Dear Friend—

We hope you will enjoy these few but famous walnut recipes from the pioneer days of the early West. The only changes made in any of the original “receipts” are adaptations to modern cooking equipment by our Diamond Walnut Test Kitchens.

Like their pioneer ancestors, today’s Western homemakers use walnuts abundantly and imaginatively in many kinds of cooking besides sweets and desserts. Toasted and seasoned, walnuts are served as appetizers, and as crispy croutons in soups and green salads. Walnuts are popular too in casseroles, with vegetables, and in stuffings for meat, fish and poultry.

When you add the goodness of walnuts to your cooking, remember that the best walnuts come from California. And the best California Walnuts are Diamonds.

DIAMOND WALNUT GROWERS, INC.
IT'S STILL JUST THE STUFF

This marvelous idea was inspired by the need for extra stuffing way back when king-size families gathered around the Thanksgiving turkey. Today, this recipe is popular year-round, not only with fowl, but instead of potatoes at any feast.

After the bird comes out of the oven, the stuffing balls go in to quick-bake and get deliciously crispy on the outside. Stuffing balls speed up servings for the carver, are easier than stuffing the cavity of the bird.

WALNUT STUFFING BALLS
for 6 servings

| 4 to 5 cups fluffy white bread crumbs or cubes | 1/2 cup chopped celery |
| 1 cup chopped Diamond Walnuts | 2 Tbsps. minced parsley |
| 1 tsp. salt | 2 to 4 Tbsps. chopped onion |
| 1/2 tsp. poultry seasoning | 1/2 cup butter or margarine |
| 1/4 tsp. pepper | 1/4 to 1/2 cup giblet stock |

Toss crumbs, walnuts, seasonings, celery and parsley together. Cook onion briefly in the butter; add to crumbs. Add just enough stock to moisten, so mixture will hold together when pressed in hand. Using 1/3 to 1/2 cup mixture, shape into balls on greased baking sheet. Bake at 375° for 20 minutes or until crisp and brown.
A CENTURY-OLD TREAT

The rollicking town of Murphys was once one of the richest diggings in California’s Mother Lode—and Murphys Hotel and Bar, the center of its fun. The hotel was shaded by a grove of walnut trees, and walnut delicacies became regular features on the menu.

This recipe for sugared walnuts is still in use at Murphys Hotel, where the atmosphere and good spirits of Gold Rush days are preserved for vacationers.

MURPHYS SUGARED WALNUTS

1 cup brown sugar  
1/4 cup evaporated milk  
1 Tbsp. butter  
Pinch salt

1 tsp. vanilla  
2 cups Diamond Walnuts, halves and pieces

Mix together first four ingredients and cook to soft ball stage (only a minute or two). Remove from heat. Add vanilla and walnuts. Stir until syrup thickens enough to coat walnuts. Turn out on waxed paper and separate walnuts with two forks.
DATELINE: THE GOLD RUSH

Way back during the Nevada City mining boom, an enterprising barber, whose hobby was horticulture, sent to his native France for slips of walnut trees. Eventually he developed an ideal strain and switched from selling haircuts to selling walnuts. His first customer was the popular National Hotel which still serves their original, luscious walnut soufflé.

COLD WALNUT SOUFFLÉ

Melt butter, add walnuts and sauté till golden. Remove from heat. Gradually stir in flour and milk; cook, stirring till thickened. Beat yolks till thick and lemon-colored; mix in sugar and salt. Gradually stir hot mixture into yolks, add vanilla; cool slightly. Fold in stiffly beaten egg whites. Fill 1 1/2 qt. straight-sided glass baking dish—or six 6-oz. custard cups, nearly to top. Bake at 325° about 35 minutes for casserole; 30 minutes for cups—or till silver knife inserted in center comes out clean. Serve cold with 1 cup heavy cream whipped and flavored with 2 Tbsp. powdered sugar, ½ tsp. vanilla and ¼ tsp. lemon extract. Serves 6.
Legend has it that these popular cookies were named by a Virginia City Housewife. One day, as a batch cooled on her window sill, the family billy goat, drawn by the heavenly aroma, made short work of the cookies, pan and all. Fact or fancy—Billy Goats are grand—no butts about it!

**BILLY GOATS**

- 1/4 lb. butter
- 1 cup sugar
- 2 eggs
- 1/2 cup sour cream
- 1/2 tsp. soda
- 2 tpsps. baking powder
- 1 tsp. allspice
- 2 cups flour
- 1 cup chopped Diamond Walnuts
- 1 lb. pitted dates, cut in pieces

Cream butter with sugar. Add eggs and beat well; then blend in sour cream. Sift soda, baking powder and allspice with flour; blend into butter mixture. Stir in walnuts and dates. Drop by the teaspoonful on a greased cookie sheet. Bake at 350°, about 13 minutes, or until browned. Makes about 5 dozen 2-inch cookies.

(Adapted from Helen Brown's WEST COAST COOKBOOK, Little, Brown & Co., Boston.)
CREATED FOR A FESTIVAL

Walnut Creek, California owes its name as well as some of its prosperity to the walnut trees planted by Spanish padres along “El Arroyo de los Nogales”—the creek of the walnuts.

