g	2.2 kg
California walnut pesto	750 g
12 long slices naturally smoked strip bacon	250 g
olive oil	4 tbsp
salt	
freshly ground black pepper	

PAPPARDELLE WITH CALIFORNIA WALNUT PESTO



**CALIFORNIA WALNUTS
ADD FLAVOR AND TEXTURE
TO CRUSHED HERBS AND
WARM PASTA IN THIS
CLASSIC ITALIAN DISH.**

Adapted from Chef/Owner Ethan Stowell,
Union Restaurant, Seattle, WA

YIELD: 16 servings, 500 ml per serving.

WALNUT PESTO

PLACE half of the walnuts, parsley, cheese and garlic in food processor; process until finely chopped. With motor running, slowly pour in half of the oil; purée until smooth. Transfer to bowl and repeat with remaining ingredients, making a total of 2 batches. Season with salt and pepper; set aside.

COOK pasta in boiling salted water until al dente, about 3 to 4 minutes. Drain, reserving some of the cooking water. For each serving, toss 500 ml cooked pasta with 50 ml walnut pesto adding some of the reserved cooking water as required to thin the pesto; toss well to coat evenly. Transfer to warm pasta bowl; sprinkle with 1 tbsp chopped walnuts and shaved or grated cheese, as desired. Serve immediately.

INGREDIENTS	WEIGHTS/MEASURES
WALNUT PESTO	
California walnuts, toasted	315 g
Italian parsley leaves, packed	100 g
Parmigiano Reggiano cheese, freshly grated	200 g
garlic cloves	4
extra virgin olive oil	375 ml
salt and pepper	
fresh pappardelle pasta	2 kg
California walnuts, toasted, chopped	100 g
Parmigiano Reggiano cheese (optional)	

CRUNCHY WALNUTTY CHICKEN STRIPS

WHETHER USING PANKO OR CORN FLAKES TO COAT THESE SUCCULENT CHICKEN STRIPS, KIDS AND ADULTS ALIKE WILL ENJOY THIS DELICIOUS MEAL. QUICK TO MAKE, HEALTHY AND LOADED WITH THE CRUNCHY GOODNESS OF CALIFORNIA WALNUTS, THE STRIPS ARE GREAT WHEN PAIRED WITH A FRESH SALAD OR CRISPY, RAW VEGETABLES.

YIELD: 12 servings or approx. 42 chicken fingers (6 adults at 4 per serving + 6 children at 3 per serving).

SLICE chicken breasts diagonally into strips, about 1 cm wide. Combine panko, ground walnuts, salt, pepper and oregano in shallow baking pan.

POUR cream in shallow dish or pie plate. Add a few chicken strips at a time to moisten; shake off excess cream and transfer to crumb mixture. Gently toss to coat, pressing mixture onto surface. Transfer strips to parchment-lined baking sheets. Repeat until all strips are coated. Discard any remaining cream and coating mixture.

BAKE at 200°C for 15 minutes, or until lightly golden brown, rotating sheets halfway through. Allow to stand 3 to 5 minutes before serving with desired dipping sauce.

TIP: *If desired, substitute panko with crushed corn flake cereal.*

INGREDIENTS	WEIGHTS/MEASURES
large boneless skinless chicken breasts	1.2 kg
panko (Japanese bread crumbs)	300 g
California walnut halves [approx. 66], ground	210 g
salt	1-1/2 tsp
freshly ground black pepper	1-1/2 tsp
dried oregano	1-1/2 tsp
whipping cream	175 ml



BEEF SLIDERS STUFFED WITH CALIFORNIA WALNUTS AND GORGONZOLA

THESE MINI BURGERS PACK BIG TASTE WITH THE COMBINATION OF CRUNCHY CALIFORNIA WALNUTS, TENDER BEEF AND GOOEY GORGONZOLA CHEESE. BABY ARUGULA WOULD PROVIDE A PERFECT PEPPERY MATCH FOR THESE MOUTH-WATERING SLIDERS, WHICH CAN BE COOKED ON THE BBQ, INDOOR GRILL OR STOVETOP.

YIELD: 15 sliders.

