

Walnut Dessert Recipes

Dessert and Sweet Walnut Recipes

Provided by New Zealand walnut growers. Approved and prepared by a trusted food professional.

Walnut Dessert Pie

Hearty and formal. Serve as is or with cream or yoghurt.



Ingredients

Crust

- 2 sheets sweet short pastry
- 1 egg white
- 2 tablespoons caster sugar

Filling

- 2/3 cup sugar
- ½ cup walnuts, coarsely chopped
- ¼ cup slivered almonds
- 200 ml cream
- 1 tablespoon honey

Method

First caramelize the nuts by putting the sugar into a pan and heating until it melts and begins to brown. Stir in the walnuts and almonds, then add the cream and let the mixture thicken a bit.

Stir in the honey and remove from the heat. Allow to cool slightly.

Line a pie dish with one pastry sheet. Spread with the caramelised nuts. Top with the second sheet of pastry cut into strips. Brush with lightly beaten egg white and sprinkle with caster sugar.

Bake at 180° C for about 35 minutes. Cool completely before cutting.

Share this Post

Walnut Truffles

Delicious and traditional. You'll always want to eat more!



Ingredients

- 275 grams dark chocolate
- $\frac{3}{4}$ cup cream
- 190 grams walnut paste
- 300 grams dark chocolate

Method

Melt the first measure of chocolate and cream together until smooth. Remove from the heat and beat until whipped. Add the walnut paste and mix well.

Allow the mixture to cool enough so that you can roll teaspoon-sized portions into balls. Place them on a tray lined with baking paper and allow to set firmly in the fridge.

Melt the second measure of chocolate and dip the balls into it to coat completely. Place them back on the tray and allow to set in a cool, dry place (not in the refrigerator as that is too cold).

Share this Post

Walnut & Poached Pear Tart

A really tasty tart.



2014 Award

Winner of our 2014 best recipe competition



Ingredients

Pears

- 4 – 5 small pears, peeled, halved and cored
- 450g sugar
- 4 cups water
- 4 long strips lemon peel

Pastry

- 50g toasted walnuts
- 200g flour
- pinch of salt
- 70g icing sugar
- 175g chilled diced butter
- 2 egg yolks

Filling

- 125g butter, at room temperature
- 125g castor sugar
- $\frac{1}{2}$ teaspoon vanilla extract
- 2 eggs
- 125g ground toasted walnuts
- 3 tablespoons flour

Method

To poach the pears:

Place the sugar, water and lemon peel in a pot and bring to the boil, stirring to dissolve the sugar. Add the pears and simmer gently for 10–15 minutes or until just tender. Remove and drain.

To make the pastry:

Place walnuts, flour, salt and sugar in a food processor and blend together. Add the butter and pulse to form a crumb-like mixture. Add the egg yolks and process until the pastry just starts to come together.

Tip into a 30cm loose based tart tin and press it evenly into the sides and base. Chill in the fridge until firm.

Preheat the oven to 180°C.

Share this Post