



*go green*

WITH

U.S. PISTACHIOS

AMERICA'S  
FAVORITE CHEFS

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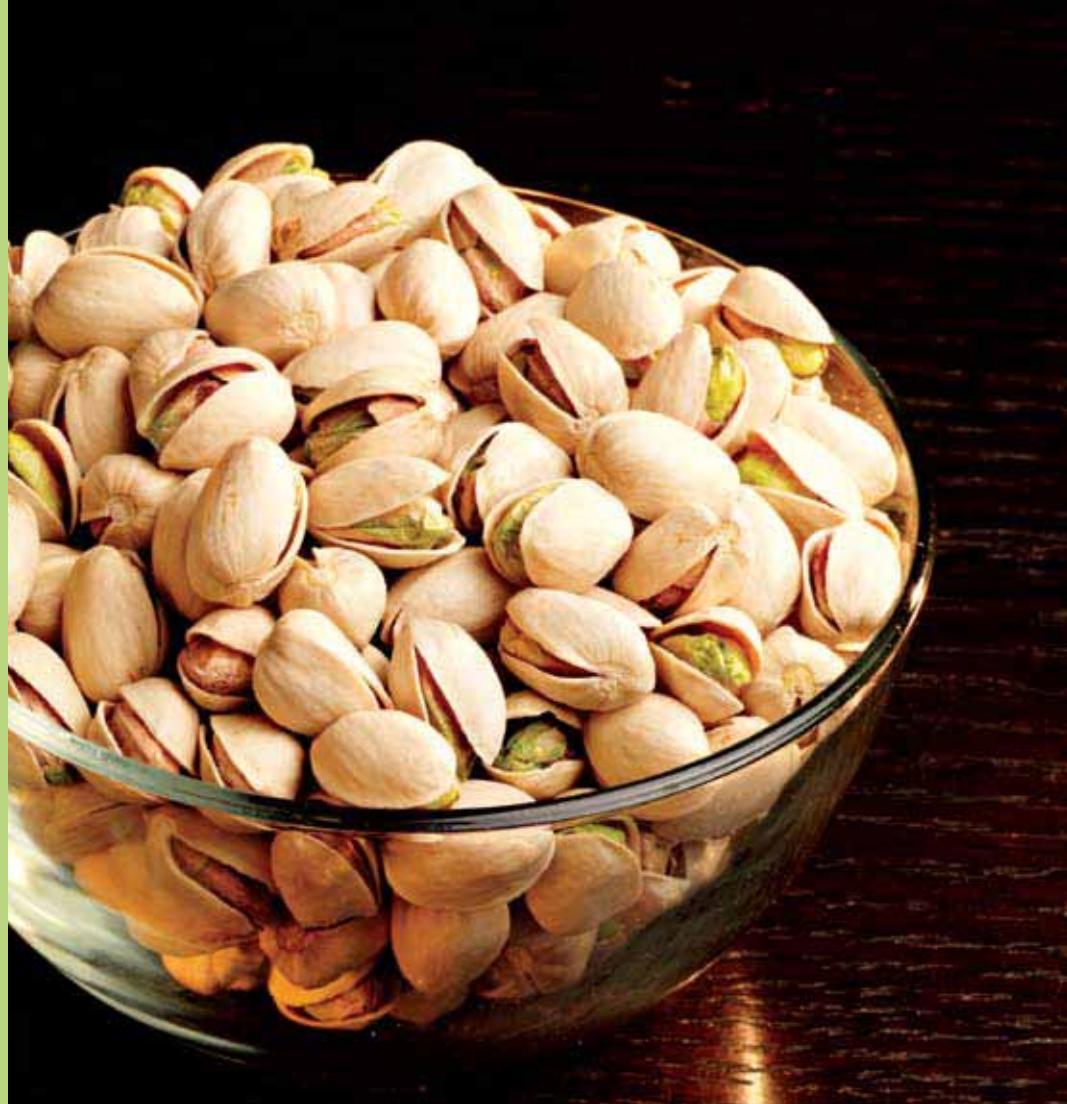
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DELICIOUS RECIPES



# welcome

The culinary community and snackers nationwide have always known U.S. pistachios are delicious - but did you know they can also be considered a heart-healthy food and snack choice? A one-ounce serving of U.S. pistachios - a whopping 49 nuts - is naturally cholesterol free and contains only 1.5g of saturated fat. That's great news for pistachio lovers! Pistachios aren't just for snacking, however. The Western Pistachio Association recently invited some of the country's most respected and well-known chefs to provide their favorite recipe featuring U.S. pistachios. Inside, you'll find 10 unique recipes created by America's top chefs with one delicious thing in common - U.S. pistachios.



