

Juglans Regia

NOCE – WALNUT – NOYER – NUSSBAUM

NUEZ - OPEX - クルミ - 核桃 - زوجلا

HISTORICAL BACKGROUND:

Archaeological findings show that the walnuts were already being used as a food as long as 9,000 years ago. The first written records date back to Pliny the Elder and Columella. Pliny writes, in his Naturalis Historia, that the walnut was imported to Europe from Asia Minor, by Greek settlers between the seventh and fifth centuries BC. There evidence of the existence of walnuts in Europe already in the Tertiary Era. As a result of glaciation, some reached the Mediterranean basin. Thus, the presence of the walnut in the Quaternary age stretched from the Balkan peninsula to Central Asia.

There are still pure walnut forests today in Kyrgyzstan, on the Tien Shan mountain chain. The walnut was introduced to Europe between the seventh and fifth centuries BC and to America in the seventeenth century by English settlers.

Walnut trees can grow in almost all temperate regions, but they are only found in the wild in the relatively limited area, between the Southern Balkan Peninsula and Central Asia.

Wild woods of walnut mixed with maple trees can be found for example on the Uzbekistan mountains.

The nations that have the greatest cultivations of Juglans regia (Walnuts) are France, Greece, Bulgaria, Serbia and Romania in Europe, China in Asia, California (the world`s biggest producer) in North America and Chile in Latin America.

Recently the walnut has also been introduced to New Zealand and to South-East Australia.

In Italy, walnut cultivations are concentrated in the Campania region, which accounts for over 80% of national production. There are however, smaller pockets of walnut tree cultivations for both fruit and wood in the Po valley and in central Italy. In Campania, the walnut is often grown with hazelnut trees and in citrus groves.

Walnut trees can grow naturally in damp rocky places and sometimes wild, young walnut plants grow naturally in oak forests but, they rarely develop in to adult trees.

BOTANICAL AND AGRICULTURAL FEATURES / PRODUCT DESCRIPTION:

- FAMILY: Juglandaceae*
- MINIMUM TEMPERATURE: - 20° / 23°*
- MAXIMUM HEIGHT: 15/20 mt*
- PRUNING: February*
- SOIL: Well-drained and rich in organic matter.*

WALNUT VARIETIES:

- *CHANDLER:*

Large, high quality nut.

Harvest: *October*

- *FRANQUETTE:*

Large, oval nut.

Harvest: *November*

- *REGIA:*

Small fruit with pleasant bitter flavor and delicate earthy scent.

Harvest: *October*

*TRAINING
AND ORNAMENTAL USES:*



Ideal plants for parks and tree-lined country roads.

PLANTING:

The best period for planting runs from the beginning of autumn to the beginning of spring.

Place the root ball in a hole (60-70cm wide for a three-year-old plant grown in a 15 litre pot with a 30cm diameter. Once placed in the hole, make sure that the top of the soil of the root ball is flush with the ground.

Fill the hole with the previously removed backsoil. This should be broken down, crumbled and mixed with 20-30% potting soil.

Once the plant is in the hole, use a wooden support or pole to avoid uprooting in case of wind.

Using plastic ties secure the plant to the pole at a height of about 1 metre, leave enough room to allow for the growth of the plant

With the remaining backsoil make a well around the base of the plant, approximately 60-70 cm in diameter with a 15cm lip for three-year-old plants grown in 15 litre pots with a 30cm diameter.

The well helps ensure the proper irrigation of the plant.

It prevents water dispersion and allows water to reach the root system. Fill the well with a 10/15 cm layer of pinewood chips.

In addition to slowing the growth of weeds, the chips also help conserve moisture and stop the soil from drying out.

Water well just after planting and repeat every 7/10 days during the growing season.

*HOW TO PLANT
A THREE-YEAR-OLD FRUIT TREE
IN A 15 LITRE VASE*



HEALTH BENEFITS:

Walnuts taste great and can be eaten fresh or dried. They are a high calorie food and should be eaten in small quantities. No more than a few grams of walnuts should be included daily in your diet as they contain approximately 190 calories per 30 grams.

Besides making a tasty snack on their own, walnuts are very versatile. They can be used in sweets and desserts, added to sauces for pasta dishes or tossed into a mixed salad.

In the walnut Mother Nature has crafted a nearly perfect package of protein, healthy fats, fibre, plant sterols, antioxidants, and many vitamins and minerals. They are a rich source of heart-healthy monounsaturated fats and an excellent source of those hard to find omega-3 fatty acids. Scientific studies prove that the inclusion of walnuts in any diet helps prevent coronary heart diseases by favouring a healthy lipid supply. Consumption of walnuts lowers bad cholesterol (LDL) and increases the level of good cholesterol (HDL). The phenolic compounds and antioxidants present in walnuts (especially in their skin) have the capability of controlling the growth of cancer cells in the body.

