



Pecans deserve a place in the well planned diet because of their good flavor, food value and many uses in main dishes, breads, cakes, cookies, desserts, salads and candies.

In a nut shell, they contain concentrated calories, vegetable protein in a moderate amount, phosphorus, thiamine or vitamin B<sub>1</sub>, calcium and iron.

There are two general types of pecans available -native pecans and papershell pecans.

Two and one-half pounds native pecans in the shell will yield a pound of meats (about 4 cups).

Two pounds of papershell pecans will yield one pound of meats.

### MAIN DISHES

#### *Pecan and Rice Loaf*

2 cups pecans, chopped	1/2 cup finely cut celery
2 cups cooked rice	1 cup dry bread crumbs
2 tablespoons melted butter or other fat	1 egg, beaten
1/4 cup chopped green pepper	1 1/2 teaspoon salt
3 tablespoons flour	1/8 teaspoon pepper
	1 cup milk

Combine the ingredients and pack tightly in a well-greased loaf pan lined with paper; bake in a moderately hot oven 375 to 400 degrees F. for 1 hour. This loaf is very good served with brown sauce seasoned with chopped parsley.

*Nut Stuffing*  
(For Chicken or Turkey)

1/2 to 1 cup chopped pecans	2 1/2 cups soft bread
1 tablespoon finely chopped onion	crumbs
1/2 cup cut celery	1/2 teaspoon salt
3 tablespoons melted butter or other fat	1/8 teaspoon pepper
	2 or 3 sprigs parsley, chopped
	Savory seasoning, if desired

Cook the onion, parsley, and celery in the fat for a few minutes, add the bread crumbs and seasonings, and stir until well mixed and hot. Add the nuts just before stuffing the fowl.

SALADS

*Waldorf Salad*

2 cups cubed apples, unpeeled	1 cup shelled pecans
1 cup diced celery	1/2 cup mayonnaise or French dressing

Mix all ingredients with mayonnaise or French dressing. Arrange on crisp lettuce leaves. Serve at once as apples darken quickly.

*Cabbage and Pineapple Salad*

2 cups shredded cabbage	1 cup marshmallows, cut in small pieces
1/2 cup pecans, chopped	
Pecan halves	1 small can sliced or chunk pineapple

Drain chunk pineapple, dice slices, toss all ingredients together with any desired fruit salad dressing. Garnish with pecan halves.

*Frozen Fruit Salad*

2 cups diced mixed fruits	2/3 cup mayonnaise
2/3 cups diced celery	dressing
2/3 cup chopped pecans	1 cup cream whipped
	Lettuce

Drain diced fruits; add diced celery, chopped pecans and mayonnaise. Fold in whipped cream. Place in refrigerator freezer trays and freeze until firm. Serve on crisp lettuce leaves. Garnish with whipped cream or mayonnaise dressing.

## CAKES, COOKIES AND PIES

*Nut Sponge Cake*

1/2 lb. shelled pecans*	10 eggs
6 tablespoons all-purpose flour	1 1/4 cups sugar
1 teaspoon cream of tartar	1 teaspoon vanilla extract

Preheat oven at 375° F. Line bottom of a 10-inch tube pan with waxed paper. Grease the paper. Grind the nuts in a food grinder, using medium blade. Sift flour and cream of tartar together and mix with the ground nuts. Separate the eggs. Beat the yolks, adding the sugar gradually. This requires about 15 minutes with electric mixer. Add vanilla flavoring. The yolk mixture should be light in color, thick and very smooth. Beat egg whites until they hold a precise peak. Sprinkle flour-nut mixture over beaten egg yolks, pile beaten egg whites over this and gently mix or fold all ingredients together, but only enough to disperse all patches of egg white. Pour batter into pan, leveling the top with a rubber spatula. Bake 50 minutes in 375° F. oven or until cake tester comes out dry when tested in center of cake. Invert cake on wire rack. Cool about 1 to 2 hours.

This unusual cake can be served in many ways. It is delicious served alone, or served with a scoop of ice cream or whipped cream on top.

\*Nuts must be weighed. A cup measurement will not work.

*Pecan Cake*

1 3/4 cups butter or margarine	6 eggs
2 cups sugar	4 tablespoons lemon extract
4 cups shelled pecans	1/4 lb. or 4 oz. candied cherries
1 teaspoon baking powder	1/4 lb. or 4 oz. candied pineapple
2 cups white raisins	
4 cups flour	

Cream butter or margarine with sugar until smooth and fluffy. Sift dry ingredients together and mix with fruit and nuts. Add well-beaten eggs to creamed mixture. Add flour mixture. Mix well until fruits and nuts are coated with cake batter.

Line bottom of pans with greased waxed paper. Grease sides of pans. Bake in 10-inch tube cake pan in slow oven 300° F. from 3 1/2 to 4 hours. . The cake may be baked in one-pound bread pans at 300° F. for about 2 hours.