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# Chef Michelle Bernstein



# ARUGULA, “PICKLED” STRAWBERRIES, CANDIED PISTACHIOS AND CRUMBLLED BLEU CHEESE SALAD

*This fresh salad melds the perfect amount of sweetness, enhanced by*

*deliciously crunchy pistachios – great to serve any time of the year!*



## **Yield: 4 servings**

### **Ingredients:**

2 tablespoons granulated sugar  
2 tablespoons water  
1 cup pistachios, shelled  
1 teaspoon sea salt  
1 tablespoon brown sugar  
1/4 cup balsamic vinegar  
1 bay leaf  
2 cups strawberries, stemmed, cut in quarters  
4 cups arugula  
1/4 cup crumbled bleu cheese  
1/2 cup olive oil  
1 tablespoon balsamic vinegar (to serve)  
salt and pepper

### **Instructions:**

Preheat oven to 350°F.

Heat sugar and water together. Toss pistachios into mixture. Spread onto a cookie sheet. Bake for 5-10 minutes. Remove and season immediately with sea salt. Allow to cool.

Remove from pan, chop into small pieces.

Heat brown sugar and 1/4 cup of balsamic vinegar with bay leaf. Place strawberries into a bowl over another bowl filled with ice. Pour hot vinegar mixture over the strawberries and allow to cool. Remove the strawberries from vinegar.

### **To serve:**

Combine arugula, cheese and strawberries with olive oil, 1 tablespoon balsamic vinegar and salt and pepper to taste. Toss to coat. Place on 4 plates, top with candied pistachios.

### **Nutrition facts:**

(Amount per Serving): Calories 520, Total Fat 44g, Saturated Fat 7g, Monounsaturated Fat 28g, Cholesterol 5mg, Sodium 760mg, Potassium 560mg, Carbohydrate 27g, Dietary Fiber 5g, Protein 9g



# Chef Todd English

# SPAGHETTINI WITH

*The delectable contrasting blend of mint and pistachio*

# PISTACHIO PESTO

*pesto makes for a spectacular Italian main course.*

# AND MINT RICOTTA



**Yield: 4 servings**

**Ingredients:**

**For mint ricotta:**

3/4 cup sheep's milk ricotta  
pinch of kosher salt  
pinch of coarse ground pepper  
1 sprig mint, chopped in thin strips

**For pistachio pesto:**

1/2 bunch arugula  
1/2 bunch parsley  
1/4 cup grated parmesan cheese  
1/2 cup pistachios, shelled  
pinch of kosher salt  
pinch of ground black pepper  
1/4 cup pistachio oil  
1/4 cup pumpkin seed oil

**For spaghetti:**

1 pound spaghetti  
1/2 cup pasta water  
4 tablespoons fresh grated parmesan cheese

**Instructions:**

**For mint ricotta:**

In a bowl, mix ricotta, salt, pepper and mint together. Set aside.

**For pistachio pesto:**

Blanch arugula and parsley in boiling water for twenty seconds. Immediately shock in an ice bath. Once cold, squeeze off excess water from parsley and arugula. Place blanched herbs in a food processor along with parmesan, pistachios, kosher salt, pepper and pistachio oil. Process mixture until broken up and chunky. Remove from processor and mix in pumpkin seed oil by hand. Reserve for later.

**For spaghetti:**

Cook spaghetti for 8 to 10 minutes in boiling salted water. Transport pasta to a sauté pan, along with 1/2 cup of pasta water and mix in pesto. Cook for 20 seconds.

**To serve:**

Divide mint ricotta into 4 and place in the bottom of pasta bowls. Place pasta on top and garnish with freshly grated parmesan cheese.

**Nutrition facts:**

(Amount per Serving): Calories 860, Total Fat 40g, Saturated Fat 9g, Monounsaturated Fat 21g, Cholesterol 30mg, Sodium 400mg, Potassium 600mg, Carbohydrate 92g, Dietary Fiber 6g, Protein 33g

# Chef Gale Gand



# PISTACHIO-

*These buttery little cakes laced with pistachios*

# BLACKBERRY

*– a tradition in France – are perfect to pair with a cup of coffee.*

# FINANCIER



**Yield: approximately 30 mini cakes**

**Ingredients:**

- 1/2 cup butter (1 stick)
- 3/4 cup pistachios, shelled
- 1 cup powdered sugar
- 1/2 cup flour
- 1/2 cup egg whites (approximately 4 eggs)
- 1/2 pint large blackberries

**Instructions:**

Preheat oven to 375°F.

