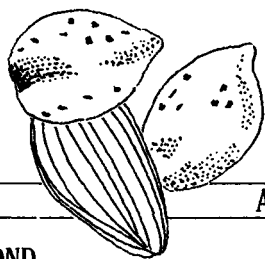
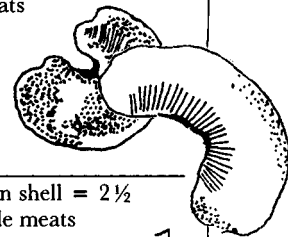
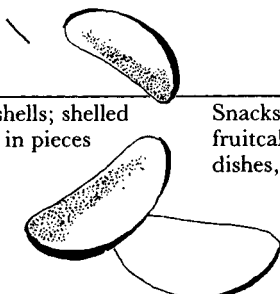


IN A NUTSHELL



NUT	AVAILABLE	BEST USE	AMOUNTS
ALMOND Oval-shaped nut with woody shell, reddish brown skin, and smooth white meat. Two kinds are bitter and sweet. Bitter almonds used only in extract.	Whole in skins and blanched, sliced, chopped, slivered, ground, paste	Snacks, sweets, breads, in marzipan, with poultry, as garnish	1 pound in shell = 1 cup whole meats = 1½ cups chopped; 4 ounces shelled = 1 cup
BRAZIL NUT Also called elephant toes, this nut has a very hard, dark brown, and wrinkled shell shaped like an orange segment. The nutmeat is large, beige, rich, and creamy.	Whole in shells; shelled whole and in pieces	Snacks, sweets, breads, fruitcake, in stuffing, rice dishes, and salads	1 pound in shell = 1½ cups whole meats; 1 pound shelled = 3¼ cups whole meats
CASHEW Expensive, crescent-shaped nutmeats; sweet, rich, and creamy with high fat content.	Shelled and skinned, whole or in pieces, raw or roasted	Snacks, sweets, breads, casseroles; in Middle Eastern, Indian, and Chinese dishes; ground for cashew butter, and as a garnish for vegetables	1 pound shelled = 3¼ cups whole meats
CHESTNUT Round, mahogany-colored shell with sweet flourey nut. Has much less oil than other nuts.	In shell, or shelled and blanched, puréed, candied, in syrup, and marrons glacés	Roasted as snack; cooked with vegetables and game, in soups, sauces, and stuffing; in sweets, breads, and marrons glacés	1 pound in shell = 2½ cups whole meats
HAZELNUT Also called filbert, this nut has a hard reddish brown shell and dense, creamy meat with delicate taste and fragrance.	Shelled whole nuts in skins or without; also chopped and ground	Snacks, sweets, and breads, especially pastries and with chocolate; with fish and vegetables; oil for vinaigrette	1 cup whole meats = 1¼ cups chopped or 1½ cups finely chopped
MACADAMIA Large, light tan, unevenly round, creamy nut. Rich, sweet, and buttery flavor.	Shelled only, roasted, raw, or chopped	Snacks, sweets, breads, salads, with fish and poultry	4 ounces = 1 cup whole meats



NUT	AVAILABLE	BEST USE	AMOUNTS
PEANUT			
Technically a legume, the peanut is America's favorite nut. Two bean-shaped nuts covered with papery skin in thin, tan shell.	Raw or roasted in shells, shelled and raw, roasted, and roasted and salted	Snacks, ground for butter, in casseroles, sauces, soups, and stews; cooking oil withstands high heat without burning	1 ½ pound in shell = 1 pound shelled meats
PECAN			
Semihard round shells with curly irregular halves of meat. Sweet taste and rich texture. Can be substituted for walnuts.	In shells; shelled in halves, pieces, and chopped; raw and roasted salted and unsalted	Snacks, sweets, breads, with chocolate, in ice cream, in soups and stews for thickening	2 pounds in shell = 1 pound shelled = 4 cups whole meats
PINE NUT			
Also called pignoli. This nut is small, pellet-shaped, and creamy white with sweet, rich flavor and high amount of oil. Nuts are harvested from pine cones and are expensive.	Shelled whole nuts; less expensive if bought loose (check Italian markets) than in tiny spice bottles	In Mediterranean cuisine—pesto, stuffing, sauces, soups, stews, rice dishes, pastries, and cookies	1 ½ ounces = ¼ cup
PISTACHIO			
Small nut with smooth thin shell and pale green meat covered with reddish skin. Mild flavor.	In shells raw or roasted and salted; shelled raw and roasted salted and unsalted	Snacks, in Middle Eastern pastries, halvah, ice cream, sausages, stuffing, and pâté	3 pounds in shell = 1 pound shelled meats
BLACK WALNUT			
Thinner nut than regular walnut with dark skin, very hard black shell, and stronger flavor.	In shells and shelled raw	Sweets, candy, ice cream, bread	4 ounces shelled = 1 cup
WALNUT			
Specifically the English or Persian walnut, this nut has a hard, round, tan shell with irregular curly nutmeat halves. Mild, sweet flavor, rich in oil.	In shells; shelled in halves, pieces, and chopped; also pickled	Snacks, sweets, breads, ground for butter, in stuffing, rice dishes, pâté, with poultry, game, vegetables; oil for vinaigrette	1 pound in shell = 2 cups meats

