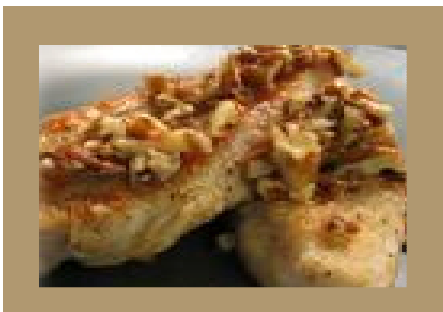


**David Roberts****FINE FOODS**

1/1 kg Pecan Pieces 11697



Awesome Honey Pecan Pork Chops

INGREDIENTS

1 1/4 pounds boneless pork loin, pounded thin 27215
1/2 cup all-purpose flour for coating 09125
A pinch of salt and pepper to taste
2 Tbsp butter 44130
1/4 cup honey 12787
1/4 cup chopped pecans 11697

DIRECTIONS

IN a shallow dish, mix together flour, salt and pepper. Dredge pork cutlets in the flour mixture.

IN a large skillet, melt butter over medium-high heat. Add chops, and brown both sides. Transfer to a warm plate.

MIX honey and pecans into the pan drippings. Heat through, stirring constantly. Pour sauce over cutlets.

Pecan Crusted Salmon

INGREDIENTS

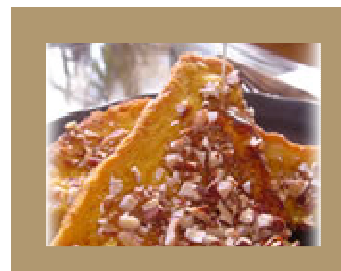
3 Tbs Dijon mustard (07100)
3 Tbs butter, melted (44130)
5 tsp honey (12787)
1/2 cup fresh bread crumbs (09040)
1/2 cup finely chopped pecans (11697)
3 tsp chopped fresh parsley (14025)
6 (4 ounce) fillets salmon (65064)

DIRECTIONS

PREHEAT the oven to 400 degrees F. In a small bowl, mix together mustard, butter, and honey. In other bowl, mix bread crumbs, pecans, and parsley.

SEASON each salmon fillet with salt and pepper. Place on a lightly greased baking sheet. Brush with mustard-honey mixture. Cover the top of each fillet with bread crumb mixture.

BAKE for 10 mins or until salmon just flakes when tested with a fork. Serve garnished with lemon.



Other uses for Pecans...

Pecans have many different uses. They can be used in salads to give a crunch. They can be used in baking for muffins, cakes and bread for starters. They are also a great garnish on top pancakes, french toast or ice cream.



1/1 kg Pecan Pieces 11697

David Roberts

FINE FOODS

Buttermilk Pecan Chicken

INGREDIENTS

- 1 cup ground pecans (11697)
- 1/4 cup sesame seeds (14149)
- 1 Tbsp paprika (14165)
- A pinch of salt and pepper
- 1 cup all-purpose flour (09125)
- 1/2 cup buttermilk (44183)
- 6 boneless, skinless chicken breast halves (31653)
- 2 Tbsp butter or margarine, melted (44125)

DIRECTIONS

IN a bowl, combine pecans, sesame seeds, paprika, salt and pepper. Place flour and buttermilk in separate bowls. Coat chicken with flour, dip in buttermilk & coat with pecan mixture.

PLACE in a greased baking dish. Drizzle with butter. Bake, uncovered, at 375 degrees F for 30-35 minutes or until juices run clear.



Pecan Cheddar Balls

INGREDIENTS

- 1/2 cup all-purpose flour (09125)
- 1 Tbsp biscuit baking mix (04650)
- 1 pinch cayenne pepper (13880)
- 1/4 cup butter, softened (44125)
- 1/2 cup shredded Cheddar cheese (20595)
- 1 egg, beaten 33510
- 1 cup rice crispy cereal (04690)
- 1/2 cup chopped pecans (11697)

DIRECTIONS

IN a bowl, combine the flour, biscuit mix and cayenne. Stir in butter until crumbly. Add cheese and egg; mix well. Stir in cereal and nuts. Shape into 1-1/2 inch balls; place on an ungreased baking sheet. Bake at 350 degrees for 18-20 minutes or until lightly browned. Serve warm.

Ummm... Easy Candied Pecans

DIRECTIONS

MIX together 1 egg white (33510), 1/2 a cup of brown sugar (09603), a dash of vanilla (14247) & 4 cups of pecans (11697).

PREHEAT oven to 275 degrees, Line a cookie sheet with wax paper & grease.

1. Spread the mixture on a cookie sheet and cook for 15-20 minutes.

