

Selection & Storage

Selection

When buying walnuts in the shell, choose those free of cracks or holes. Shelled walnuts should be plump, meaty and crisp; shrivelled nutmeats mean the nuts have passed their prime.

Storage

Walnuts in the shell can be stored in a cool, dry place up to three months.

Shelled nutmeats should be refrigerated, tightly covered, up to six months. They can be frozen up to a year.

Toast before you toss!

Bring out the nutty, rich flavour of your walnuts – toast them before tossing into salads, stir-fries, pasta dishes and more. Here's how:

OVEN: Spread chopped walnuts evenly onto a baking sheet or in a shallow pan. Bake at 350°F [180°C] for 5 to 7 minutes or until lightly browned. Stir several times for even toasting. Be sure to keep an eye on them though – they burn easily. Cool before using
MICROWAVE: In glass pie plate spread 3/4 cup [175 mL] walnuts in a single layer. Microwave on HIGH 5 to 6 minutes, stirring every 2 minutes. Cool before using.

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SKILLET: In large, dry skillet over medium-high heat, cook walnuts until lightly toasted, about 1 to 2 minutes.