

# AUSTRALIAN GOURMET HAZELNUTS

## CHUNKY NUT SQUARES

### Crust

1 ½ cups flour

½ cup butter, softened

¼ cup brown sugar

Beat flour and butter and sugar until crumbly. Press into lined lamington baking tray.

Bake at 350c until lightly golden (about 15 minutes).

### Filling

3 eggs

¾ cup sugar

¾ cup corn syrup

2 Tbsp melted butter

1 tsp vanilla essence

1 ½ cups coarsely chopped nuts (hazelnuts, walnuts, almonds, pecans, pistachios, or combination).

Beat egg, syrup, sugar, butter and vanilla together then stir in nuts. Pour evenly over baked crust and bake for 25 minutes until firm. Cool before cutting into squares.

## SPICED HAZELNUTS

3-4 cups hazelnuts

½ cup sugar

¼ tsp cloves

1 egg white slightly beaten

1/8 tsp nutmeg

2 tsps cinnamon

½ tsp salt

Toss hazelnuts in egg white. Place the dry ingredients in a paper bag and mix. Put the nuts into the spice bag and shake the bag to coat the nuts. Remove excess spices and place the nuts on a baking tray. Bake in a slow oven for about 20 minutes.

## STIR-FRY VEGETABLES WITH HAZELNUTS

4 cups prepared vegetables (e.g. mushrooms, broccoli, cauliflower, carrots, celery)

4 shallots chopped

2 tsps oil

¾ cup coarsely chopped hazelnuts

1-2 tsps grated ginger

soy sauce to taste

Any selection of vegetables can be used. If using the above, cut the broccoli and cauliflower into flowerettes, cut the carrots into thin sticks and the celery into diagonal slices. Heat the oil in a frypan, add the nuts and stir-fry until pale golden. Remove the nuts with a slotted spoon, add the grated ginger and vegetables and stir-fry until just tender. Add soy sauce to taste. Return nuts to pan and stir. Serve with steamed rice. SERVES 4.

## CHICKEN AND NUT SALAD

½ cup dry roasted hazelnuts

½ cup sliced celery

1 tsp soy sauce

1 small can pineapple pieces

2 cups cubed chicken cooked

salt & pepper to taste

½ cup sliced spring onions

½ cup mayonnaise

salad greens

Chop hazelnuts into pieces. Drain pineapple saving 2 tbsp syrup. Toss nuts, pineapple, spring onions, celery and chicken in a bowl. Mix mayonnaise, pineapple syrup and soy sauce together and fold through salad. Turn salad into a salad bowl lined with lettuce leaves or other salad greens.

## SIENNA CAKE \*\*\*

This Italian nut cake is served as an after dinner coffee accompaniment. It will keep for a few weeks in an airtight container at room temperature.

125g blanched almonds

60g dark chocolate, melted

125g roasted hazelnuts

1/3 cup of sugar

180g dried apricots

½ cup honey

2/3 cup plain flour

2 tsps cocoa

1 tsp cinnamon

icing sugar for dusting

Line sides and bottom of 20cm round tin with well greased paper. Chop nuts and fruit into smaller pieces, mix with flour, cocoa and cinnamon.

Put sugar and honey in a pot and bring to the boil. Reduce heat and simmer uncovered for about 5 minutes until it reaches the soft ball stage. Add hot syrup then melted chocolate to the nut and fruit mixture and quickly work the mixture together while it is still warm. Spread the mixture in a tin and smooth the surface with the back of a metal spoon.

Bake at 160c (moderately slow) for 35 minutes. Remove from oven and cool in tin. Turn out, remove paper and wrap in foil for a day or two before cutting. Dust with icing sugar before serving. Sienna cake is best cut into thin slices or wedges.

## CHICKEN & HAZELNUT SAUCE \*\*\*

2 whole chicken breasts, skinned and halved

¼ tsp pepper

1 tbsp oil

½ cup orange juice

2 tbsp water

2 tsp lemon juice

½ tsp grated orange rind

2 tbsp sliced green onion

¼ cup chopped hazelnuts

Pound chicken, season with pepper and saute in oil 3 minutes each side. Add orange and lemon juice, water, and orange rind, then cover and simmer until the

chicken is tender ( about 10 mins). Remove the chicken, add the onion to the sauce and cook slightly. Pour over the chicken and sprinkle with the hazelnuts.  
SERVES 4

**BRUSH field** mushrooms generously with olive oil and roast in hot oven until tender. Squeeze with lemon juice and sprinkle with chopped dry roast hazelnuts and flat leaf parsley.

**MAKE** hazelnut crumb in a food processor or use Crumbed Dry Roast\* and use as a coating for lamb cutlets or chicken breasts after dipping in egg mixed with a little milk.