In a saucepan, melt butter over medium heat. Meanwhile, in a food processor, grind pistachios with powdered sugar and flour until finely ground but do not go so far as to make a paste. Add egg whites, melted butter and mix. Batter can be used immediately or kept refrigerated for up to 3 days.

When ready to bake, butter tiny tart molds or a mini muffin tin and spoon in batter to fill mold 2/3 of the way. Cut blackberries in half, the long way, and place 1/2 on top of the batter cut side down. Bake for approximately 15 minutes, until golden brown. Let cool in molds and gently lift cakes out.

**To serve:**

Sprinkle with powdered sugar and serve the same day.

**Nutrition facts:**

(Amount per Serving - 1 mini cake): Calories 70, Total Fat 4.5g, Saturated Fat 2g, Monounsaturated Fat 1.5g, Cholesterol 10mg, Sodium 40mg, Potassium 50mg, Carbohydrate 7g, Dietary Fiber less than 1g, Protein 1g

**Yield: 4 servings**

**Ingredients:**

**For braised pistachio and apple stuffing:**

3/4 cup pistachios, shelled  
1 1/2 cups chicken stock  
2 tablespoons butter  
2 tablespoons olive oil  
3 cloves garlic, minced  
1/2 cup onion, diced  
salt and pepper  
1/2 cup fennel bulb, diced  
1 cup celery root, peeled and diced  
1 Fuji apple, peeled and diced  
1 egg  
1/2 cup apple juice  
6 cups cubed Italian country bread  
1 tablespoon fresh thyme, chopped

**For apple butter:**

3 Fuji apples, peeled and diced  
1/2 lemon, juiced  
1 tablespoon sugar  
salt and pepper



**Chef** Stephanie Izard

# BRAISED PISTACHIO

*The apple butter perfectly enhances the flavors of the pistachio-infused stuffing*

# AND APPLE STUFFING

*and tops off this exquisite side dish – fabulous to spice up any gathering!*

# WITH APPLE BUTTER



## **Instructions:**

Preheat oven to 375°F.

## **For braised pistachio and apple stuffing:**

Place 1/2 cup of pistachios in a small sauce pot and cover with chicken stock. Add a pinch of salt. Simmer for 15 minutes or until tender. Strain liquid and reserve. Meanwhile, roughly chop 1/4 cup pistachios and set aside. Heat sauté pan and add 1/2 tablespoon butter and 1/2 tablespoon olive oil. Add garlic and onions and sweat (do not brown) for 3-4 minutes or until tender. Season with salt and pepper. Remove from pan and set aside.

Repeat process with fennel, celery root and apples – each separately as cooking times may vary. Celery root may take a few extra minutes.

In large bowl, whisk egg. Add in apple juice and 1/2 cup of reserved chicken stock. Add in vegetables, bread, thyme and braised pistachios. If additional moisture is needed, add a bit more chicken stock. Season with salt and pepper. Grease casserole dish with butter and add in mixture. Sprinkle with chopped pistachios and bake until warmed through, about 35-40 minutes. Serve with apple butter.

## **For apple butter:**

Place apples, lemon juice and sugar in a small pot and cover with water. Simmer until most water has evaporated and apples are very tender. Place in blender and blend until smooth. Season to taste with salt and pepper.

## **Nutrition facts:**

(Amount per Serving): Calories 670, Total Fat 29g, Saturated Fat 7g, Monounsaturated Fat 14g, Cholesterol 70mg, Sodium 1290mg, Potassium 740mg, Carbohydrate 88g, Dietary Fiber 10g, Protein 22g

# Chef Tony Mantuano



# TUNA CRUDO

*The crunchiness and flavor of chopped pistachios is intensified by the*

## WITH PISTACHIOS

*addition of pistachio oil – a great match for this richly-textured tuna appetizer.*

## AND PISTACHIO OIL



### **Yield: 4 servings**

### **Ingredients:**

6 ounces sushi-quality tuna, finely diced  
3 tablespoons pistachio oil, plus extra for drizzling  
1/8 teaspoon hot paprika  
1/4 teaspoon sea salt  
1/4 cup pistachios, shelled, finely chopped

### **Instructions:**

Combine tuna with the pistachio oil, paprika and salt in a bowl. Mix well.