INGREDIENTS

	WEIGHTS/MEASURES
olive oil	1 tsp
bacon slices, finely chopped	4
minced shallots	30 g
minced button mushrooms	160 g
egg, lightly beaten	1
Worcestershire sauce	1 tsp
freshly ground black pepper	1/2 tsp
regular ground beef	500 g
Gorgonzola cheese divided into 15 portions	125 g
California walnut halves	90 g
small round dinner rolls, sliced	15

HEAT oil in heavy saucepan over medium heat; sauté bacon until cooked but not crisp. Add shallots and cook until translucent. Add mushrooms and continue cooking until water evaporates about 5 minutes. Transfer mixture to large mixing bowl; cool.

ADD egg, Worcestershire sauce and pepper. Add beef and gently mix by hand until all ingredients are combined; do not overmix.

DIVIDE mixture into 15 equal portions, about 44 g each. Form into thick patties, tucking a piece of cheese and 2 walnut halves into the centre of each patty.

GRILL patties on medium-high heat until cooked through. Just before serving, place in dinner rolls.

Makes 15 sliders, approx. 44 g each.
Raw meat mixture: 750 ml or 750 g.

TIPS: If omitting bacon, increase olive oil to 2 tsp. A pinch of sweet smoked paprika will bring back the bacon's smoky flavor, if desired.

If desired, substitute Gorgonzola cheese with blue cheese.

If desired, substitute small dinner rolls with 30 slices of baguette approx. 1 cm each.



INDIAN SPICED SNACK MIX



THIS PARTY MIX IS BOUND TO BE A POPULAR HIT AT THE BAR WITH A SIMPLE COMBINATION OF CALIFORNIA WALNUTS AND SNACK BITES, DRESSED UP WITH EXOTIC CURRY PASTE.

YIELD: 28 servings, 50 ml per serving. Total 1.75 l.

Preheat oven to 120°C.

COMBINE butter, curry paste, and sugar in large bowl; whisk until blended. Add walnuts, stirring until coated. Stir in pretzels, then stir in sesame sticks, soy nuts and peas. Sprinkle with salt; toss to combine.

TRANSFER mixture to a rimmed baking sheet. Bake in center of oven for about 1 hour, stirring every 15 minutes, until walnuts are a deep golden color. Cool on baking sheet.

STORE in airtight container (at room temperature) for up to 5 days.

INGREDIENTS

	WEIGHTS/MEASURES
butter, melted	30 g
Madras (hot) Indian curry paste (not powder)	2 tsp
granulated sugar	1 tsp
California walnut halves	200 g
multigrain pretzel nuggets	165 g
sesame sticks	100 g
roasted unsalted soy nuts	115 g
roasted peas	95 g
salt	1 tsp

CALIFORNIA WALNUT COATED CHEESE TRUFFLES



CREAMY CHEESE TRUFFLES HARMONIZE WITH THE PUNGENT TASTE OF OLIVE AND CRUNCHY COATING OF CALIFORNIA WALNUTS. THIS DISH CAN BE SERVED AS A STARTER OR MAIN COURSE WITH A MIXTURE OF FLATBREADS FOR TASTE AND PRESENTATION.

YIELD: 12 servings, 3 per serving.
Total 36.

COMBINE cheeses, sundried tomatoes, lemon rind and oregano. Cover and refrigerate for at least one hour.

SCOOP one tablespoon of cheese mixture and pat around one olive forming a ball. Repeat until 36 balls are formed.

CHOP walnuts in food processor until finely chopped; transfer to a shallow pan. Roll each ball in walnuts to coat. Refrigerate. At serving time, place 3 cheese truffles in a martini glass or on a plate; garnish with a sprig of fresh oregano. Serve with flatbreads or crostini.

TIP: Cheese truffles can be stored in refrigerator up to 2 days before serving.

INGREDIENTS	WEIGHTS/MEASURES
cream cheese, softened	400 g
crumbled feta cheese	150 g
sundried tomatoes, finely chopped	1-1/2 tbsp
lemon rind, finely grated	1-1/2 tsp
fresh oregano, minced	1-1/2 tsp
pitted Kalamata olives	90 g
California walnuts , toasted	135 g
fresh oregano sprigs (for garnish)	12

MAPLE CANDIED WALNUTS



THIS SIMPLE-TO-MAKE SNACK IS DELICIOUS ON ITS OWN OR TOSSED IN A SALAD.

YIELD: 18 servings, approx. 8 walnuts per serving. Total 1 l.

