

Baking With Walnuts



Walnut Biscuits

Simple, easy to make and always full of flavour.



Ingredients

Base

- 1 cup white flour
- 1 cup finely ground walnuts
- $\frac{1}{2}$ cup sugar
- pinch of salt
- 80 g butter or margarine, at room temperature
- 1 egg
- 1 tablespoon rum

Topping

- 1 egg for glaze
- walnut halves

Method

Mix base ingredients to a smooth dough, form into a roll 6cm in diameter and wrap in cling film.

Refrigerate until firm, about 1 hour. Cut into 3–4mm rounds.

Brush with the beaten egg, put a walnut half on top and place on a baking tray lined with baking paper.

Bake at 180°C for 12 – 15 minutes or until golden.

Share this Recipe

Walnut Meringues

Traditional meringues with a walnut flavour. Surprisingly nice!



Ingredients

- 1 cup finely ground walnut
- $\frac{3}{4}$ cup sugar
- 3 egg whites

Method

Preheat oven to 210°C. Line two baking trays with baking paper.

Beat the egg whites while gradually adding the sugar. Beat to a stiff peak consistency. Gently fold in the ground walnuts. Use a pastry bag with a

fluted nozzle to form meringues on the baking sheets. Put them in the preheated oven, immediately turn off the heat and leave them in the oven for 1 hour.

Store in an air tight container.

Share this Recipe

Walnut Shortbread Wafers

With creamy blue cheese and crab apple jelly.



Ingredients

- $\frac{1}{2}$ cup plain flour
- 3 heaped tablespoons walnut paste
- 1 tablespoon cornflour
- 2 teaspoons brown sugar
- pinch of salt
- 6 teaspoons cold butter
- 2 tablespoons ice water

Method

Preheat the oven to 180°C.

Put the first five ingredients in a food processor and mix to combine. Add the butter and water and briefly mix to a crumbly dough. Rest for 30 minutes.

Shape into walnut size balls and squeeze together. Place on a baking tray lined with baking paper and squash flat with the bottom of a glass covered with cling wrap.

Bake for 10 to 12 minutes or until they are done.

Serve with creamy blue cheese and crab apple jelly.

Note: Because of the high oil content of the walnuts in them, these biscuits will not stay crisp.

Share this Recipe

Walnut & Fig Shortbread

Alternative shortbread with the crunch of the nuts and the interesting complimentary flavour of figs.



Ingredients

- 1/2 cup chopped walnuts
- 250g butter
- 3/4 cup caster sugar
- 2 cups white flour
- 1/2 cup rice flour (alternatively use cornflour or arrowroot)
- 5–10 dried figs, chopped
- 1 teaspoon finely grated lemon rind

Method

Spread the walnuts on a baking tray and toast for a few minutes at 180°C . Allow to cool completely.

Beat butter and sugar together. Add the white flour, rice flour, walnuts, figs and lemon rind and mix to a stiff dough.

Roll the dough into two or three logs 4–5 cm in diameter, wrap in cling wrap and refrigerate for at least 30 minutes. (You can also freeze the logs at this stage.)

Preheat oven to 160°C. Line a baking tray with baking paper.

Slice logs into thin slices about 8mm thick and 40mm in diameter and place on the tray. Bake for 16–20 minutes until firm – do not overcook! When ready they should be just starting to colour.

Remove to a cooling rack and allow to cool completely on a wire rack. Store in an airtight container.

Share this Recipe

Gabrielle's Walnut Oat Crackers

Great with blue cheese and relish.



Ingredients

- 120g rolled oats
- 75g walnuts
- 120ml hot water

- 1 tablespoon butter
- $\frac{1}{2}$ teaspoon honey
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon baking soda
- 1 teaspoon dried thyme

Method

Preheat the oven to 160°C.

Put the walnuts and rolled oats into a food processor and whizz to a very fine crumb texture.

Melt the butter and honey in the hot water. Add this to the walnut/oat mixture along with the salt, baking soda and thyme. Whizz again to combine all into a smooth dough.

Turn out on to the bench top and knead into a dough that you can roll out to about 3mm thick. Cut into shapes as desired and put them on baking trays lined with baking paper. Prick each biscuit several times to cook more evenly.

Bake until golden at the edges, about 12 to 15 minutes.

Share this Recipe