



# Sweet & Savory: In a Relationship

Fall in Love with Black Walnuts,  
Pumpkin and Apples



It's time to bring in the harvest and enjoy fall and winter flavors in fresh and unexpected ways. Rich, bold American Black Walnuts combine with pumpkin, apples, caramel, cloves, ginger, and nutmeg to bring a tantalizing twist to favorite recipes.

This season, sweet and savory tastes are crossing boundaries and getting intermingled across all kinds of desserts and entrées. Black Walnuts are the perfect way to add a distinctive note to autumn-spiced sweets, or a robust layer to savory meats or vegetables.

Although wild Black Walnuts have been part of family traditions since early American days, the signature taste is now showing up in trendy urban venues. This new recipe for **Black Walnut Ham Steak Schnitzel with Pumpkin Cider Sauce** blends the familiar with the adventurous for a hearty entrée that's also right in line with the Modern German trend now emerging on restaurant menus. The fully cooked ham steak makes it easy, and the savory-sweet flavors of Black Walnuts, pumpkin, and apple cider make it a welcome treat for the season.

Black Walnuts bring a delightfully unique accent to desserts, baked goods, and of course, Black Walnut ice cream. This new recipe for **Cider Baked Apples with Black Walnuts and Pumpkin-Caramel Sauce** blends the sweet and savory, and brings together a bushel of fall favorites with dried figs, golden raisins, and pumpkin pie spice. It's made irresistible with seasonal apples from your local orchard such as Gala, Honey-Crisp, Braeburn, Pink Lady, Fuji, or Golden Delicious Apples.



## **Black Walnut Ham Steak Schnitzel with Pumpkin Cider Sauce**

**by Chef Rob Corliss**

*Makes 4 portions.*

### **Ingredients**

- 15 oz. can pumpkin puree, canned
- 1 ½ cups apple cider, fresh (preferably local)
- 1 cup chicken broth, low sodium
- ¼ tsp. cloves, ground
- ¼ tsp. nutmeg, ground
- ¼ tsp. ginger, ground
- ¾ cups all-purpose flour
- ½ tsp. sage, ground
- ½ tsp. coarse ground black pepper
- 3 fresh eggs, large
- 1 Tbsp. whole milk
- 1 cup Hammons® Black Walnuts, finely chopped
- ¼ cup panko breadcrumbs, unseasoned
- 1 - 1.25 lb. boneless ham steak, fully cooked, hickory smoked

### **Directions:**

1. Pre-heat a conventional oven to 375° F.
2. Prepare the pumpkin-cider sauce: Place the pumpkin puree, apple cider, chicken broth and spices in a bowl & whisk to evenly combine, then gently warm in the microwave. Reserve warm. *Recipe makes more than needed.*

3. Slice the whole ham steak into four equal pieces/steaks, trimming off any fat on the steaks. Pat the steaks dry with a paper towel (this helps the breading adhere).
4. Prepare the breading ingredients: Evenly combine the flour, sage and black pepper and place in a shallow dish. Whisk the eggs and milk to evenly combine and place in a shallow dish. Evenly combine the Hammons® Black Walnuts and panko breadcrumbs and place in a shallow dish.
5. Bread the ham steaks: Working with one ham steak at a time & coating evenly in each step, dip/dredge a ham steak first into the seasoned flour shaking off any excess, then into the eggs allowing any excess egg to drip off, then lastly into the black walnut/panko mix lightly pressing the mixture into the ham steak to evenly coat all sides.
6. Transfer the Black Walnut encrusted ham steaks onto a baking pan, fitted with a wire rack.
7. Bake for approximately 25-30 minutes. The Black Walnut Ham Steak Schnitzel should have an even golden brown color, crispy/crunchy outside texture and tender/juicy inside. The breading should not be dark in color.
8. Place each baked Black Walnut Ham Steak Schnitzel on a dinner plate. Spoon ¼ cup of the reserved warm pumpkin-cider sauce alongside each steak. Pair with your favorite vegetables or sides.
9. Serve immediately and enjoy!



## **Cider Baked Apples with Black Walnuts and Pumpkin-Caramel Sauce**

**by Chef Rob Corliss**

*Makes 4 servings.*

### **Ingredients**

- 1 cup caramel sauce, prepared
- 3 Tbsp. pumpkin puree, canned
- 1 cup Hammons® Black Walnuts, small chopped
- 1/3 cup dried figs (stem removed), whole, small chopped
- 1/3 cup golden raisins, whole
- ½ tsp. pumpkin pie spice, ground

4 gala apples, medium to large size  
¼ cup apple cider, fresh (preferably local)

**Directions:**

1. Pre-heat a conventional oven to 350° F.
2. Prepare the pumpkin-caramel sauce: Place the caramel and pumpkin puree in a bowl, whisk to evenly combine then gently warm in the microwave. Reserve warm.
3. Prepare the black walnut mixture: Place the Hammons® Black Walnuts, figs, raisins and pumpkin pie spice in a mixing bowl and stir to evenly combine. Reserve ½ of the mixture for stuffing the apples and ½ of the mixture for garnishing each baked apple on the finished serving plate.
4. Prepare the apples: Core each apple, removing the core and a little extra from down through the center. Place all four cored apples, side by side, inside a standard pie plate. Spoon half of the reserved black walnut mixture into each apple, pressing the mixture with your finger, to compactly fill each apple to the very top - mixture can mound out of the top of the apple. Pour the ¼ cup apple cider over and around the apples. Cover the pie pan and apples with aluminum foil, tightly sealing around the edges.
5. Bake the apples for 20-25 minutes. Remove apples/pan from the oven.
6. Place each baked apple on a small plate. Spoon equal amounts of the reserved warm pumpkin-caramel sauce over & around each baked apple. Spoon an equal amount of the other half of the reserved black walnut mixture, around each baked apple, forming a ring around each apple.
7. Serve immediately and enjoy!

Black Walnuts are a wild crop, hand-harvested each fall by locals across the Midwest. The 100% natural, earthy goodness is free from chemicals, pesticides, or mass commercial orchards and harvesting. Hammons Black Walnuts are produced in compliance with Non-GMO Project standards. Every part of the highly-sustainable Black Walnut is utilized-from the outer husk, to the hard shell to the delicious nutmeat inside.

October is National Black Walnut Month, celebrated in Black Walnut festivals all across the nation's heartland. Try these new recipes and a harvest of other ideas at [BlackWalnutRecipes.com](http://BlackWalnutRecipes.com) to bring the satisfying, full-flavored taste of Black Walnuts to your fall and holiday recipes.

Processing, distribution, and marketing of Black Walnuts is performed primarily by Hammons Products Company of Stockton, Missouri. For recipes visit [BlackWalnutRecipes.com](http://BlackWalnutRecipes.com).

Sources:

1. Glazer, Fern. "Autumn Flavors Move From Sweet to Savory Dishes." Nation's Restaurant News. Web. 8.11.15. <http://nrm.com/whats-hot/autumn-flavors-move-sweet-savory-dishes>
2. Ayoub, Katie. "Modern German." Flavor & The Menu. Web. 9.12.15. <http://www.getflavor.com/modern-german/1/>

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