COMBINE walnuts and maple syrup in a large bowl; mix until evenly coated. Stir in sesame seeds.

Cool on baking sheet; walnuts will become dry and crunchy as they cool. Store in airtight container in refrigerator.

SPREAD on non-stick, or parchment paper-lined baking sheet. Bake at 160°C for approximately 20-25 minutes, stirring twice, until walnuts are lightly browned.

INGREDIENTS	WEIGHTS/ MEASURES
California walnut halves	360 g
maple syrup	60 ml
sesame seeds	2 tbsp

CELEBRATION SAMOSAS WITH CALIFORNIA WALNUTS



THESE SAMOSAS CAN BE PREPARED AHEAD OF TIME AND FROZEN. THE RECIPE CALLS FOR PHYLLO DOUGH AND IS BAKED INSTEAD OF FRIED, MAKING THEM LOWER IN FAT THAN THEIR TRADITIONAL COUNTERPARTS. SERVE WITH MANGO CHUTNEY.

YIELD: 60 pieces.

INGREDIENTS	WEIGHTS/MEASURES
whole potatoes, unpeeled	3
canola oil	1 tbsp
black mustard seeds	1 tsp
garlic cloves, thinly sliced	7 g
minced onion	65 g
minced cilantro	14 g
chili pepper, seeded and minced	4 g
lemon juice	2 tbsp
salt	1 tsp
frozen peas, thawed	150 g
chopped California walnuts	125 g
phyllo pastry	500 g
cooking spray or vegetable oil	

BOIL potatoes in salted water until tender. Drain and cool. Peel and chop; set aside.

HEAT oil in large skillet over medium-high heat. Add mustard seeds and cook until fragrant and just starting to pop, about 2 minutes. Add garlic and onions; cook 1 minute. Let cool slightly.

COMBINE potatoes, onion mixture, cilantro, chili, lemon juice, salt, peas and walnuts in large bowl.

LAY 1 sheet of phyllo, with long side facing you, on a clean work surface. Spray lightly with cooking spray and top with second layer of phyllo. Cut sheets vertically into 6 cm strips. Work with one strip at a time and cover remaining strips with damp towel. Place 1 tbsp potato mixture on bottom right-hand corner of strip. Form a triangle by folding bottom right corner over filling, up and to the left. Next, fold left corner up until triangle is formed. Continue forming triangles until end of strip. Place on parchment paper-lined baking sheet and spray lightly with cooking spray. Repeat with remaining potato mixture and phyllo.

BAKE at 190°C about 15 minutes, or until lightly golden. Serve immediately.

TIP: Freeze unbaked samosas in single layer on baking sheet and cover with plastic wrap; transfer to freezer bag once completely frozen. Samosas can be baked from frozen; simply increase baking time by about 5 minutes.

WALNUT ENCRUSTED PRAWNS WITH PONZU GLAZE

A SIMPLE APPETIZER OF JUMBO PRAWNS WRAPPED IN A WALNUT COATING, AND MARRIED WITH A SWEET AND SAVORY SAUCE WILL DELIGHT SEAFOOD LOVERS.

YIELD: 12 servings, 3 prawns + 1 tbsp ponzu sauce per serving.

INGREDIENTS	WEIGHTS/MEASURES
ponzu sauce	175 ml
granulated sugar	3 tbsp
cornstarch	2 tsp
eggs, beaten	3
all-purpose flour	160 g
California walnuts , finely chopped	180 g
panko (Japanese bread crumbs)	42 g
salt and pepper, to taste	
jumbo tail-on raw prawns/shrimp peeled and deveined	16/20
vegetable or canola oil for deep-frying	

COMBINE ponzu sauce, sugar and cornstarch in saucepan. Cook over medium-high heat, stirring frequently, until glaze is thickened. Set aside to cool.

PLACE eggs in one bowl, flour in second bowl. Combine walnuts and panko crumbs in third bowl. Season all three bowls with salt and pepper.

HOLD tail of prawn, one at a time, and dredge in flour, then dip into egg mixture. Transfer to walnut mixture, turning to coat all over. Repeat with remaining prawns.

POUR enough oil into deep-fryer or deep heavy-bottomed pot to fill at least 5 cm. Heat to 190°C. Deep-fry 3 prawns at a time, turning once, until golden, about 1 to 2 minutes. Using a slotted spoon or spider, transfer to a paper towel-lined baking sheet.

