## Munch the crunch

A nut is actually the dried fruit of a tree. To get really technical, peanuls are legumes, not nuts, and are relatives of beans and peas.

In many places, peanuls are called "ground nuts" because they grow underground, while true nuts come from trees. Brazil nuts and cashews are really seeds from inside fruit. Confused? No matter what you call them, they are important.

Nuts contribute rich flavor and crunchy texture to many kinds of foods and are great nibbles on their own.

Nuts are a source of incomplete protein but, added to dishes containing grains or dairy foods, they become a good source of complete protein. Nuts are a good source of vitamin B-6 and some minerals, but they also can be very high in fat.

also can be very high in fat.

USE QNLY fresh muts in baking.
To check for freshness, salff. Any oder indicates rancidity. The high fat content causes rancidity. This means they have been improperly stored.
All varieties of nuts taste better if the skin is removed and they are classed in the oven before adding to a recipe.
To toast shelled nuts, place them on an ungreased cookie sheet and toast in a \$50 degree oven from three to 10 minutes depending on the size Watch carefully, and turn frequently to avoid scorching.
Toasting also can be done in a

Toasting also can be done in a heavy pan on top of the stove. Use a little oil in the heavy pan, add nuts, heat slowly 10-15 minuter until lightly browned, stirring frequently.

TO MAINTAIN best eating quality, nuts need protection. A nut will keep longer if kept close to its origi-nal form.

Nuts in the shell retain higher quality than those shelled, and nuts left in their skins keep better than



## **Lois Thieleke**

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skinned. Nuts that are whole last longer than those chopped, unroasted nuts keep better than roasted; and unsatted keep longer than saited. Nuts in the shell keep well in a nut bowl at room temperature for a short period of time. Avoid storing nuts in a damp thire.

short period of time. Avoid storing nuts in a damp place.
Shelted nuts will keep fresh for several months stored in tightly closed containers in the refrigerator or freezer. When frozen, nuts will keep for a year or longer, depending on the type of nut. Pecans may be Imp when thawed Crisp them by basing in a 350-degree oven for 10-15 minutes for whole nuts, less for chopped.

CRACKING NUTS can be a real challenge. Brazil nuts crack best if frozen for at least 24 hours.

Another way is to cover them with cold water, boil for three minutes, drain, cover with cold water and let stand one minute, drain and crack.

Pecans can be soaked six to eight hours in cold, salted water before cracking. To crack English walnuts, set them on the flat end and strike the pointed end with a hammer. They should snap in half.

CRACKING BLACK walnuts is probably the biggest challenge. Al-ways wear gloves while hulling or your flands will be stained.

Pound with a hammer to remove the hull. Wash and dry nuts, soak 15 minutes in water or place in a wet cloth overnight. Then crack nuts with a hammer.

Some people do the hulling by put-ting the nuts in a bag and driving over them with the car Then precede with the above instructions.

precede with the above instructions.

DIFFERENT NUTS require different prepaping prior to using.
Almonds are easier to chop if still warm from bashing. To remove excess salt from packaged cashews, the with a rough towel or place in builing water for 10 seconds, drain and pat dry.

Toast bazelinuts (filberts) for seven to 10 minutes at 350 degrees, and rub gently with a towel. Cool slightly and slip skins off with your fingers.

Maradamia nots are available in pars or cans and often are roasted in eventuat oil and heavily salted You can ruse some of the salt off under running water and rob with a rough force.

running water war towed.

To remove the skin from pistachio nuts, pour boiling water over nuts and leave for two minutes, then drain, and rub with a rough towel and dry

and dry

IT TAKES only a little imagination to make plan food company
food by ising nuis.

And in the many make goods, tookers,
add on the words broads or walflex Use in these spreads, source,
they shads and as a vegetable or
casserole topping.

They can add just that, extra
crunch to make a dessert memorathe they are a baker's delight, readity available and certainly casy to
use Make your favorite foods more
delicous by adding nuts.



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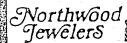
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A new way for bread pudding AP — Remember how great caramel apples rolled in nuts tasted when you were a kid? Here are the same flavors, but now they're easier Pour the egg mixture evenly over the bread-

CARAMEL-APPLE BREAD PUDDING

Legge

4 eggs
21 a cups milk
3 cups usgar
3 teaspoon ground cinnamon
3 teuspoon vanilla
3 teaspoon vanilla
3 teaspoon ground nutmeg
2 cups dry whole-wheat bread cubes
(about 3 alice)
One 6-oance package dried apples,
snipped

inipped Caramel-Nut Sauce (recipe follows) In a large mixing bowl, use a rota-

Caramel-Nut Sauce
In a small saucepain, melt 31 cup
margarine or butter. Stir in 32 cup
packed brown sugar and 1 tablespoon light corn syrup. Cook and stir
over-medium heat until the mixturecomes to a full boil. Stir in 34 cup

ry beater to beat together eggs, milk, sugar, cinnamon, vanilla and nutning. Set tegg mixture aside in an ungressed 8-by-14-inch round baking dish, toss together dry bread cubes and dried apples. Pour the egg mixture eventy over the bread-apple mixture. Bake in a 350-degree oven for 40 to 45 minutes or until the bread pudding tests done. Serve warm with Caramel-Nut Sauce Makes 6 to 8 servings. apple mixture. Bake in a 350-degree oven for 40 to 45 minutes or until the bread pudding tests done.

whipping cream Return to a full boil. Remove from the heat. Stir in 34 cup chopped pecans. Serve warm Makes about 1 cup. Nutration information per serving. 477 cal. [48] prot. [68] g carb. [21] g. fat, 164 mg chol., 306 mg/sodium.





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