Lightly oil a ring mold 2 inches tall and 2 inches wide and place in center of one of four plates. Spoon in 1/4 of the tuna mixture, then top with 1 tablespoon of the chopped pistachios. Push down gently to pack layers. Carefully remove ring mold, keeping layers intact.

### **To serve:**

Drizzle with additional pistachio oil and serve. Repeat to make remaining 3 servings.

### **Nutrition facts:**

(Amount per Serving): Calories 120, Total Fat 9g, Saturated Fat 1g, Monounsaturated Fat 6g, Cholesterol 10mg, Sodium 90mg, Potassium 180mg, Carbohydrate 1g, Dietary Fiber less than 1g, Protein 8g

**Yield: 4 servings**

**Ingredients:**

- 1/3 cup pearl tapioca
- 4 stalks lemongrass
- 2 teaspoons galangal
- 2 teaspoons ginger
- 8 lime leaves
- 24 ounces coconut milk
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 2 limes
- salt and pepper
- 1/2 cup of high quality cooked white crab meat
- 1/4 cup fresh corn
- 1 bunch white scallions, sliced
- Thai curry paste to taste
- 2 cups pistachios, shelled
- 4 5-ounce portions of sea bass



# Chef Walter Manzke

# SEA BASS WITH

*This unique, flavorful dish combines the tenderness of sea bass*

# THAI CURRY AND

*with tapioca, corn and crab that are sure to leave you wanting more.*

# PISTACHIOS



## **Instructions:**

### **For tapioca:**

Boil tapioca in water until cooked. Rinse in cold running water to remove starch. In a small sauce pot, sweat 1 stalk sliced lemongrass, 1 teaspoon galangal, 1 teaspoon chopped ginger, and 4 lime leaves. Add 12 ounces coconut milk and simmer for 10 minutes. Add a few sprigs of basil and cilantro, juice of 2 limes and salt to taste. Simmer for 3-4 more minutes. Strain coconut milk and 1 cup of cooked tapioca and crab meat.

### **For corn:**

Clean corn from the cobs. Put corn cobs in a stock pot with enough cold water to cover. Simmer for 30 minutes to make a corn stock and strain. In a large sauce pan, sweat 2 stalks sliced lemongrass, scallions, 4 lime leaves, 1 teaspoon galangal, and 1 teaspoon chopped ginger. Add corn and continue to sweat. Add curry paste and 1 cup pistachios. Add corn stock and 12 ounces of coconut milk. Season with salt to taste and simmer for 30 minutes. Blend in a high speed blender and strain.

### **For fish:**

Season with salt and pepper. Sauté fish fillets until the skin is crisp and flesh is cooked through.

### **For garnish:**

Lightly toast 1 cup pistachios in the oven.

### **To serve:**

Place 2 spoons of tapioca and crab in center of bowl. Sprinkle some pistachios on top. Place fish on tapioca. Garnish with leaves of basil and cilantro. Pour corn curry sauce around fish.

### **Nutrition facts:**

(Amount per Serving): Calories 960, Total Fat 70g, Saturated Fat 37g, Monounsaturated Fat 18g, Cholesterol 80mg, Sodium 480mg, Potassium 1720mg, Carbohydrate 45g, Dietary Fiber 8g, Protein 49g



# Chef Shawn McClain

# CHICKEN AND PISTACHIO

*This fried rice side dish is easy to prepare and*

## “FRIED RICE” WITH FRESH GINGER

*adds a deliciously hot twist to pistachios!*

## AND CHINESE HOT MUSTARD



### **Yield: 4 - 6 servings**

#### **Ingredients:**

4 tablespoons peanut oil  
1 pound chicken breast (skinned, cut into 1/2" cubes)  
1 tablespoon sesame oil  
2 tablespoons fresh ginger, minced  
1/4 teaspoon fresh garlic, minced  
3 cups cooked white rice, cold  
1 1/2 cups pistachios, shelled  
1/2 cup peas  
1/4 cup scallions, chopped  
3 tablespoons oyster sauce  
1/4 cup water  
1 tablespoon Chinese mustard  
2 tablespoons soy sauce  
sea salt  
1 cup Chinese mustard greens  
1 teaspoon sesame oil  
1 cup fresh mung bean sprouts  
2 tablespoons pistachios, shelled, chopped  
(for garnish)

#### **Instructions:**

In a wok (or large non-stick fry pan) over high heat, heat 2 tablespoons of peanut oil until oil begins to smoke. Add chicken and stir fry until browned on all sides. Remove and let drain.

