

## Nutritional information

Hazelnuts are a good source of vitamin E and potassium. Eating a small handful of hazelnuts each day may reduce your risk of heart disease.

Amount per 100 grams		%RDI
Calories	646	
Total Fat	62.4 g	93%
Saturated fat	4.5 g	22%
Polyunsaturated fat	8.5 g	
Monounsaturated fat	46.6 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Potassium	755 mg	19%
Phosphorus	310 mg	
Total Carbohydrate	17.6 g	5%
Dietary fibre	9.4 g	40%
Sugar	4.9 g	
Protein	15 g	30%
Calcium	123 mg	11%
Vitamin E	15.3 mg	0%
Vitamin C	3.8 mg	10%
Iron	4.4 mg	26%
Vitamin B6	620 µg	30%
Magnesium	173 mg	40%

Source: USDA National Nutrient Database

## How to store hazelnuts

Like all nuts, hazelnuts contain oils that can become rancid over time. This isn't dangerous, but they taste best when they're fresh.

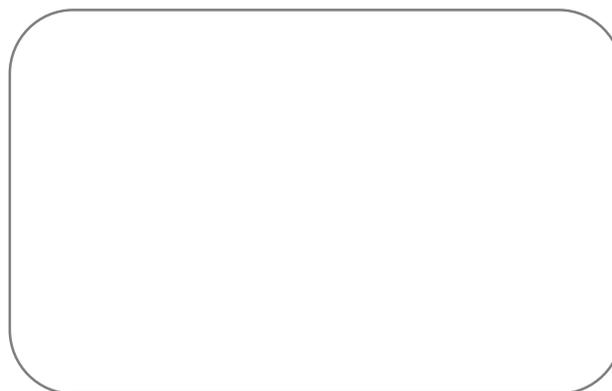
Hazelnuts will keep in-shell for up to two years in a cool, dark location.

Hazelnut kernels (out of the shell) will keep for a month at room temperature, three months in the fridge, or six months in the freezer. Store them in an airtight container to reduce oxidation and to avoid them taking on flavours from other foods.

## How to roast hazelnuts

Heat the oven to 150 °C. Place the hazelnuts on a rimmed baking tray, and toast for 15 minutes. Cool completely, then tip onto a clean tea towel and rub to remove the skins.

Contact us for more information:



Free recipes

# New Zealand Hazelnuts



*5 easy recipes*

 **Hazelnut Growers**  
Association of New Zealand

## Nibbles

### *Dukkah*

- ½ C roasted hazelnuts, finely chopped
- 1 tbl each coriander and cumin seeds
- ½ tsp black pepper or chilli flakes
- ¼ tsp salt

1. Toast seeds briefly in a dry frying pan.
2. Grind seeds in a mortar and pestle, then mix all ingredients together.

Serve with bread and olive oil for dipping, or sprinkle over a salad. Store in an airtight container.

### *Spicy coated hazelnuts*

- 2 C roasted hazelnuts
- 1 tbl vegetable oil
- 1 tbl mixed spice
- 1 tsp ground cumin
- 1 tsp salt
- ½ tsp cayenne pepper or chilli

1. Heat oil gently in a pan then add hazelnuts, stirring to coat evenly.
2. Add remaining ingredients, and continue to cook, stirring constantly, for about 10 minutes.

## Mains

### *Hazelnut crusted pork steaks*

- 4 pork steaks
  - 1 C hazelnuts, chopped finely
  - 1 C breadcrumbs
  - Salt and pepper to taste
1. Season the pork steaks then flatten to about 7mm thick.
  2. Mix the hazelnuts and breadcrumbs, then press firmly onto the pork.
  3. Fry or bake until golden.
- Serve with coleslaw and homemade potato wedges.

### *Hazelnut fettucine*

- 400 g dried fettucine
  - 1 C hazelnuts, coarsely chopped
  - 3 cloves garlic
  - 2 T olive oil
  - 1 bulb fennel, finely sliced
  - ½ C mushrooms, finely sliced
  - 2 T parsley, finely chopped
  - 1 T sour cream
  - Salt and pepper to taste
  - Parmesan cheese, to serve
1. Cook pasta according to packet directions.
  2. Heat the olive oil in a frypan, then saute garlic. Add fennel and cook for 3 minutes.
  3. Add mushrooms and hazelnuts and cook 3 more minutes.
  4. Remove from heat. Stir through sour cream and parsley.

## Baking & Desserts

### *Hazelnut crunch biscuits*

- 125 g butter, cut into small cubes
  - 1 C sugar
  - 1 egg
  - 1 C plain flour
  - 1/2 tsp baking powder
  - 1/2 tsp baking soda
  - Pinch salt
  - 1 C rolled oats
  - 1/2 C hazelnuts, crushed
  - 1 C cornflakes
1. Cream butter and sugar till smooth. Add egg and beat in well.
  2. Fold in sifted flour, add salt, baking powder and baking soda.
  3. Work in rolled oats, then hazelnuts. Add cornflakes last, mix in well.
  4. Roll into small balls and place on greased trays.
  5. Bake 10~15 minutes at 180° C, until golden brown.
- Cool on trays then store in air tight container.