

Recipes included at this site do not appear in
A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.

March 2016

...AN UNUSUAL SOUP AND AN ICE CREAM WITH WALNUTS;

Cream of Walnut Soup

Easy Toffee – Walnut Ice Cream

...PECANS IN A PIE FROM THE PERIOD OF THE CIVIL WAR
AND ANOTHER ICE CREAM:

Pecan – Oatmeal Pie

Easy Toasted Butter Pecan Ice Cream

The Iroquois, of the eastern United States and Canada, used ground acorns and hazelnuts for baking and taught the technique to the colonists. The Cherokee of the Southeast made a dish called *di-s-qua-ni*, utilizing the then abundant chestnuts. Back in the days of the Aztec Empire nuts were used to thicken hot chocolate, a habit that was not adopted by Europeans when chocolate was introduced to the continent by the explorers. When was the last time you thickened a dish using a nutmeal as in *Salsa Romesco*?

Middle and Near Eastern cuisines employed nuts for centuries. When introduced into Europe, nuts, then scarce and expensive, were most often used to garnish thus exhibiting your good taste and affluence to guests. To this day we still find nuts introduced into a meal simply as a garnish with little recognition of the protein value of these capsules of future life for the species. When was the last time you thought of nuts and seeds as protein sources?

To many, nuts are just a snack food or a tasty ingredient to add to cookies or candy or granola bars. At least that is one way of getting the bountiful nutrition of nuts into your family. I remember the gorgeous and sinfully delicious tortes in which my mother used almonds, pecans, walnuts, or hazelnuts. I also remember the nuts that were gathered and dried in the attic by my grandparents and the bowls of nuts that sat on the table when my grandparents and their friends played cards, usually pinochle, on a Saturday evening. The first year we were married my grandmother bought a nut cracker set, carved from a log with the bark still attached, for each of her married grandchildren. We filled ours with nuts in their shells each holiday season and set it on our raised fireplace hearth to accommodate snack attacks. We did not buy shelled nuts then; we spent November evenings shelling nuts for Christmas baking and candy making and spent December evenings cracking nuts and sharing nutmeats.

Seeds and legumes such as peanuts can be added to a bowl full of unsalted nuts and served on one of those cracker-and-cheese, in-front-of-the-fire evenings or they can be packed into your picnic hamper when you are off to the beach or the woods where you can just toss them into your salad or serve them for dessert with cheese. Not only will you be creating a delicious mixture, you will be adding zinc to you diet, a mineral requirement that is not readily obtainable from foods other than meats and fish. Below are some ideas that I gleaned from my worldwide recipe search that are not included in my vegetarian volumes.

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Try toasted nut halves in salads especially those wonderful bean salads from the Caucasus;

Indian entrees with unsalted cashews since cashews lead the pack in term of protein delivery per pound;

spaghetti with butter, cheese, and toasted pine nuts (*pignoli*);

pesto sauce with pine nuts (*pignoli*);

cheese balls rolled in ground nuts;

pilaf with almonds and pistachios;

nut *patés*; nut tortes; nut butters; and conserves.

CREAM OF WALNUT SOUP

TPT - 1 hour and 22 minutes;

15 minutes = pre-blending cooling period

I find this soup to be a very good choice for a first course for a formal meal. Yes, it is very posh but no one ever can nail the ingredients and that is part of its charm. It is smooth, rich, and elegant with sparkling little flavor elements to alert your taste buds. English walnuts, a misnomer since they are believed to have originated in Persia, are called for in this recipe. Black walnuts would give the soup a very different flavor.

If you are wondering where in the world the word walnut comes from, it appear to be so named as a corruption of the Saxon word "wealh," or foreign, that is, foreign nut. The Saxons seem to have encountered many things unfamiliar to them when they invaded the British Isles including the Welsh people, who owe their name to the Saxons as well. The word Welsh also comes from the Saxon word for foreign.

4 cups vegetarian stock*
1 cup chopped preservative-free English walnuts
1/4 cup finely chopped onion
1/4 cup finely chopped celery
1 large garlic clove—finely chopped
1/4 teaspoon ground mace**

2 tablespoons freshly grated organic orange zest

2 tablespoons butter
2 tablespoons unbleached white flour

1 cup light cream or half and half

Finely chopped fresh parsley, for garnish

In a saucepan set over *MEDIUM* heat, combine stock, chopped walnuts, *finely* chopped onion, celery, and garlic, and ground mace. Allow to come to the boil. Reduce heat to *LOW* and allow the soup to simmer for 30 minutes, stirring frequently. Turn into the container of the electric blender. Allow to cool for 15 minutes.

Add grated orange zest. Blend until very smooth.