Walnuts are high in dietary fibre and the minerals found in them include iron, calcium, phosphorus and potassium. As far as vitamins are concerned, they are particularly rich in thiamine (vitamin B1).

NUTRITIONAL CHARACTERISTICS:

*100 g walnuts contains 654 calories
(8.5% carbohydrate, 8.1% protein, 83.4% fat).*

Nutritional value per 100 g of Walnuts

<i>Energy Value (Calories)</i>	<i>654</i>	<i>kcal</i>
<i>Protein</i>	<i>15,23</i>	<i>g</i>
<i>Carbohydrates</i>	<i>13,71</i>	<i>g</i>
<i>Sugars</i>	<i>2,61</i>	<i>g</i>
<i>Fat</i>	<i>65,21</i>	<i>g</i>
<i>Saturated Fats</i>	<i>6,126</i>	<i>g</i>
<i>Monounsaturated Fats</i>	<i>8,933</i>	<i>g</i>
<i>Polyunsaturated Fats</i>	<i>47,174</i>	<i>g</i>
<i>Cholesterol</i>	<i>0</i>	<i>mg</i>
<i>Dietary Fiber</i>	<i>6,7</i>	<i>g</i>
<i>Sodium</i>	<i>2</i>	<i>mg</i>
<i>Alcohol</i>	<i>0</i>	<i>g</i>

IN THE KITCHEN

WALNUT CAKE:

INGREDIENTS:

- 200 gr walnut
- 3 eggs
- 250 gr sugar
- 300 gr flour 00
- 100 gr butter
- The grated rind of 1 lemon
- 1 pinch of salt
- Baking powder



GLUTEN-FREE RECIPE: replace the flour with gluten free flour.

FOR VEGAN RECIPE: replace the butter with margarine and do not use eggs.

METHOD:

Separate the yolks from the whites. Set aside the whites and beat the yolks with the sugar until frothy, light and fluffy.

Beat in the softened butter cut into chunks and add the baking powder, sieved flour and the lemon zest. Mix well together.

Whisk the egg whites with a pinch of salt and fold into the mixture.

Chop the shelled nuts and add to the mixture. Pour into a buttered and lined baking tin and level the surface with the back of a spoon. Bake in preheated oven at 180°C for about 35 minutes.

Use a skewer to check baking. If it comes out clean, the cake is ready. Remove from oven and leave to cool at room temperature.

FRUIT CHARLOTTE:

*FOR GLUTEN-FREE SWEET SHORTCRUST PASTRY
RECIPE (see p. 14)*

VEGAN SWEET PASTRY RECIPE (see p. 15)

RICH SHORT CRUST RECIPE

INGREDIENTS:

- *500 gr di flour 00*
- *300 gr butter*
- *200 gr sugar*
- *1 lemon (zest)*
- *4 eggs yolks*
- *1 egg white*
- *1 pinch of salt*



FOR THE FILLING:

- *1 kg apples*
- *1 kg pears kaiser*
- *250 gr dried plums*
- *100 gr sultanas*
- *100 gr pine nuts*
- *100 gr peeled almonds*
- *100 gr walnut*
- *250 gr dried or tinned apricots*
- *250 gr crushed macarons*
- *250 gr crushed plain biscuits*
- *2 cloves*
- *6 tablespoons sugar*
- *1 cup white wine*

METHOD:

FOR THE PASTRY:

Put the flour in a bowl with a pinch of salt and the diced butter from the fridge. With your finger tips rub the butter into the flour until the mixture resembles crumbs. Stir in the sugar, and the lemon zest. Make a well in the center and add the 4 egg yolks. Work the yolks into the dry ingredients. Bring together to form a ball. Wrap in cling film and leave to rest for 30 minutes in the refrigerator.

FOR THE FILLING:

Soak the raisins in a glass of lukewarm water. Crush the biscuits and macarons. Peel the apples and pears, remove the core and cut into 4 wedges each.

Take a large non-stick pan with fairly high sides and put 6 tablespoons of sugar into the pan. Turn on the heat and caramelize the sugar. Put the pieces of pear and apple into the pan, and after about 15 minutes add the plums, apricots, drained raisins, pine nuts, almonds and walnuts. Pour a glass of wine over the fruit and cook for a further ten minutes until the fruit has absorbed the liquid. Turn off the heat and leave to cool.