**PRALINE** keeps well refrigerated in a screw top jar and is simple to make. Dissolve a cup of sugar in ½ cup of water and cook until a caramel colour. Spread 250gm roast chopped hazelnuts on a lightly oiled tray and pour the caramel over them. When hard, break into pieces and process in a food processor. Sprinkle over ice-cream and other desserts.

**MAKE** a winter salad of toasted hazelnuts, watercress sprigs, orange segments and chunks of fresh goat's cheese. It is crisp and refreshing tossed with a little orange juice and extra virgin olive oil. Serve with pan fried veal cutlets.

#### **SAVOURY HAZELNUT BISCUITS**

1 cup plain flour  
2 tbsp self-raising flour  
½ tsp salt  
½ cup coarsely chopped hazelnuts  
125g butter  
1 cup grated cheddar  
Cream butter and add cheese and hazelnuts. Stir in dry ingredients and knead. Roll into a log shape and place in freezer for 15 minutes. Slice into centimetre pieces, arrange on a tray and bake in moderate oven until lightly golden. Cool on the tray

#### **CHEESECAKE IN A HAZELNUT CRUST WITH RASPBERRY SAUCE**

1½ cup (180gms) chopped Hazelnuts or Crumbed Dry Roast\*  
3 Tbsp butter, melted  
2 Tbsp sugar  
4 250ml tubs of Philadelphia Cream cheese, softened  
1 cup sugar  
1 Tsp Vanilla Essence  
4 eggs

#### **Method**

##### **Crust**

Mix hazelnuts, butter, and 2 Tbsp sugar, press into bottom of a 9 inch springform pan. Bake at 160c for 10minutes. Remove from oven and cool.

##### **Filling**

Beat cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs, 1 at a time, mixing on low speed after each addition just until blended. Pour over crust. Bake at 160c for 55 minutes or until centre is almost set. Loosen cake from

sides of pan; cool before removing side of pan. Refrigerate 4 hours or overnight.

**SERVE ON A BED OF RASPBERRY SAUCE WITH CREAM OR ICE-CREAM.**

#### **BUTTERED APPLES WITH HAZELNUT AND FRANGELICO**

60 g butter  
3 apples, peeled, cored and cut into 5mm thick slices  
4 tbsp honey  
2 tbsp Frangelico (hazelnut flavour liqueur)  
2 tsp finely grated orange zest  
2 tbsp orange juice  
90g (3/4 cup) roast coarse chopped hazelnuts.

Melt 40g butter in a large frypan, add apple and cook for 2-3 minutes on each side or until golden. Add remaining butter, honey, frangelico, zest, juice and nuts to the pan. Bring to the boil, stirring continuously, then remove from heat. Divide apples among 4 serving bowls, drizzle with sauce and serve with thick cream or ice-cream.

#### **FRESH VEGETABLE WITH HERBS AND NUTS**

750 g seasonal fresh vegetables, peeled and cut into serving size portions (asparagus, carrots, yellow squash, green beans, cauliflower, etc)  
¼ cup melted butter  
1 clove garlic -minced  
2 tsp chopped fresh dill weed (or 1 tsp dried)  
1/2tsp fresh thyme, chopped, (or ¼ tsp dried)  
¼ cup grated parmesan cheese  
¼ cup finely chopped hazelnuts (Hazelnut crumb)

#### **Method**

Steam or boil vegetables separately until tender-crisp.

Mix together butter, garlic and herbs, pour over vegetables. Sprinkle with cheese and nuts.

Note: the butter, cheese, and nuts can be reduced to approximately 1 tbsp each to lower the fat content. It will still preserve a hint of the flavours.

Makes 4 -6 servings.

#### **APPLE CRUMBLE WITH HAZELNUT CRUNCH**

6 apples, peeled cored and sliced, cooked with a small amount of water, 1 tbsp sugar and a squeeze of lemon juice.

Place the hot cooked apples in a oven-proof dish.

In a bowl mix 1 cup of rolled oats, ½ cup of hazelnut crumb, 2 tbsp brown sugar, ½ tsp cinnamon and ½ cup self raising flour. Mix this to a crumble with ½ cup melted butter or margarine. Cover the apples with the topping and bake until golden.

#### **NUTTY CHRISTMAS SWEETS**

Melt some chocolate over hot water. Hold whole blanched roast hazelnuts with tongs or forks and dip in melted chocolate and place to cool on a baking sheet. Nuts can also be coated in toffee.

#### **HAZELNUT MOUSSE**

125g ground hazelnuts  
90g dark chocolate  
3 eggs, separated

1 ¼ cups cream  
2 tbsp brandy  
2 tbsp sugar

Melt chocolate in double boiler over hot water. Remove from heat, quickly stir in combined beaten egg yolk and 3 tbsp cream. Add the brandy and mix well. Reheat the chocolate mixture over the simmering water and stir until it thickens. Remove from heat and stir until slightly cool.