In a large, clean saucepan set over *LOW* heat, melt butter. Remove from heat and, using a wire whisk, make a *roux* by beating in flour. Return to heat and, stirring constantly, cook for 2 minutes, *being careful not to burn or overbrown the roux*. Remove from heat and gradually beat in puréed walnut and vegetable mixture. Return saucepan to heat and cook, stirring constantly, until thickened.***

Gradually, while stirring constantly, whisk milk and cream into soup base. Allow to heat through. Turn into a heated soup tureen.

Serve into heated soup cups.**** Garnish with a pinch of chopped parsley before serving.

Yields 6 cupfuls

Notes: *Choose a light tomato-free vegetable stock such as the vegetarian white stock which is outlined in volume I of *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*, pp. 692-93.

**Mace is the filament-like cage that surrounds the nutmeg seed. It is not easily ground and is, therefore, somewhat pricy. Milder than the ground seed, but still highly flavored, it is a useful, albeit perishable, spice to have on your spice shelf.

***Alternately, little balls of *buerre manie*, dissolved in the heating soup, will thicken the soup more quickly. If you do have them tucked away in your refrigerator for such purposes, see *A Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul, Volume I*, p. 559.

****In the summer, we often serve this chilled.

This recipe can be halved, when required.

1/8 SERVING (i. e., 3/4 cupful) –
PROTEIN = 4.3 g.; FAT = 18.6 g.; CARBOHYDRATE = 6.9 g.;
CALORIES = 225; CALORIES FROM FAT = 74%



EASY TOFFEE – WALNUT ICE CREAM

TPT - 8 hours and 20 minutes;

8 hours = freezing period

When I was a little girl, my dad would often bring me a Heath bar as a treat. Oh, I did love that toffee candy and I still love the taste of toffee. Toffee bits, found with the chocolate chips in the baking aisle, make a convenient garnish for desserts and baked goods. In this recipe I have turned an easy French vanilla ice cream into a crunchy confection. The addition of walnuts tucks a healthy portion of plant-based omega-3 fats into this ice cream not to mention providing significant amount of copper, manganese, molybdenum, and biotin.

Nobody guesses that this ice cream contains walnuts unless they catch the walnut taste in the back of their throat as they swallow it. One of our favorite ways to serve this ice cream is to scoop it onto a pizzelle. The crisp Italian waffle cookie is a nice contrast to the ice cream.

1/4 cup toffee bits

1 cup heavy whipping cream

2/3 cup fat-free sweetened condensed milk

1/4 cup fat-free-pasteurized eggs (the equivalent of 1 egg)

1 teaspoon pure vanilla extract

1/4 cup finely ground walnuts or walnut meal

1/4 teaspoon black walnut extract

Prepare a 7 x 3 x 2-inch non-stick-coated loaf pan by placing it in the freezer until required.

Place a large piece of waxed paper on the counter top. Pour the toffee bits onto the waxed paper. Place another piece of waxed paper on top of the toffee bits. Using a rolling pin, crush the toffee bits *slightly* until of uniform size. *Be sure that there are no large pieces* but also be careful not to powderize the toffee. Set aside until required.

Using an electric mixer fitted with *chilled* beaters or by hand, using a *chilled* wire whisk, beat heavy cream in a *chilled* bowl until stiff. Set aside.

In a large bowl, combine sweetened condensed milk, pasteurized eggs, vanilla extract, walnut meal, crushed toffee bits, and black walnut extract. Stir to blend thoroughly. *Whisk-fold* stiffly whipped cream *gently*, but *thoroughly*, into milk mixture.

Pour ice cream mixture into chilled loaf pan. Spread evenly. Cover tightly with aluminum foil. Freeze overnight, or until firm—about 8 hours.

Either scoop ice cream from pan to serve or remove entire block of ice cream from pan and slice.

Leftovers should be returned to the freezer, tightly covered.

Yields about eight 1/2-cup servings

Note: This recipe is easily doubled, when required. Use a 9 x 5 x 3-inch non-stick-coated loaf pan.

1/8 SERVING (i. e., per 1/2 cupful) –
PROTEIN = 4.1 g.; FAT = 15.0 g.; CARBOHYDRATE = 22.0 g.;
CALORIES = 239; CALORIES FROM FAT = 56%

PECAN – OATMEAL PIE

TPT - 1 hour and 9 minutes

This recipe is an adaptation of a unique American phenomenon. During the American Civil War, when pecans and virtually everything else were scarce, creative cooks invented this pie, and the purely oatmeal variation. The post-war pecan harvests once again supplied the most precious ingredient and this recipe became relegated to historical archives.

1 unbaked pie crust for a 9-inch pie, preferable whole wheat

1/4 cup butter

1/2 cup fat-free pasteurized eggs (the equivalent of 2 eggs)

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cloves

3/4 teaspoon pure vanilla extract

1 cup light corn syrup

**3/4 cup old-fashioned or quick-cooking rolled oats
—but not instant**

1/2 cup coarsely chopped additive-free pecans

Preheat oven to 350 degrees F.

