

## **MSU Extension Publication Archive**

Archive copy of publication, do not use for current recommendations. Up-to-date information about many topics can be obtained from your local Extension office.

Using and Storing Nuts

Michigan State University Cooperative Extension Service

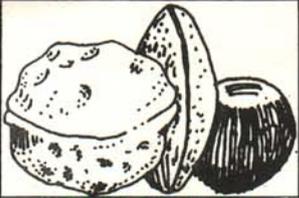
Patricia Lamison, Ingham County Extension Home Economist; Virginia Messina, Foods and Nutrition

Issued August 1985

2 pages

The PDF file was provided courtesy of the Michigan State University Library

**Scroll down to view the publication.**



# NUTS

**Nuts contribute rich flavor and crunchy texture to many kinds of foods. When added to dishes containing grains or dairy foods, nuts are a good source of protein.**

### How to Store Nuts

Nuts keep best in their shells in dark, cool, dry places.

Store shelled nuts in the refrigerator or freezer in moisture-proof container.

Allow newly shelled nuts to dry for 2 or 3 days before refrigerating to prevent mold growth. Freeze for longer storage (up to 2 years).

Whole nutmeats keep better than chopped or ground.

Unsalted and blanched nuts keep longer than salted.

### Uses

Add nuts to baked goods—cookies, cakes, muffins, quick breads, waffles. Use in cheese spreads, sauces, dips, salads and as a vegetable or casserole dish topping.

To roast or toast, spread nuts on a baking sheet. Heat at 350°F. for 5 to 12 minutes or until lightly browned, stirring occasionally.

### Selection

*Unshelled nuts:* Select clean shells, free from scars, cracks or holes.

*Shelled nuts:* Select plump meat kernels.

*Packaged mixed nuts:* Contain a combination of almonds, Brazils, filberts, pecans and walnuts and must have at least 10%, but not more than 40% of each kind.

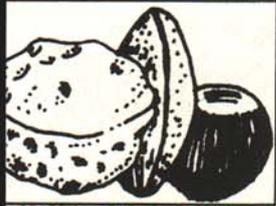
“U.S. Grade Extra Fancy” = large to extra large nuts, highest quality.

“U.S. Grade Fancy” = smaller sized, highest quality nuts.

*Mixed nutmeats:* Must contain at least four kinds of tree nuts—peanuts are an optional fifth kind; must contain at least 2% and no more than 80% of one variety; package label lists descending order of percentage.

### Nutritional Value

Nuts are a source of incomplete protein. Complement the protein in nuts by serving with grains or dairy foods. Nuts are a good source of vitamin B<sub>6</sub> and some minerals. They are also very high in fat.



## Nut Cracking

**Brazil nuts** — Freeze 24 hours before cracking.

or

Cover nuts with cold water. Boil for 3 minutes; drain. Cover with cold water, let stand 1 minute, drain and crack.

**Chestnuts** — Cut a cross on flat sides of nuts. Spread in a shallow pan; add 1/4 cup water. Bake at 450°F. for 15 minutes or until shells open. With a sharp knife, peel while hot. The inner brown skin is bitter and must be removed while warm.

**Black walnuts** — Wear gloves while hulling; use care in selecting a place to hull because they stain. Pound with a hammer to remove the hull. Wash and dry nuts. Soak 15 minutes in water or place in a wet cloth overnight. Crack nuts with a hammer.

**English walnuts** — Set on flat end, then strike pointed end with a hammer.

**Pecans** — Soak 6 to 8 hours in cold, salted water (1/2 cup salt to 3 quarts water).

## Blanching

To remove the thin inside brown skin.

**Almonds and Brazil nuts** — Cover shelled nuts with cold water. Bring to a boil; simmer 2 to 3 minutes, drain. Add cold water; drain. Pinch nuts to slip skins.

**Filberts** — Place in a shallow pan in a 250°F. oven for 20 minutes or until skins loosen. Rub skins off with a coarse towel or fingers.

## Nut Conversion Table

Type of nuts	Pounds of unshelled nuts to yield 1 pound nutmeats	Cups per pound of nutmeats	Weight (ounces) to yield 1 cup of nutmeats	Calories per 1/4 cup
Almonds	2	3	5-1/2	210
Brazil Nuts	2	3-1/4	5	230
Cashews	—	4	4	195
Chestnuts	1-1/4	3	6-1/2	80
Filberts	2-1/2	3-1/3	4-1/2	215
Peanuts	1-1/2	3-1/4	5	210
Pecans	2	4-1/4	4	185
Pistacios	2	2-2/3	5-1/2	185
Walnuts, English	2-1/4	4-1/2	3-1/2	160
Walnuts, Black	4-1/2	4	4-1/2	195

Prepared by **Patricia Lamison**, Ingham County Extension Home Economist, and **Virginia Messina**, Extension Food and Nutrition Specialist, MSU.

O-15745

MSU is an Affirmative Action/Equal Opportunity Institution. Cooperative Extension Service programs are open to all without regard to race, color, national origin, sex, or handicap. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. W. J. Moline, Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by the Cooperative Extension Service or bias against those not mentioned. This bulletin becomes public property upon publication and may be reprinted verbatim as a separate or within another publication with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company.

New-8-85-10M-TCM-UP, Price 10¢. Single copy free to Michigan residents.