

CIRCULAR E-511

Enjoy

OKLAHOMA PECANS

- DELICIOUS
- NUTRITIOUS

Make Good Foods Better!

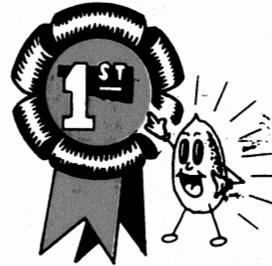


ENJOY OKLAHOMA PECANS

By O'Dean Hubbard
Extension Economist, Food Marketing

and Ruth Petermann
Specialist—Foods and Nutrition

The pecan is a native Oklahoma tree nut and is the leading horticultural crop in the state. The average annual production is more than 20,000,000 pounds and Oklahoma consistently ranks in the top three pecan producing states. Most of the pecans are produced in the fertile river bottoms of Central and Eastern Oklahoma.



Pecans Add Flavor to Food

Pecans may be used in many ways and give a distinctive and delicious flavor to foods. They are unexcelled for use in candy, ice cream, pastries or for roasting and salting. Pecans may also be used to add richness and flavor to stuffing for poultry, to croquettes, creamed chicken, or fish, and to salads. They are well adapted for use in biscuits, muffins, waffles, as well as other types of bread; and in cakes, cookies, and other desserts. They are excellent substitutes in recipes calling for other kinds of nut meats.



Pecans Are High in Food Value

Pecans make valuable contributions to the diet. Like meat, they supply protein, fat, and thiamin (one of the B vitamins). One cup of pecan kernels furnishes 740 calories—twelve medium halves furnish about 100 calories.



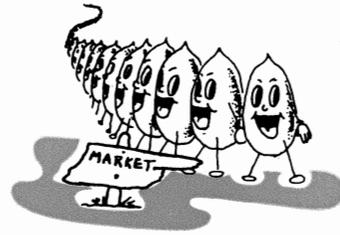


Pecans Continue to Improve

Pecan research and extension in Oklahoma seeks to improve the quality as well as the quantity. In cooperation with Oklahoma State University, pecan growers are carrying on improvement programs in production, marketing, and utilization. The development of management programs for the pecan industry has been largely responsible for the success of Oklahoma as a pecan producer.

Oklahoma's Pecans Are Popular

Pecan harvest in Oklahoma extends from October to January. They may be bought in the shell, as pecan kernels, and as specialty gift packages. Purchase of shelled pecans saves time, labor, and storage space. Oklahoma is adequately served by modern, sanitary, efficient shelling plants. These facilities provide means for Oklahoma pecans to meet an important segment of the national consumer demand through major markets all over the United States.*

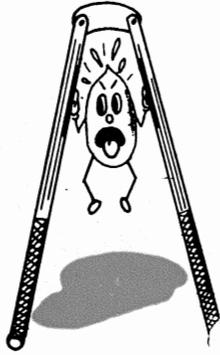


How to Store Pecans

A supply of pecan kernels can be kept in the home satisfactorily. They may be kept in an air-tight container in the refrigerator for several months.

Nut meats packaged in a moisture-vapor proof container and frozen may be kept up to twelve months.

*Names of shellers, dealers and suppliers furnished upon request. Address, Extension Service, Oklahoma State University, Stillwater, Oklahoma.



Home-Shelling Hints

When cracking pecans for home use, the percentage of whole kernels may be increased by soaking the nuts in water overnight (10 hours). Or, boiling water may be poured over the nuts, allowing them to soak 15 to 30 minutes depending upon the thickness of the shell. Either treatment tends to make the kernels more pliable and hold together better during the shelling operation. It is best to shell the pecans as soon as they are dry.

Tasty Ways to Use Pecans

The following recipes are suggested if you do not already have favorite ones for using pecans.

Salted Pecans

Place pecan kernels in just enough oil, butter, or margarine to cover the surface of the kernels (about 1 tablespoon for 1 cup pecans). Toast in shallow pan in the oven at a low heat, and stir occasionally. Avoid overheating because kernels darken after being removed from the fat. Drain on absorbent paper and sprinkle lightly with salt.