Meanwhile, add remaining 2 tablespoons of peanut oil and sesame oil into wok and return to high heat. Quickly cook together ginger and garlic for 10 seconds or until fragrant. Add rice, pistachios, peas and scallions and continue stir frying for 2 minutes, stirring often. Add chicken, oyster sauce, water, mustard and soy sauce and let cook 3-5 minutes or until hot throughout. Remove from heat and season with salt if needed. Lightly toss mustard greens in sesame oil.

#### **To serve:**

Mold warm fried rice onto warm serving plates and garnish with greens, pistachios and bean sprouts.

#### **Nutrition facts:**

(Amount per Serving): Calories 500, Total Fat 27g, Saturated Fat 4g, Monounsaturated Fat 13g, Cholesterol 45g, Sodium 820mg, Potassium 670mg, Carbohydrate 36g, Dietary Fiber 5g, Protein 28g

**Yield: 4 servings**

**Ingredients:**

**For honey roasted pistachios:**

2 tablespoons thyme honey  
1/4 cup pistachios, shelled  
salt and pepper

**For pistachio butter:**

1/2 cup pistachios, shelled  
1/2 cup pistachio oil  
salt and pepper

**For pistachio vinaigrette:**

1/4 cup pistachios, shelled, crushed  
1/2 cup butter (1 stick)  
1 tablespoon extra virgin olive oil  
2 sprigs thyme  
1/4 cup champagne vinegar  
1/3 cup pistachio oil

**For calamari:**

1 pound cleaned calamari  
extra virgin olive oil  
salt and pepper  
1/4 cup tart dried cherries  
5 mint leaves, julienne  
2 cups cooked couscous  
1 lemon  
pinch of chives (optional)



**Chef Michael Psilakis**

# GRILLED CALAMARI

*Thyme, honey-roasted pistachios, tart dried cherries, pistachio butter*

# AND PISTACHIO SALAD

*and pistachio vinaigrette – add flair to this calamari presentation.*



## **Instructions:**

### **For honey roasted pistachios:**

Add honey and 1/4 cup pistachios to sauce pan over low heat. Stir until honey has been reduced to coat pistachios. Season with salt and pepper. Allow to cool and reserve for later.

### **For pistachio butter:**

In high speed blender, add 1/2 cup pistachios and pistachio oil. Blend until smooth and season with salt and pepper to taste. Reserve for later.

### **For pistachio vinaigrette:**

Add 1/4 cup crushed pistachios, butter, olive oil and thyme to sauce pan over medium heat. Toast pistachios with foaming butter until slightly darkened. Transfer to paper towel to drain excess liquid and season with salt and pepper to taste. Transfer pistachios to a mixing bowl and add champagne vinegar. Stream in pistachio oil while whisking to emulsify. Set aside.

### **For calamari:**

Preheat grill to high. Place calamari in mixing bowl, coat with extra virgin olive oil and season with salt and pepper. Grill for 30 seconds on each side. Transfer to small mixing bowl and add cherries, honey roasted pistachios, mint and couscous (prepared according to package). Dress with pistachio vinaigrette, a squeeze of fresh lemon juice and season with salt and pepper to taste.

### **To serve:**

Using a spoon, place a dollop of pistachio butter on each serving plate at 7 o'clock. Drag spoon through dollop to the other side of plate creating a "swoosh." Distribute calamari among plates. Garnish with chives (optional).

### **Nutrition facts:**

(Amount per Serving): Calories 540, Total Fat 30g, Saturated Fat 7g, Monounsaturated Fat 16g, Cholesterol 280mg, Sodium 480mg, Potassium 580mg, Carbohydrate 44g, Dietary Fiber 3g, Protein 24g

**Yield: 4 servings**

**Ingredients:**

**For pistachio and basil pesto:**

2 cups fresh basil leaves, tightly packed  
1 cup pistachios, shelled, toasted  
4 garlic cloves, peeled  
1 cup extra virgin olive oil  
1/2 cup freshly grated Parmigiano-Reggiano  
salt and pepper

**For potato gnocchi:**

2 pounds russet potatoes, washed  
4 large egg yolks  
2 cups unbleached flour  
2 tablespoons salt  
extra virgin olive oil



# Chef Ethan Stowell

# POTATO GNOCCHI

*This potato gnocchi – topped off with one-of-a-kind*

## WITH PISTACHIO

*pistachio and basil pesto – is sure to hit the spot!*

## AND BASIL PESTO



### **Instructions:**

Preheat oven to 350°F.