SERVE warm with ponzu sauce.

TIP: To make ahead, let cool on parchment-lined baking sheet. Cover and refrigerate for up to 4 hours. Reheat in 180°C oven until crisp and hot, about 5 minutes.



SPICY CRAB CAKES WITH CALIFORNIA WALNUT CRUST



WARM ASIAN FLAVORS AND CALIFORNIA WALNUTS WITH PANKO PROVIDE A FLAVORFUL TEXTURE TO THESE SUCCULENT CRAB CAKES.

Adapted from Chef Roxanne O'Brien, Taylor's Market Recipe, Sacramento, CA

YIELD: 16 appetizer portions, 2 per serving.

INGREDIENTS

WEIGHTS/MEASURES

WALNUT COATING

panko (Japanese bread crumbs)	85 g
California walnuts , finely chopped	55 g

WASABI MAYONNAISE

mayonnaise	250 ml
prepared wasabi paste	4 tsp

CRAB CAKES

fresh or canned crab meat (or shredded crab-flavored seafood)	1 kg
panko	240 g
mayonnaise	330 g
California walnuts , finely chopped	110 g
sweet red pepper, minced	70 g
fresh chives, chopped	20 g
eggs, beaten	4
Asian chili garlic sauce or chili paste	2 tbsp
toasted sesame oil	2 tsp
soya sauce	2 tsp
lemon juice	2 tsp
salt	2 tsp
ground black pepper	1/2 tsp
Canola oil, for pan-frying	
lemon wedges, for garnish	

WALNUT COATING

COMBINE crumbs and walnuts in a shallow dish; set aside.

WASABI MAYONNAISE

COMBINE mayonnaise and wasabi; cover and keep refrigerated.

CRAB CAKES

REMOVE any stray pieces of shell or cartilage if using fresh crab. If using canned crab, drain, gently pressing out excess liquid. In large bowl, combine crab with panko, mayonnaise, walnuts, red pepper, chives, eggs, chili sauce, sesame oil, soya sauce, lemon juice, salt and pepper. Cover and refrigerate bowl for at least 2 hours, or overnight. Crab cakes will be easier to shape when chilled.

PREPARE wax paper-lined trays. For each crab cake, measure out 50 ml of mixture, pat and shape into cakes about 2 cm thick. Very gently press the top and bottom of each cake into walnut coating, leaving sides uncoated. Set the cakes on prepared trays.

HEAT enough oil to cover surface in large fry pan over medium-high heat. Brown cakes in batches, a few minutes on each side, or until golden. Serve with lemon wedges and 1 tbsp wasabi mayonnaise on the side.

CURRIED COUSCOUS AND CALIFORNIA WALNUT PILAF



THIS MIDDLE-EASTERN INSPIRED RECIPE WILL PLEASE ANYONE CRAVING A BIT OF SPICE. DRIED CURRANTS, LEMON, HONEY AND WALNUTS GIVE TEXTURE AND TASTE TO AN ETHNIC DISH THAT EVERYONE WILL LOVE.

YIELD: 15 servings, 250 ml per serving. Total 3.75 l.

INGREDIENTS

butter	85 g
onions, diced	150 g
carrots, diced	150 g
celery, thinly sliced	165 g
mild curry powder	1 tbsp
ground cumin	1-1/2 tsp
ground coriander	1 tsp
turmeric	1 tsp
salt	1 tsp
cayenne pepper	1/2 tsp
couscous	1 kg
boiling water	2.25 l
dried currants	225 g
fresh lemon juice	85 ml
honey	85 g
California walnuts , toasted, chopped	200 g
fresh cilantro, minced	30 g

WEIGHTS/MEASURES

MELT butter in large saucepan; sauté onions, carrots and celery until softened. Stir in spices; cook 1 minute, stirring constantly. Stir in couscous; cook 1 minute, stirring constantly.

ADD boiling water and currants. Reduce heat, cover and simmer 5 minutes, or until almost all of the liquid is absorbed. Stir in lemon juice and honey. Reserve some of the walnuts for sprinkling on top; add remaining walnuts and cilantro to mixture. Sprinkle each serving with the rest of the walnuts.

TIP: For creamier texture, add small amounts of additional boiling water until desired texture is achieved.



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