Beat egg whites until soft peaks form. In separate bowl, beat remaining cream and sugar until soft peaks form. Lightly fold cream, egg whites, and ground hazelnuts into the chocolate mixture. Pour into serving dishes, refrigerate several hours until set. Serve with a sprinkle of chopped hazelnuts.

### **NUTTY FRIED RICE**

1 cup brown rice  
1 tbsp oil  
2 onions  
2 cloves garlic  
2 cm piece fresh ginger  
½ cup chopped hazelnuts  
2 sticks celery  
6 spring onions  
½ cup sultanas  
6 mushrooms  
½ cup capsicum  
2 tbsp chopped parsley  
soy sauce

Cook the rice until just tender. Drain well. Chop the onion and fry in oil then add the crushed garlic and grated ginger. Cook until the onion is transparent then add the nuts. Turn constantly to prevent the nuts burning. When the nuts are just golden, add the

chopped celery and capsicum. Finally mix in the rice and the chopped spring onions, mushrooms, and sultanas. Heat through adding soy sauce to taste. Serve garnished with parsley, as a main meal or entrée.

### **CARROT NUT BURGERS**

1 finally chopped onion  
1 clove garlic finally chopped  
1 cup grated carrot  
2 tsp ground cumin  
1 tsp powdered chicken stock in 1 cup hot water  
1 cup chopped nuts  
½ cup self raising flour  
1 egg  
2 tsp lemon juice  
ground pepper  
1 tbsp oil

Fry the onion in some olive oil when softened, add the garlic and carrot. Add the chicken stock and cumin and simmer until the carrot is soft. Cool. Place the nuts and flour in a mixing bowl and add the egg and lemon juice and pepper. Combine well. Add the cooked carrot mixture, adding more flour or water to achieve a thick consistency.

Heat the oil in a fry pan, place spoonfuls of mixture in the pan, flatten slightly. When browned, turn and brown on other side. Serve hot or cold.

### **CHRISTMAS NUT BISCUITS**

1 egg white  
¼ cup sugar  
1 tbsp honey  
250g ground nuts  
1 tsp grated lemon rind  
1 tbsp self raising flour  
Topping Beat 1 egg white and mix in ½ cup sugar and ¼ tsp vanilla.

Beat the egg white until fluffy and gradually beat in the sugar and honey. Mix in lemon rind, ground nuts and flour, shape spoonfuls into oblongs and place on a paper -lined tray. Bake in slow oven 40 minutes. While still hot, brush biscuits with topping mix and sprinkle on extra sugar, pressing it in. The topping will harden when cool.

### **RISOTTO WITH MUSHROOMS AND HAZELNUTS**

50g dried mushrooms  
1 tbsp olive oil  
1 tbsp butter  
1 onion finally chopped  
1 clove garlic crushed  
1 ¼ cups arborio rice  
1 cup Roast Hazelnuts.  
1 ¼ cups chicken stock  
100g shaved parmesan

#### **Method**

Soak dried mushrooms in water for 30 minutes. Heat oil and butter in a heavy based pan over low heat and fry onion and garlic till soft. Add the rice, drained mushrooms and hazelnuts. Stir through ensuring the rice is well coated with the combined oil and butter. Continue cooking for 3 minutes. In a separate pan, heat the stock until just simmering, then add to the rice mixture a cup at a time, allowing each addition to be absorbed by the rice. Continue until all the stock is used. Rice should be cooked and creamy. Serve topped with parmesan. Serves 4.

### **HAZELNUT APPLE CAKE \*\*\***

185 g Butter  
¾ cup castor sugar  
3 eggs  
½ cup self-raising flour  
2 tablespoons cocoabutter  
1 ¾ cups (185 g) hazelnut crumbs  
1 apple grated  
¼ cup chopped roast hazelnuts

#### **Lemon Icing – Optional**

600 g butter  
1 cup icing sugar  
1 tablespoon lemon juice.

**Method:** Grease a deep 20cm round cake pan.

Cream butter and sugar in small bowl with electric mixer until light and fluffy; beat in eggs one at a time until combined; transfer mixture to large bowl. Fold in sifted dry ingredients, hazelnut crumb and apple.

Spread mixture into a moderate oven (Margaret from Mudgee suggests 160 degrees) for 45 minutes; stand 5 minutes before turning onto a wire rack to cool. Spread with icing and decorate with hazelnuts.

**Lemon Icing-** beat butter in a small bowl with electric mixer until light and fluffy. Gradually beat in sifted icing sugar, then enough lemon juice to give a spreadable consistency. **Keeping Time – 3 Days.**

### **WARM HAZELNUT SALAD \*\*\***

This tasty recipe brings the health benefits of hazelnuts and raw dark leafy vegetables. Vegetarians may wish to leave out the bacon, and add garlic, onion or capsicum, a goat curd or fetta.