Every autumn, the town has celebrated its walnut harvest with a festival and, of course, with delicacies made with walnuts. One of the most popular treats in all the town is a specialty of the renowned Nut Bowl Restaurant—a very delicious walnut bread. Here is an adaptation to family-size baking of the Nut Bowl’s recipe.

WALNUT BREAD

3 cups sifted flour
4 tsps. baking powder
¾ tsp. salt
1 cup sugar
1 cup coarsely chopped Diamond Walnuts
2 eggs, well beaten
1½ cups milk
¼ tsp. (scant) maple flavoring
2 Tbsps. melted butter or margarine

Heat oven to 350°. Line a 9 x 5 x 3” loaf pan with greased paper. Sift first 4 ingredients together twice. Stir in walnuts. Combine remaining ingredients; add to walnut mixture and blend well. Let stand 20 minutes. Bake 65 to 75 minutes, or till toothpick inserted comes out clean.
SPECIALTY OF A SHOWPLACE

At the height of the California land boom, canny speculators built a fabulous hotel to lure wealthy buyers to the then undeveloped Coronado peninsula.

By the turn of the century, the Hotel del Coronado was the fashionable place to go for fine cosmopolitan food. This delicious salad dressing is still enjoyed there today.

BRUNSWICK WALNUT DRESSING

\[
\begin{align*}
\frac{1}{2} \text{ cup heavy cream, whipped} & \quad \frac{1}{4} \text{ cup pineapple juice} \\
1 \text{ teaspoon sugar} & \quad \text{Dash of salt} \\
1 \text{ cup mayonnaise} & \quad \frac{1}{2} \text{ cup Diamond Walnuts, chopped}
\end{align*}
\]

Sweeten cream with sugar. Blend in remaining ingredients in order given. Chill. Serve with fruit salads or fruits in aspic. Makes a little over a pint.
FROM OLD SAN FRANCISCO

Long after the city’s fire department was formed, the volunteer companies continued as social clubs. At their annual banquets in the fabulous Palace Hotel, it was traditional for the chef to present a special cake to each member.

Today, on special occasions or for honored guests, an adaptation of these wonderful walnut cakes are still served in the Garden Court of the Sheraton Palace.

PALACE WALNUT CAKES

1 cup butter       2 1/2 cups finely chopped
1 1/4 cup sugar    or sliced
6 eggs, separated  Diamond Walnuts
1 cup sifted flour  1 tsp. vanilla
12 walnut halves for garnish

For straight-sided cakes, Palace style, make rings, using 2 thicknesses of wax paper cut into 2 1/2 x 11" strips. Place a ring upright in each of 12 large muffin cups (3 1/4" diameter). Heat oven to 350°. Beat butter, sugar, egg yolks till very fluffy. Add flour mixed with walnuts. Fold in stiffly beaten egg whites and vanilla. Fill paper rings 2/3 full. Weight tops of rings with cake rack to prevent leaking. Bake about 35 minutes. Ice tops and sides with powdered sugar frosting; top with walnut half.
A FAVORITE WITH 49'ERS

History has it that over 90 million dollars worth of gold was mined near the town of Volcano, California. And each strike was celebrated at the miners' regular rendezvous — the St. George Hotel.

Many a dish created to satisfy a miner's appetite is just as popular today at the St. George where this pie is a specialty.

WALNUT BUTTERSCOTCH PIE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 eggs</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>1 cup dark corn syrup</td>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>½ cup granulated sugar</td>
<td>1 cup coarsely chopped Diamond Walnuts</td>
</tr>
</tbody>
</table>

Beat eggs slightly, then add balance of ingredients. Pour into a partly-baked, rich pie shell and bake at 350° until custard is set, about 30 to 40 minutes. Walnuts rise to top to make a delicious "crust."

To partly-bake shell: shape dough in pie pan and place in 450° oven for 8 minutes. Crust will then be set and starting to brown. Pour in filling and return to moderate oven to finish baking.
EAST MEETS WEST

The pioneers who crossed the southwestern deserts a century ago would find Arizona hard to believe today, dotted as it is with luxury resorts, air conditioning, and during the season, chefs de cuisine, imported from famous Manhattan restaurants.

One of these chefs at the beautiful San Marcos Hotel in Chandler, Arizona, created this marvelous confection based on a treasured Western recipe. It’s more cookie than candy—with the best of both!

WALNUT MERINGUE CONFECTIONS

1 egg white 1/8 tsp. salt
1 cup brown sugar 1 Tbsp. flour
1 cup coarsely chopped Diamond Walnuts

Beat egg white to soft peak stage; gradually beat in brown sugar, salt and flour. Stir in walnuts. Drop by teaspoonsful on greased cookie sheet about 2 inches apart. Bake in 250° oven 15-18 minutes. (Confections will not be brown.) This recipe yields about 2 dozen delicious confections. These may be tinted delicately with food coloring, if desired.
The Diamond brand stamped on every walnut shell and every package is your assurance of getting kernels that are fresh, sweet and crisp—the kind of walnuts your recipes deserve.

Diamonds come packaged in the shell in 1 lb. and 2 lb. cellophane bags. Or you can get them already shelled in stay-fresh, transparent bags or vacuum cans. Grocers have them in a choice of package sizes to suit your recipes.

DIAMOND WALNUT GROWERS, INC.  
STOCKTON, CALIFORNIA