



SAFARI
more fruit more taste

More about Safari Nuts

One of the most popular foods around, Safari Nuts are famous for their freshness, great taste and texture. And with so many varieties to choose from, nuts are versatile from breakfast to dinner and anytime in between.

Different varieties of nuts offer different nutrition with various health benefits but in general, nuts are mostly packed with protein, fibre and essential fats. An egg-sized portion (about 30 g) of unsalted nuts is a delicious energy-boosting snack and, unlike most other options, provides you with a great mix of valuable vitamins and minerals.

However, our interest in nuts is in cooking and baking and there are you will find many recipes on *I love Cooking* using Safari Nuts but there are many other ways in which you can enjoy nuts in your menu.

SOME NUTTY DINNER IDEAS

- Toss toasted walnuts through a salad made of roasted pumpkin, spinach and avocado.
- Blend blanched almonds, cow or soy milk, soft ripe fruit, yoghurt or ice cream to make a delicious smoothie.
- Add chopped nuts to your baking, especially to your favourite recipes for banana bread, muffins, and carrot cake.
- Dry roast cashew butts and sprinkle over a Thai beef salad.
- Crumble pecan nuts into your next risotto.
- Use walnuts next time you make basil or tomato pesto.
- Whiz together skinned Brazil nuts, garlic, ricotta and parsley together for a delicious mushroom stuffing.
- Sprinkle cashews or slivered almonds through a stir fry.
- Spread a thick layer of coarsely chopped pecans or walnuts over Greek yoghurt, smother with an equally thick layer of honey and enjoy as a quick and easy dessert.
- Sprinkle chopped, roasted and skinned hazelnuts or almonds onto low-fat ice cream.
- Add extra crunch to dips with chopped pecans, almonds or walnuts.
- In a heated, dry, non-stick pan, toast a variety of your favourite nuts, add a little olive oil and warming spices (to taste) such as ground cumin, smoked paprika, chili powder or cayenne pepper and enjoy while still warm with a glass of wine or sherry.





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SOME HINTS TO TOAST AND SKIN NUTS

- To skin hazelnuts, place them in a single layer onto a baking sheet. Place in a hot oven for a few minutes, remove and tip onto a clean tea towel. Enclose the nuts in the towel to form a parcel then rub the parcel vigorously between your hands – the skins will rub off easily.
- To toast nuts in a pan: heat a non-stick, dry pan over medium heat. Tip your nuts into the pan making sure it's a single layer. Without shaking the pan or stirring the nuts, toast them for a minute or so, until aromatic. Then stir the nuts or shake the pan to toast them as much as you can all over until light golden. DO not leave the pan unattended, nuts can burn in a heartbeat. When toasted to your liking, tip the nuts out of the pan into a bowl or onto a board immediately.



SOME HINTS TO STORE YOUR NUTS

Nuts easily take on the smell of other foods near them, like onions and garlic and their essential fat content makes them vulnerable to heat, so storage is important. Here are some hints:

- Keep your nuts sealed in their packs in a dark, cool place until ready to use.
- Once the packs are opened, keep any unused nuts in air-tight containers in a dark, cool place.
- You can store nuts at (cool) room temperature for up to three months, in the fridge for up to six months and in the freezer for a year or more. Just ensure that they are stored in airtight containers as the moisture levels in fridges and freezers will spoil their textures.
- It's a good idea to label your packs and container of nuts with the date they were bought.

