

Walnut Main Course Recipes

Main Course Walnut Recipes

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

Roast Pork with Walnut & Prune Stuffing

A classic roast for a feast that will warm your heart.

Serves 4 to 6



Ingredients

- 2 kg pork loin
- 1 cup pitted prunes
- 1 cup red wine
- 2 tablespoons oil
- 1 medium onion, peeled and chopped
- 2 rashers bacon, chopped
- 3–4 leaves sage, chopped
- $\frac{1}{2}$ cup chopped walnuts

- ½ cups breadcrumbs
- 1 egg, beaten
- 1 teaspoon salt
- 2 tablespoons flour
- 2 cups chicken or beef stock

Method

First soak the prunes in the red wine overnight. Drain, reserving the wine to use later.

Preheat the oven to 240°C.

Lay the loin of pork skin-side-up and score with a sharp knife through the skin to the fat layer. Turn the meat over and make two vertical cuts partially through the meat and all the way along to the end. Set aside.

Heat the oil and gently sauté the onions and bacon until the onion is soft. Put into a bowl with the prunes, sage, walnuts and breadcrumbs. Add egg and some of the wine that the prunes were soaked in and mix together to form a stuffing.

Lay out the pork skin-side-down, season with salt and pepper and fill with the stuffing. Starting from the thick end, roll up the loin to enclose the stuffing. Tie with kitchen string every 4cm along the whole loin.

Rub a little extra oil over the loin, sprinkle with salt and place in a roasting pan. Put into the preheated oven and roast for 30 minutes or slightly longer to form a good crackling on the rind, then reduce the heat to 180°C. Pour the stock and remaining red wine around the meat and continue cooking for another 1½ hours or until the juices run clear from the pork when pierced with a skewer.

Remove the meat from the pan, cover with foil and allow to rest while you make the gravy from the pan juices.

To make the gravy, skim off as much fat as you can and discard. Place the pan on a low heat, sprinkle with the flour and whisk it into the pan juices. Continue cooking for a couple of minutes to form a thick gravy. Add a little extra boiling water if the gravy is too thick.

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Walnut With Mushrooms

Marinated mushrooms with walnut and tahini yoghurt.
A recipe that really celebrates natural whole food at your table.



Ingredients

- $\frac{1}{4}$ cup olive oil
- 1 tablespoon white wine vinegar
- 1 tablespoon maple syrup
- juice of 2 lemons
- $\frac{1}{2}$ teaspoon salt
- pinch black pepper
- 350g Portobello mushrooms, sliced
- $\frac{1}{2}$ cup Greek yoghurt
- 1 heaped tablespoon tahini paste
- 1 garlic clove, crushed
- $\frac{1}{2}$ teaspoon salt
- 250g shelled broad beans
- $\frac{1}{4}$ cup walnuts, toasted and roughly chopped
- $\frac{1}{2}$ teaspoon ground cumin
- 1 tablespoon chopped dill
- 1 tablespoon chopped oregano
- salt and black pepper

Method

First marinate the mushrooms. Whisk together the olive oil, vinegar, maple syrup, half the lemon juice, salt and pepper. Pour over the mushrooms in a bowl and toss well so all the mushrooms are coated. Leave to marinate for at least 1 hour or over night.

To make the tahini sauce, mix the yoghurt, tahini, garlic, remaining lemon juice and $\frac{1}{2}$ teaspoon of salt together to a light paste.

Put the broad beans into a bowl and pour over plenty of boiling water. Leave for a minute, then drain and allow to cool. Squeeze each bean gently to remove the skin.

Add the beans, walnuts and cumin to the marinated mushrooms and stir. Taste and adjust the seasoning. Serve the mushrooms in bowls or plates, each portion topped with a dollop of thick tahini sauce and sprinkled with the chopped herbs.

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Fesenjoon

Pomegranate walnut stew with little meatballs. A traditional Iranian dish adapted for New Zealand. Iranians have had walnuts in their diets for 6000 years



Ingredients

- 150 g sausage mince
- 150 g beef mince
- $\frac{1}{2}$ onion, grated
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon turmeric
- 1 tablespoon Worcestershire sauce
- 1 $\frac{1}{2}$ cups water
- 1 teaspoon Vegemite

- 1 tablespoon tomato paste
- $\frac{1}{2}$ teaspoon ground saffron dissolved in 3 tablespoons hot water
- 2 cups walnuts, ground
- 1 cup pomegranate molasses
- 1 tablespoon sugar
- salt & pepper to taste

Method

Mix the sausage mince, beef mince, grated onion, salt, pepper and turmeric together. Divide into about 20 portions and shape into small balls.