### **For pistachio and basil pesto:**

Place basil, pistachios and garlic cloves in a food processor; pulse until a rough puree. Add extra virgin olive oil and continue to pulse until oil, basil and pistachios have all combined into a smooth puree. Transfer sauce to a large work bowl; fold in cheese and season to taste with salt and pepper. Set aside.

### **For potato gnocchi:**

Brush each potato lightly with extra virgin olive oil. Wrap each potato in aluminum foil and bake in oven until tender, for about one hour. When potatoes are cool enough to handle, peel and pass them through a food mill or potato ricer which yields about 3 cups of sieved potatoes.

On a clean work surface, mound sieved potatoes with a well in the middle. In the well place egg yolks, 2 cups of flour and salt. Mix all the ingredients together and make sure to dust work surface with additional flour as needed to avoid sticking. Once potato dough has come together, knead until smooth and even, with no visible bits of egg or flour.

Keeping work surface and dough lightly floured, cut dough into 4 even pieces. With hands, roll each piece into a rope until diameter is about 1/2 inch thick. With a knife, cut down the rope to form 1/2 inch by 1/2 inch squares. Dust gnocchi with flour and continue until all dough has been formed into gnocchi. Discard any irregular shaped gnocchi, as it will not cook evenly. Place gnocchi on a lightly floured sheet pan until ready to cook and serve.

### **To serve:**

Bring a large pot of water to a soft boil. Drop gnocchi into the water, work in batches if necessary, and cook until all gnocchi float to the surface of the water, about 1-2 minutes. Remove gnocchi from water and place in a large mixing bowl. Toss with pistachio and basil pesto sauce to taste, season with salt and pepper and serve while hot with freshly grated Parmigiano-Reggiano on the side.

### **Nutrition facts:**

(Amount per Serving): Calories 1260, Total Fat 83g, Saturated Fat 14g, Monounsaturated Fat 55g, Cholesterol 200mg, Sodium 3980mg, Potassium 1420mg, Carbohydrate 108g, Dietary Fiber 9g, Protein 25g

**Yield: 4 servings**

**Ingredients:**

**For pistachio-crusted halibut:**

1 cup pistachios, shelled, chopped  
1 cup coarse bread crumbs  
1/2 teaspoon kosher salt  
1/8 teaspoon freshly ground black pepper  
2 eggs, beaten  
1/2 cup all purpose flour  
4 5-ounce portions of skinless Alaskan halibut  
1/4 cup extra virgin olive oil

**For spring farmers market salad:**

1 cup blanched haricot verts  
1 cup sliced French breakfast radish  
3 cups mixed lettuce  
1/2 cup champagne vinaigrette (see below)  
kosher salt and freshly ground black pepper to taste

**For champagne vinaigrette:**

1/4 cup champagne vinegar  
1 shallot, minced  
1 teaspoon fresh thyme leaves  
1 teaspoon honey  
3/4 cup extra virgin olive oil



# Chef Rick Tramonto

# PISTACHIO-CRUSTED HALIBUT

*Perfect for a dinner party any time of year –*

## WITH SPRING FARMERS

*rich halibut paired with a tangy salad, is a favorite among dinner guests.*

## MARKET SALAD



### **Instructions:**

Preheat oven to 350°F.

### **For pistachio-crusting halibut:**

Place pistachios, bread crumbs, salt and pepper together in a shallow baking dish, stir to combine. Place eggs in separate dish and flour in another dish. Take each portion of halibut and dredge only top side in flour, then eggs, then pistachio/bread crumb mixture, being careful to dredge top side only. Heat olive oil in a sauté pan to medium heat. Place breaded side of fish in hot oil and sear until golden brown; approximately 3-4 minutes. Flip fish gently so breaded side of fish is on top, and finish in oven for approximately 8-10 minutes.

### **For salad:**

Toss all ingredients in a bowl to combine. Add kosher salt and freshly ground black pepper to taste.

### **For vinaigrette:**

Combine vinegar, shallots, thyme leaves and honey in a mixing bowl. Let stand for 30 minutes. Using a whisk, gently drizzle in the olive oil.

### **To serve:**

Remove fish from oven and plate. Accompany with spring salad mix, drizzle with vinaigrette and salt and pepper to taste.

### **Nutrition facts:**

(Amount per Serving): Calories 890, Total Fat 42g, Saturated Fat 6g, Monounsaturated Fat 24g, Cholesterol 205mg, Sodium 620mg, Potassium 1940mg, Carbohydrate 76g, Dietary Fiber 8g, Protein 56g



[westernpistachio.org](http://westernpistachio.org)