



Texas pecan grove owners are busy harvesting a bountiful crop which will run into million of pounds.

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

Native pecans are a mixture of varying sizes and shapes of pecans which contain 40 to 45 percent kernel. Most of the shelled pecan meats available in grocery stores come from native pecans. Two and one-half pounds of native pecans in the shell will easily yield a full pound of meats (about 4 cups).

Papershell pecans mostly come from budded or grafted trees. They are large in size, have thin shells, and the percentage of meat is 50-55 percent. Two pounds of papershell pecans should yield one pound of meats.

Papershell pecans are well-suited for gift packages. Anyone would be delighted to receive a supply of good pecans—the best of all nuts. Pecans can be shipped easily without damage and do not require storage if they are to be used in the next few months.

Pecans—a rich and tasty food. The kernels or meats of pecans contain 75 percent oil, 12 percent protein, and 10 percent carbohydrates—all valuable food materials. For a dollar's worth of good eating, pecans are one of the best buys on your food list.

In a nutshell, the place of pecans in the diet is this—concentrated calories; protein of high quality in moderate amount; phosphorus plentiful; a good source of vitamin B, calcium and iron; a dependable source of copper; a fair source of vitamin A.

Let's Eat Pecans

PECAN CROQUETTES

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| ½ cup milk or water | 1 egg (or 2 yolks) |
| 2 tablespoons corn starch | ¼ cup bread crumbs |
| 2 tablespoons lemon juice | 1 cup pecan meats (ground) |
| 1 tablespoon chopped onions | |

Heat the milk and add to it gradually the corn starch mixed with a little cold milk. Let boil up thoroughly while stirring constantly, remove from the fire and add remaining ingredients. Cool, shape, egg and crumb, and fry in deep fat. Makes 10 croquettes.

Serve with cucumber sauce, which may be made by adding chopped cucumbers to cream sauce.

PECAN CHICKEN MOUSSE

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| ½ cup pecan pieces | 1 tablespoon gelatine |
| 1 cup diced chicken | 1 cup heavy cream |
| 1 cup chicken stock | Salt, cayenne and paprika |
| 3 egg yolks | |

Slowly pour hot chicken stock on slightly beaten egg yolks, add seasonings and cook stirring constantly until it begins to thicken. Add gelatine, which has soaked 5 minutes in a tablespoon of cold water, chicken and pecans. When it begins to thicken fold in the well whipped cream and pour into mold.

SAND TARTS

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| 1 cup butter | 1 teaspoon vanilla |
| 3 cups flour | 1 cup ground pecans |
| 3 tablespoons powdered sugar | |

Mix thoroughly. Pinch off small teaspoonful, roll in hand, then pull ends around in crescent shape. Bake very slowly. When almost cool roll in powdered sugar. Makes about 60.

TEXAS PECAN PIE

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| 1 cup pecans | ⅛ teaspoon salt |
| 3 eggs | 1 teaspoon vanilla |
| ½ cup sugar | ¼ cup melted butter or
other fat |
| 1 cup dark corn syrup | |

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 piecrust. 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.

PECAN CAKE

1 lb. butter (scant)	1 lb. flour (4 cups)
1 lb. sugar (2 cups)	6 eggs
1 lb. pecans (shelled)	4 tablespoons lemon extract
1 teaspoon baking powder	¼ lb. candied cherries
1 lb. raisins (white)	¼ lb. candied pineapple

Mix the same as for a cake made with shortening. Add nuts and fruit at the last. Bake in a loaf pan in a slow oven (300°F.) from 3½ to 4 hours.

SALTED PECANS

Heat pecans in the oven. On removing add salt and a little butter and shake well in the pan so the salt will stick.

Let's Keep Them Fresh, The Year Round

CANNED PECANS

Select good, well-developed pecans—shell and assort according to size. Pick out bits of shell, unmaturred nuts, etc. Place in shallow pans—one layer thick. Put in a slow oven, heat but do not scorch. Put jars in a pan of cold water and bring to boiling point, remove and wipe dry and adjust rubber. Pack pecans into hot, dry jars to within one inch of top. Place a crumpled piece of parchment in this space to absorb moisture. Dry top and adjust carefully. Place bail into place and semi-seal. Now jars are placed in pressure cooker to which has been added 2 cups of water. Adjust cooker lid and clamp. Leave pet-cock open seven minutes (or until steam begins to escape) then close and raise pressure to 5 lbs. Release pressure immediately to bring remaining moisture out of jars while at the same time creating vacuum. Remove from cooker and complete the seal. Wipe dry and when thoroughly cold, store on pantry shelves.

PREPARATION OF PECANS FOR FREEZING

Freshly shelled pecans may be packaged in cellophane bags, tin cans, freezer jars, or heavily waxed cartons. Seal, then store at 0°F. in a home freezer or a commercial locker plant.

Pecans may also be stored in the home refrigerator in a covered container for a period not to exceed 6 months.

STORAGE

When storing pecans in the shell they should be held at a temperature below 32°F. where they may be kept for approximately a year.

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