Brown the meatballs over medium heat until they are browned on all sides. Transfer to a large pot and sprinkle with the Worcestershire sauce.

Dissolve the vegemite and tomato paste in the $1 \frac{1}{2}$ cup measure of water and stir in the dissolved saffron water. Pour this over the meatballs, cover and bring back to the boil.

Mix the ground walnuts, pomegranate molasses and sugar together and stir into the liquid around the meatballs. Bring to the boil, reduce the heat, cover and simmer for 1 hour, stirring occasionally. Adjust seasoning with salt and pepper before serving.

Serve with basmati rice.

Variations: Make with chicken, venison or eggplant instead of minced beef.

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Walnut and Baked Barley Casserole

A hearty vegetarian dish with lots of flavour



Ingredients

- 3 tablespoons oil
- 2 cups spring onions, chopped
- $\frac{1}{2}$ cup green capsicum, seeded and chopped
- $\frac{1}{2}$ cup celery, chopped
- 1 cup pearl barley
- $\frac{1}{2}$ cup grated carrots
- $\frac{1}{2}$ cup walnut pieces, coarsely chopped
- 1 teaspoon gomasio sesame salt
- 1 clove garlic, finely chopped
- 1 teaspoon fresh oregano, chopped (or $\frac{1}{2}$ teaspoon dried)
- 1 teaspoon fresh basil, chopped (or $\frac{1}{2}$ teaspoon dried)
- 1 tablespoon fresh parsley, chopped
- 5 cups vegetable stock

Method

Preheat the oven to 180°C.

Heat the oil in a pan and sauté the onions, capsicum and celery until tender. Remove from the pan.

Gently sauté the barley until it just begins to turn brown.

Mix the vegetables, barley, carrots and walnuts in a casserole dish with the gomasio sesame salt, garlic, oregano, basil and parsley. Pour over the hot vegetable stock, cover and bake for 1 hour.

Uncover and bake for a further 40 minutes.

To make Gomasio sesame salt:

Toast 5 teaspoons of sesame seeds in a dry pan until they are just brown all over. Cool.

Put 1 teaspoon flake salt or table salt into a mortar with the toasted sesame seeds and grind to a powder.

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Walnut Dolmades

Different healthy and delicious



Ingredients

- 2/3 cup short-grained rice
- 225g vine leaves preserved in brine
- 3 tablespoons olive oil
- 4 spring onions, chopped
- 1 clove garlic
- ½ cup walnut pieces, chopped

- 2 tablespoons currants, chopped
- 1 tablespoon fresh mint, chopped
- 2 tablespoons flat-leafed parsley, chopped
- $\frac{3}{4}$ cup vegetable stock
- juice of one lemon

Method

Boil the rice in salted water for 15–20 minutes or until just cooked. Drain and cool.

Put the vine leaves in a bowl, cover with boiling water and leave for 20 minutes. Drain, then pour over cold water. Leave for a further 20 minutes and then drain.

Heat the oil in a pan and gently sauté the onion and garlic until tender.

Stir the spring onions into the rice mixture, add the walnuts, currants, mint and parsley and mix well. Season to taste with salt and pepper.

To assemble the dolmades, place one leaf at a time vein-side-up on a board and spoon in some filling at the base end. Fold up the sides and then roll up from the bottom to form a small cylindrical packet. Repeat until all the filling is used up.

Put the dolmades into a large pot or Dutch oven, seam-side-down in a single layer. Pack them in tightly.

Mix the vegetable stock and lemon juice and pour over the dolmades. Place a dish on top to hold them down, cover with a lid and bring to the boil. Reduce the heat and simmer for about 30 minutes. Remove from the heat and leave the dolmades to cool in the liquid.

Serve warm or cold with wedges of lemon.

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Walnut Stuffed Eggplant

Tasty accompaniment for dinner. A dish from Azerbaijan and called Badymdjan Dolmasy in that country.



Ingredients

- 3 – 4 small eggplants
- 250g walnuts, coarsely ground
- 300g onions, finely chopped
- 100g butter
- salt & pepper to taste
- 2 cups vegetable stock, hot

Method

Preheat the oven to 180°C.

Cut the stem end off the eggplants, put them into a pot of cold, salted water and bring to the boil. Remove and cut in half lengthwise. Scoop out the seeds and discard.

Place the eggplant halves in a baking dish just big enough to hold them and season with salt and pepper. Sauté the chopped onions in the butter until tender. Stir in the walnuts and sauté briefly.

Spoon the walnut and onion mixture into the eggplant halves. Pour the hot vegetable stock around them and bake uncovered for 30 – 40 minutes.

Serve hot or cold.

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