Prepare a 9-inch pie plate, non-stick-coated if available, by coating *very thoroughly* with non-stick lecithin spray coating. Fit pie dough into prepared pie plate and flute edges using the handle of a knife or your finger.

Using the food processor, fitted with steel knife, or the electric mixer, cream butter until light and fluffy.

Add eggs, ground cinnamon, ground cloves, and vanilla extract. Process until well-combined.

Turn into mixing bowl. Stir in corn syrup, rolled oats, and chopped pecans. Combine thoroughly.

Turn into prepared pie crust. Bake in preheated 350 degree F. oven for 45 minutes, or until a cake tester comes out clean when inserted into the center. Cool to room temperature on wire rack before serving.

Serve at room temperature or slightly chilled, if preferred.

Yields 8 servings
adequate for 6-8 people

Note: The pecan pieces may be omitted and the oatmeal increased to 1 cupful. The result is a delicious OATMEAL PIE.

1/8 SERVING – PROTEIN = 6.3 g.; FAT = 19.8 g.; CARBOHYDRATE = 48.3 g.;
CALORIES = 389; CALORIES FROM FAT = 46%



EASY TOASTED BUTTER PECAN ICE CREAM

TPT - 8 hours and 17 minutes;
8 hours = freezing period

While visiting London in 1981, we took a flat in Kensington, right off the High Street, and did our own cooking. It was quite an eye-opener when I went shopping for ingredients which I could have easily found in any grocery store here in the U. S. I was really frustrated. I remember a small bag of pecans, which I found in Harrods, cost me more than I would have paid for a pound of shelled pecan halves here.

Spanish explorers, who first explored the New World, encountered pecans and when they cracked open the hard pericarp, they called the seeds “nuez de la arruga,” wrinkled nut. A specie of hickory native to the western hemisphere areas of Mexico and the southern U. S., the pecan is, however, not botanically a nut. It is the stone of a drupe fruit just as is the peach or apricot. The seeds within the stone which remains after the flowers have fallen are the “nuts” that can add manganese, vitamin E, and protein to a diet. Pecans also function in adjusting LDL cholesterol levels and are an excellent source of ellagic acid, an antioxidant which inhibits the DNA binding of carcinogens such as nitrosamines and polycyclic aromatic hydrocarbons.

Butter pecan ice cream is an American favorite that sounds rich and “mouth-satisfying.” Toasting the pecan pieces and adding the touch of maple syrup make it even better. I evolved this in 1986 as a surprise for our daughter the day before she left to begin her sophomore year in college. It is, truly, a special-occasion ice cream; no grocery-store ice cream even comes close!

4 teaspoons butter

**1/4 cup chopped, additive-free pecans—lightly
toasted**

1 cup heavy whipping cream

2/3 cup fat-free sweetened condensed milk

1 teaspoon pure vanilla extract

1/2 teaspoon pure maple syrup

Prepare a 7 x 3 x 2-inch non-stick-coated loaf pan by placing it in the freezer until required.

In a small saucepan or Turkish coffee pot, melt butter. Add *toasted*, chopped pecans. Remove from heat and set aside.

Using an electric mixer fitted with *chilled* beaters or by hand, using a *chilled* wire whisk, beat heavy cream in a *chilled* bowl until stiff. Set aside.

In a large bowl, combine sweetened condensed milk, vanilla extract, and maple syrup. Stir to blend thoroughly. Using a rubber spatula, add buttered pecans to mixture. Again, blend thoroughly. *Whisk-fold* stiffly whipped cream *gently*, but *thoroughly*, into milk mixture.

Pour mixture into chilled loaf pan. Spread evenly. Cover tightly with aluminum foil. Freeze overnight or until firm—about 8 hours.

Either scoop ice cream from pan to serve or remove entire block of ice cream from pan and slice.

Leftovers should be returned to the freezer, tightly covered.

Yields about eight 1/2-cup servings

Note: This recipe is easily doubled, when required. Use a 9 x 5 x 3-inch non-stick-coated loaf pan.

1/8 SERVING (i. e., per 1/2 cupful) –
PROTEIN = 3.1 g.; FAT = 15.3 g.; CARBOHYDRATE = 18.3 g.;
CALORIES = 221; CALORIES FROM FAT = 62%

Salads do not have to be the same old, same old.
Next month we can explore together some vegetable combinations
you may not have thought of recently
featuring vegetables of the cabbage family, the Brassica
whose members are increasingly praised for their anti-cancer properties.

Do stop by,

Judy

Please note that all food value calculations are approximate and not the result of chemical analysis.