*Date Nut Cake*

2 lbs. dates	1 cup sugar
2 teaspoons baking powder	1 cup flour
1 teaspoon vanilla	4 cups pecan halves
1 lb. candied cherries	1 teaspoon salt
4 eggs	

Chop dates, mix in cherries and pecan halves. Sift dry ingredients together twice. Then as sifted third time sift over fruit, nut mixture; mix. Beat egg yolks until lemon colored. Add to mixture. Beat egg whites until partly beaten; add vanilla and beat to peak stage, then fold into fruit mixture. Let stand 30 minutes. Pour in wax-lined pan and cover with 3 thicknesses of wax paper and bake at 250° F. for 2 hours. During last 15 minutes of baking period remove wax paper.

*Sand Tarts*

1 cup butter or margarine	1 teaspoon vanilla
3 cups flour	1 cup ground or finely chopped pecans
3 tablespoons powdered sugar	1/4 teaspoon salt

Mix together thoroughly the butter or margarine (room temperature) powdered sugar, vanilla and pecans. Sift together and work in the flour and salt. Chill dough. Pinch off teaspoonful, roll in hands pencil thick. Form into crescent shapes on ungreased cookie sheet. Bake in 325° F. oven 15 minutes or until set -- not brown. Cool on pan. When slightly warm, carefully dip in powdered sugar. Cool, and roll in sugar again.

### *Pecan Cookies*

1/2 cup butter or margarine	1 cup chopped pecans
1 cup brown sugar	1 egg
1 cup flour	2 teaspoons vanilla

Mix as for butter cake and drop from teaspoon on oiled cookie tins. Bake in moderate oven 350°F. until cookies are brown (about 15 minutes). The cookies will become crisp when cool.

### *Texas Pecan Pie*

1 cup pecans, halves or chopped	1/8 teaspoon salt
3 eggs	1 teaspoon vanilla
1/2 cup sugar	1/4 cup melted butter
1 cup light or dark corn syrup	or margarine

Beat the eggs. Add the sugar and syrup, then the salt and vanilla, and last the melted fat. Place the pecans in the bottom of an unbaked pie crust. Add the filling and bake slowly in a moderate oven (350°F.) for 50 to 60 minutes. The nuts rise to the top of the filling and form a crusted layer.

### *Salted Pecans*

Melt 2 tablespoons butter, margarine or salad oil in heavy skillet over low heat. Add 1 cup shelled pecans and stir until hot. Avoid overcooking because pecans darken after being removed from the fat. Drain on absorbent paper. Sprinkle lightly with salt while still warm.

*Sugared Pecans*

1 cup sugar	1 teaspoon light
1/4 cup water	corn syrup
1 1/2 cups pecan halves	1 teaspoon vanilla

Boil sugar, water and syrup together until the long thread stage is reached or 230° to 234° F. on a candy thermometer. Add vanilla; cool until lukewarm. Beat until the mixture becomes creamy. Add pecan halves. Stir until pecans are well coated. Pour on waxed paper and separate pecans. Store in tightly covered containers.

Note: If mixture becomes too firm before all pecans are coated, add a few drops of warm water and continue stirring.

**KEEP THEM FRESH THE YEAR ROUND**

Pecans become rancid after several months storage unless properly canned or frozen.

*Canning Pecans in Pressure Canner*

Select well-cured nuts; sort according to size. Place in shallow pan and heat in 250° to 300° F. oven for 10 minutes. Pack hot into hot, dry jars or tin cans. Leave one inch headspace in jars, fill cans to top. Close jars, or seal cans. Process in pressure canner at five pounds pressure for ten minutes. Open petcock, let steam out. Remove jars or cans from canner. Complete seal on jars if closures are not of self sealing-type. Cool cans in water.

*Canning Pecans in Water Bath*

Follow directions above for preparing pecans for pressure canner. Place jars in water bath, with water 1 inch below the rim of the jar - water should cover cans. Process in boiling water for 15 minutes. Remove jars and complete seal if closures are not of self-sealing type. Cool cans in cool water.

*Freezing Pecans*

Package freshly shelled pecans in moisture-vapor-proof bags, freezer tin cans, freezer jars or plastic containers. Seal or close containers. Sharp freeze and store at 0° F.

*Storage**Shelled Pecans*

Place pecans in covered containers and store in refrigerator not longer than 6 months.

*Unshelled Pecans*

Store unshelled pecans at a temperature below 32° F. They will keep fresh for about a year.

*Extension Foods and Nutrition Specialists  
Texas A. & M. College System*

TEXAS AGRICULTURAL EXTENSION SERVICE  
G. G. GIBSON, DIRECTOR, COLLEGE STATION, TEXAS

Cooperative Extension Work in Agriculture and Home Economics, The Texas A. & M. College System and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.