



PERFECT PECAN PAIRINGS

Though native to the Southeastern United States, pecans can be used across cuisines and throughout the seasons. Here are suggestions for perfect ingredient pairings, both seasonally and year-round, as well as ideas for simple swaps in popular dishes inspired by cuisines from around the world.



PRODUCE PAIRINGS

Spring: fennel, asparagus, spring greens, strawberries

Summer: cherries, peaches, green beans

Fall: apples, pears, sweet potato, cauliflower, Brussels sprouts

Winter: winter squash, pumpkin, kale, collard greens, red cabbage, bitter lettuces (e.g., radicchio and endive), beets, citrus, pomegranate

Year-Round: mushrooms, celery, spinach, carrot, avocado, broccoli, leeks



PANTRY PAIRINGS

Grains, Pastas, Legumes: whole grains such as farro, freekeh, bulgur, millet, amaranth, quinoa, wild rice, polenta/cornmeal, couscous, orzo, legumes (especially lentils, black eyed peas, and chickpeas)

Herbs and Spices: cinnamon, cayenne, paprika, ginger, sumac, chili powder, cumin, coriander, turmeric, rosemary, sage, basil, mint, lemongrass

Condiments and Vinegars: dijon or whole grain mustard, tamari and soy sauce, miso, yuzu, balsamic vinegar, apple cider vinegar, tahini, hot sauce, BBQ sauce, maple syrup, vanilla extract

Dried Fruit: dried cranberries, dried cherries, dried apricots, dried pineapple, dried coconut, dates, prunes



Here are a few seasonal recipe ideas to inspire your taste buds and creativity with pecans in the kitchen!



SPRING

Roasted Carrots and Red Onions with Pecans, Fennel, and Mint



SUMMER

Spiced Pecan Grilled Peach Salad with Goat Cheese and Dijon Vinaigrette



FALL

Roasted Pecan Butternut Squash Soup with Leeks, Coconut Milk, and Nutmeg



WINTER

Roasted Winter Root Vegetable Salad with Beets, Parsnips, Toasted Pecans, Dried Cranberries, Sage, and Balsamic Vinaigrette



YEAR-ROUND

Quinoa Pecan Bowl with Roasted Broccoli, Grapes, Pecans, and Lemon Vinaigrette Dressing



Key Flavor Notes of Pecans

- Naturally sweet in flavor with a smooth, buttery texture.
- Toasting pecans brings out more of their natural nutty flavor and makes them even crunchier in texture.



DON'T TOSS THE SHELLS!

Pecan shells are a great replacement for wood chips when smoking or making traditional BBQ; they lend a sweet, mild-flavored smoke.

SIMPLE SWAPS FOR GLOBALLY INSPIRED CUISINES

PAD THAI WITH PECANS

Use pecan butter or grind pecan pieces until smooth, and incorporate into the sauce to thicken and add a great nutty flavor. Use toasted pecan pieces as a crunchy topping.

ITALIAN PECAN PESTO

Use pecans to make a twist on the traditional basil version or blend pecans with other fresh herbs such as cilantro, sage or rosemary for a pesto that pairs well throughout the seasons.

**SPANISH PECAN ROMESCO**

Romesco is a Spanish-style roasted red pepper dip that is full of flavor. Blend roasted red peppers with pecans, garlic, extra virgin olive oil, and sherry vinegar; use as a sauce or dip.

LEVANTINE/SYRIAN PECAN MUHAMMARA

Muhammara is a classic red pepper dip originally from Syria that is an ideal combination of sweet and spicy, and slightly smoky. Simply blend red peppers, breadcrumbs, aleppo pepper, pomegranate molasses, pecans, pecan oil, garlic, and spices.

MOROCCAN CHICKEN WITH PECAN GRAIN SALAD OR COUSCOUS

Marinate chicken with Moroccan spices such as cinnamon, cumin, ginger, paprika, coriander, and black pepper, and pair with a toasted pecan grain or couscous salad.

JAMAICAN JERK SPICED NUTS

Make toasted spiced nuts with hot and sweet Jerk seasoning. To make the seasoning, combine black pepper, cayenne, paprika, dried thyme, garlic powder, allspice, nutmeg, cinnamon, and touch of brown sugar or coconut sugar.

CHINESE CHICKEN SALAD

Use pecan butter whisked with soy sauce, sesame oil, rice vinegar and honey to make a salad dressing, and garnish the salad with toasted, chopped pecans.

