



Piñon Pinenuts

Guide To Pinon, or Indian Pine Nut Roasting

A Tasty Tradition

Pinon Pine Nuts are an important traditional holiday and seasonal food throughout out the Southwest. On the East coast, they are often referred to as Indian nuts. Traditionally, families would collect the food in the fall and enjoy them throughout the holidays. At that time, gift giving of roasted pinon pine nuts was a common practice. Why not start this tradition in your own family?

Benefits of Roasting

In addition to extending the shelf life of your pinenuts, roasting adds a wonderful, mouthwatering flavor to the nuts. Food integrity is of paramount importance to us -- microwaving destroys the food value of the pinenut. While microwaving may be a less time consuming method -- the tradeoff is that it compromises taste. Would you prefer to let us do the roasting? Discover the difference of our buttery, traditional fire-roasted pinenuts for yourself -- allowing you more time to relax and enjoy them with your family!

Start Your Own Home Roasting Tradition

Home roasting is an activity the whole family can enjoy. Your roasting time will vary, depending upon how much moisture is in the nut. Pinenut roasting is an art, not a science. Hard shell nuts are roasted at higher temperatures (400°). Soft shell nuts should be roasted between 325°- 350°, on a cookie sheet.. It will take 45-65 minutes, depending on the nut size and moisture content. Stir every 10 minutes after the first 10 minutes. Begin testing for doneness 30 minutes into your roast. Use our handy photo guide to compare for doneness.

Begin with fresh pinyon pinenuts, straight from the cone:

The photos depict a Nevada Pinyon Pinenut, *P. Monophylla*. Many prefer this variety over the smaller, New Mexico Pinenuts, but we do offer both varieties. Pinenuts **MUST** be left in the shell for proper roasting. The shells add a great deal of flavor to your roasted pinenuts, and also aids in preserving the food values. Don't be concerned if there is a small amount of pitch on the shells -- this is normal, and will also bring out the full flavor of your pinenuts.



Raw, fresh pinenut in the shell.



Shelled, fresh pine nut. Plump fresh and sweet. Note the beautiful ivory color.



Pine nut oils are rising to the top of the nut kernel. Translucent and shiny. Your soft-shelled pine nuts may look like this after about 20 - 25 minutes. The smell is driving you crazy. **WAIT**, they are not done!



Butterscotch color is starting. Nut is a bit harder, even when hot. Full flavor has begun to emerge — you may be tempted to pull your nuts at this stage. Wait about 5 more minutes.



Perfection! Golden, with hints of butterscotch color. Full rich flavor. Firm but not brittle. Not crunchy and hard.



TOO HOT - turn down your oven! If your pine nuts start to pop, the oven is too hot.



Overdone pine nut. Since nuts are different sizes, find the smallest nut on your pan. When the smallest nut is this color, test the largest few nuts. The largest nut should look like perfect nut photo.



Toss this overdone pine nut into your coffee grinder (shell and all) then mix with some "Fair Trade Coffee". You will have great coffee for your special holiday parties.

Goods From the Woods

Piñon Penny's Pinenuts

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