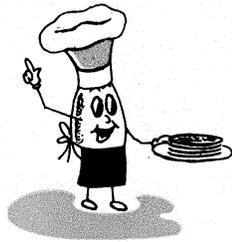
Pecan Pie

Prepare a plain pastry and line 9 inch pie pan.

3 eggs	1 teaspoon vanilla
½ cup sugar	2 tablespoons melted butter
1 cup dark corn sirup	1 cup pecan meats
1/8 teaspoon salt	

Beat eggs slightly. Add sugar, sirup, salt, vanilla and butter. Place the pecans in the bottom of the pastry lined pan. Add the filling. Bake at 400° F. for 10 minutes, then reduce heat to 350° F. and bake until mixture sets (30 to 35 minutes). The nuts will rise to the top and form a crusted layer.





Pecan Waffles

2 cups sifted all-purpose flour	¾ cup chopped pecans
3 teaspoons baking powder	2 eggs, separated
¼ teaspoon salt	1½ cups milk
6 tablespoons shortening, melted	

Sift together dry ingredients and add pecans. Beat egg yolks until light; combine with milk and melted shortening and add to dry ingredients, mixing just until smooth. Beat egg whites until stiff and fold into batter. Bake in hot waffle iron. Yield: 6-8 waffles.

Pecan Brownies

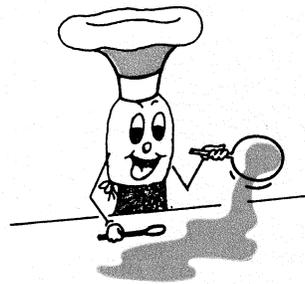
2 eggs	1 teaspoon baking powder
1 cup sugar	½ cup butter, melted
½ cup sifted flour	1 teaspoon vanilla
6 tablespoons cocoa	1 cup pecans
¼ teaspoon salt	

Beat eggs. Add sugar and sifted dry ingredients. Stir in butter, vanilla, and pecans. Spread in shallow greased 8 in. square pan. Bake in (325° F.) oven, 20-30 minutes. Cool slightly. Cut into 1x2-inch bars or 2-inch squares.

Pecan Brittle

2 cups sugar	1 teaspoon vanilla
¼ teaspoon salt	2 cups chopped pecans
¼ teaspoon soda	

Heat the sugar gradually in iron skillet over low heat. Stir constantly with the bowl of the spoon until completely melted and golden brown in color. Remove from heat and quickly add salt, soda, and vanilla, stirring just enough to mix. Pour the sirup over a layer of pecans in a buttered pan. As soon as it can be handled, pull and stretch it out into a thin sheet. When cold break into irregular pieces.



Pecan Butter Balls

2 cups sifted flour	1 cup butter
¼ cup granulated sugar	2 teaspoons vanilla
½ teaspoon salt	3 cups finely chopped pecans

Sift flour, sugar, and salt. Work in butter and vanilla. Add 2 cups nuts; mix well. Shape in 1-inch balls. Roll balls in remaining 1 cup nuts. Bake on ungreased cookie sheets in moderate oven 325° F. for about 25 minutes. If desired, omit 1 cup of nuts and roll cookies while warm in fine granulated or confectioners sugar.

Pecan Bread

3 cups sifted flour	1 cup chopped nuts
3 teaspoons baking powder	1 egg, well beaten
1 teaspoon salt	1 cup milk
2/3 cup sugar	4 tablespoons melted shortening

Sift together flour, baking powder, salt, and sugar. Stir in nuts. Combine egg, milk and shortening. Add to flour mixture and blend only until all flour is moistened. Bake in greased loaf pan (about 9"x5") in moderate oven (350° F.) 1 hour or until done. Store several hours or overnight before slicing.

Variation: Use brown sugar. Add ½ cup dates, cut small.



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