If serving as lunch for two, reduce hazelnut to 60 g. For a sustaining meal for Four, serve on a bed of hot pasta, rice or couscous.

#### **Ingredients -**

3 lean Bacon Rashers  
4 - 6 mushrooms skinned and rough chopped.  
1 desert spoon Olive Oil (optional)  
Spinach, Swiss Chard or Beetroot leaves.  
100 g Premium Dry Roast Hazelnuts

#### **Method**

Remove stalks, wash & drain the leaves. Rough chop or tear into pieces and place in serving bowl. Chop the bacon to 5 cm, and fry. When the bacon is crisp, drain and set aside in a warm oven. Add the roughly chopped mushrooms to the oils in the pan and fry until 'al-dente'. Shortly before serving, add the Premium Dry Roast hazelnuts to the pan and heat with the mushrooms to intensify flavours. Drain off excess oil/fat, add the hot bacon pieces and mix. While still hot pour over the raw leaves, toss and serve immediately.

### **WESTERN HAZELNUT BURGERS \*\*\***

2 pounds ground beef  
¾ cup toasted hazelnuts, chopped  
salt to taste  
pepper to taste  
¼ cup butter, divided use  
½ pound sliced bacon, cooked crisp  
6 slices cheddar cheese  
6 hamburger rolls  
Creamy ranch dressing

#### **Method**

Combine beef, nuts, salt and pepper. Shape into 6 patties. Top each patty with a tsp of butter. Broil hamburgers 7 inches from source of heat for about 9 minutes. Turn, top patties with another tsp of butter, broil for 9 minutes or until cooked. Top burgers with bacon then cheese and continue to broil for 1 more minute or until cheese melts. Spread rolls with dressing and top with patties and serve. Serves 6

### **TRY HAZELNUT CRUMB:-**

-sprinkle over ice-cream & topping  
- mix through your favourite yoghurt or cereal.  
-sprinkle over your favourite tossed salad  
substitute some for breadcrumbs on chicken, fish, veal, steak, vegetables, in cheese-cake crusts or crumbles for fruit deserts.

### **TRY ROASTED HAZELNETS**

-through a salad with goats cheese  
-through a stir fry  
-through risotto  
-sprinkle over a casserole.  
-or just as a healthy snack.  
-on a cheese platter  
-also great as a warm snack (warm in oven or in frypan at low heat )

### **ENJOY RAW KERNELS WITH:-**

Museli  
Cheese & fruit (instead of crackers).  
On their own.

### **CHOCOLATE HAZELNUT TORTE \*\*\***

#### **For the Cake**

8 eggs, separated  
1 cup castor sugar  
20g unsalted butter  
200g dark chocolate  
300g roast hazelnuts ground or "Crumbed Roast".  
raspberries, mint leaves and sliced almonds for garnish

#### **For the Icing**

125 g bittersweet chocolate  
1.5 cups unsalted butter, softened  
2 teaspoons vanilla extract

#### **Method**

Whip egg whites until stiff and set aside. Cream the egg yolks and sugar until thick and creamy. Melt butter and chocolate in pan over barely simmering water so as to not burn the chocolate. Beat into egg mixture well. With wooden spoon fold the egg-chocolate mixture the hazelnut crumb and then egg whites. Don't delay as chocolate hazelnut mixture starts to set very quickly.

Turn into either a well greased mould or spring form pan lined with well-greased baking paper. Cook in a moderate oven for between 45 min and 75 min (the variation in time produces 2 different cakes: the shorter time results in a cake with a runny centre, heated in microwave before serving is like a chocolate pudding with its own sauce; the longer time produces a thick mud-style cake.) Allow to cool in tin, turn-out onto serving plate. Top with berries and mint leaves and almonds. Sprinkle with icing sugar before serving.

For an iced cake bake in a spring form pan. To make icing: melt chocolate in top of a double-boiler over hot water, stir until smooth. Remove and cool 10-15 min, until tepid.

In a medium bowl, using a hand-held mixer at medium speed, beat the butter for 2-3min until creamy. At low speed, add cooled chocolate and vanilla and beat until smooth. Refrigerate the icing for 10-15 min, until thickened to a spreading consistency and apply to cake.

### **BUY AUSTRALIAN GOURMET HAZELNUTS**

**Farmers Markets :-** 1<sup>st</sup> Sat; SMH Good Living, Pyrmont, 2<sup>nd</sup> Sat – Eveleigh Market, Newtown; 3<sup>rd</sup> Sat Mudgee Farmers. **Order direct** (02) 6372 3224  
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