FOR THE CHARLOTTE:

Grease the bottom and sides of a deep Pyrex baking dish lid. Take the pastry from the fridge, split into two parts, leaving enough pastry for the lid. Roll out the pastry and line the dish pressing it firmly up the sides. Sprinkle 3 or 4 tablespoons of the crumbled biscuits and macarons over the pastry base.

Cover the biscuits with a layer of cooked fruit. Repeat the layers alternating biscuits and fruit. Make a pastry lid and cover the

*fruit filling. Seal carefully using your fingers around the edges.
Put the lid on the Pyrex dish
Preheat oven to 150 C and bake. After 1 hour, remove the Pyrex
lid and cook for a further half hour. When golden, remove from
the oven, replace the Pyrex lid and leave to cool. Before serving,
remove the lid and tip the Charlotte onto a serving plate.
For a special flambé touch, pour cognac over the Charlotte and
light with a match.*

NOCINO LIQUOR:

INGREDIENTS:

You need 33-35 walnuts to make a Kilo of Nocino liquor.

(The walnuts must be an odd number.)



METHOD:

Clean the nuts with a damp cloth and dry them, cut in four and place in a large glass jar without a rubber seal. Add 800 grams of white sugar.

Mix together the walnuts and the sugar, put the top on the jar and leave in a sunny place, for a couple of days. Following this, pour a litre of 95 alcohol into the jar and mix well. Leave the jar in the house in front on a sunny window ledge. Wait for at least 60 days, stirring occasionally. Strain through a clean cloth and bottle.

EXTRA TIPS: TO MAKE A NOCINO LIQUOR

It is very important to use the right type of container to store your Nocino in: use a thick, dark glass bottle, or a special small oak barrel for storing the liquor. Choose a dark, cool place to leave it to age or mature. You can drink the Nocino straight away, but gourmets advise waiting a year in order to get the best flavor.

Here are some tips for an even better Nocino. Add for example, a small quantity of juniper berries and cloves to the alcohol for extra flavor. The amount of time the walnuts spend in the alcohol also improves the taste of the liquor so the longer you leave them the better. Two months is considered the minimum period, but, if you are not in a hurry, three or four months is even better.

As far as the final filtering is concerned, use a coarse cloth. Make sure you rinse it well before using in order to remove any traces of soap, and then wring out well to remove any excess water.

GLUTEN-FREE PASTRY:

Gluten-free pastry is a traditional Italian pastry recipe, ideal for people who suffer from celiac disease and are intolerant to gluten. Gluten-free pastry replaces plain flour with rice and corn flour.

INGREDIENTS:

- 250 g rice flour
- 100 g corn flour
- 125 g butter
- 2 eggs (4 egg yolks)
- 1 teaspoon baking powder



METHOD:

Put the rice flour and the corn flour in a food processor along with the pieces of butter from the fridge. Pulse several times until the ingredients resemble fine breadcrumbs. .

Add the sugar, eggs, baking powder and mix again for a few seconds. Turn the mixture out onto a floured work surface and form a ball. Wrap in cling film and leave to rest in the refrigerator for about 40 minutes.

Your gluten-free pastry is ready to use!

N.B. You do not need to add any extra flavourings as the flour used will already give the gluten-free pastry a good taste. If you prefer a darker-yellow pastry use 4 egg yolks instead of 2 whole eggs.

VEGAN PASTRY RECIPE:

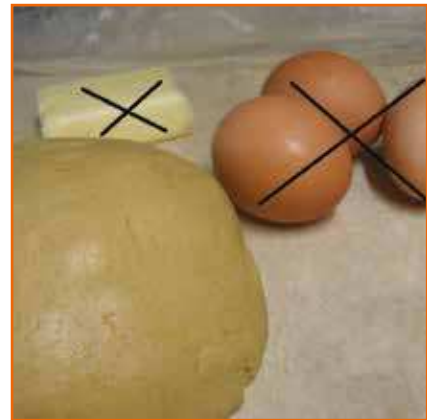
The vegan pastry uses oil instead of butter. It is the perfect base for your sweets and deserts!

This recipe makes a light and crumbly short crust pastry ideal for cakes and biscuits.

In just a few minutes, you can make this simple and delicious vegan pastry

INGREDIENTS:

- *130ml corn oil*
- *200ml salt water*
- *Zest of an organic lemon*
- *90 g brown sugar*
- *300 g wheat seed flour*



METHOD:

In large bowl whisk together the corn oil and lightly salted water. Add the grated rind of the lemon, avoiding grating in the pith, which has a slightly bitter taste.

Add the brown sugar and flour and work the ingredients together to form a ball. Before using the vegan pastry, leave to rest in the fridge for at least thirty minutes.

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