



***PECAN FLATS  
COOK BOOK***

**Presented  
by**

***PRO STAR WASTE***

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## PECAN FLATS BAKING TECHNIQUES

Bake Pecan Pie in the lower third of a preheated 350°F oven for 50 to 55 minutes (the temperature in the upper half of the oven is often too high for a custard-type pie) or until a knife inserted halfway between the center and edge of pie comes out clean. Over-baking or baking at too high a temperature can cause a curdled custard. *If using a commercially prepared frozen deep-dish crust, place pie in oven on a heated cookie sheet.*

While the traditional temperature for baking Pecan Pie is 350°F, it can be baked at other temperatures, a convenience when the pie is baked along with something else. Here are guidelines for baking at different temperatures:

Temperature	Time	Results
300°F	1 1/2 hours	The texture is satiny smooth and slightly soft.
325°F	1 1/4 hours	The texture is similar to a pie baked at 300°F.
350°F	50 to 55	This is the standard baking minutes, temperature and time for Classic Pecan Pie. The custard is satiny smooth with a slight firmness that holds its shape when sliced.
400°F	1 hour	Some cooks like to bake pecan pies at 400°F for 15 minutes, then continue cooking at 350°F for 45 minutes. This requires more attention and the results are comparable to pies baked entirely at 350°F

## FREEZING PECAN PIE INSTRUCTIONS

Cool completely and wrap tightly in foil. Store in freezer up to three weeks. If frozen longer than 3 weeks, the pecans tend to lose their crispness.

To defrost, let the pie stand (wrapped or unwrapped) at room temperature three to four hours or until completely thawed. Pecan Pie can also be defrosted in the oven. Place unwrapped pie in 350°F oven 15 to 20 minutes or until completely thawed.

To defrost in the microwave, pie must be in a glass pie plate. Unwrap and cover with paper towel. Microwave on Defrost (30%) for 8 to 10 minutes, rotating 1/4 turn every 3 minutes. Let stand several minutes before serving.

**PECAN FLATS FILLING AND BAKING TIMES  
FOR VARIOUS SIZE PECAN PIES**

Pecan pie is best baked in a traditional homemade pie crust. The Classic Pecan Pie recipe filling fits a 9-inch crust with any type of edge. It does not require a fluted edge to keep the pie from overflowing. Below is a chart which shows how to adapt the recipe for various-size pie plates, as well as for frozen and refrigerator crust

	8" pie plate	9" pie plate	10" pie plate	9"x1" tart pan	11"x1" tart pan	12"x 3/4" pizza pan	9" reg. frozen crust	9" frozen deep dish crust
Eggs. ....	2	3	4	2	3	3	3	3
Sugar .....	2/3 cup	1 cup	1 1/3 cup	2/3 cup	1 cup	1 cup	1 cup	1 cup
Karo or Corn Syrup .....	2/3 cup	1 cup	1 1/3 cup	2/3 cup	1 cup	1 cup	1 cup	1 cup
Butter or Melted Margarine .....	1 Tbs	1 Tbs	1 Tbs	1 Tbs	1 Tbs	1 Tbs	1 Tbs	1 Tbs
Vanilla .....	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
Pecans. ....	1 cup	1 1/2 cup	2 cup	1 cup	1 1/3 cup	1 1/2 cup	1 cup	1 1/2 cup
Oven Temp. ....	350°F	350°F	350°F	350°F	350°F	350°F	350°F	350°F
Baking Time (min.) .....	45-50	50-55	60-65	35-40	45-50	35-40	50-55	50-55
Special Directions	place in lower third of oven	place in lower third of oven	place in lower third of oven	prebake pie crust 5 min; place in lower third of oven	prebake pie crust 5 min; place in lower third of oven	use double crust pastry; place in lower third of oven	pour filling into frozen crust; place on preheated cookie sheet and bake in lower 1/3 of oven	pour filling into frozen crust; place on preheated cookie sheet and bake in lower 1/3 of oven

## TO USE PREPARED FROZEN PIE CRUST FOR ANY OF THE FOLLOWING

Use 9-inch deep-dish pie crust. Do not thaw. Preheat oven and a cookie sheet. Pour filling into frozen crust; bake on cookie sheet. (Insulated cookie sheet is not recommended.)

### PECAN FLATS DREAM BARS

1/2 cup butter or margarine	1/2 cup sugar
1/2 cup brown sugar (packed)	1 cup flour
1 1/2 cup coconut	1 1/2 cup pecans (chopped)
1/4 tsp salt	1 tsp baking powder
2 eggs	2 Tbs melted margarine
2 Tbs flour	1 cup firmly packed brown sugar
2 tsp vanilla	Confection sugar - sprinkle on top

Preheat oven to 375°F. In medium bowl mix one-half cup brown sugar, one-half cup margarine and one cup flour with finger tips or fork until crumbly. Pat into an 8x12 baking pan, covering bottom, bake for 10 minutes. Cool. Meanwhile, mix one cup brown sugar, eggs, two tablespoon flour, baking powder and vanilla. Beat well. Add coconut and pecans. Pour over crust, spreading over crust evenly. Bake 20 minutes.

### PECAN ICING

1 package (8 oz) cream cheese	1/2 cup butter
3/4 cup chopped pecans	1 tsp vanilla
1 box confectioners' sugar	

Soften the cream cheese and butter. Mix well with remaining ingredients.

Spread on 3 layer cake.

### PECAN LOAF

1 cup corn oil	1 tsp cinnamon
2 cups sugar	1 tsp allspice
3 eggs	1 tsp nutmeg
2 cups self-rising flour	1 cup chopped pecans
1 jar Jr. baby food prunes	

Preheat oven to 300°F. Mix corn oil and sugar. Add eggs and beat 3 minutes at high speed on mixer. Add flour, nuts, spices and prunes. Mix then pour in pan and bake for 45 minutes or until done.

## PECAN PRALINES

2 cups sugar  
2/3 cup evaporated milk  
1 tsp vanilla extract

1/2 cup brown sugar  
2 cups pecans  
1 Tbs butter or margarine

Cook sugars and milk in saucepan until the sugars are dissolved. Add pecans and cook to the soft ball stage (236°F). Remove from heat. Add vanilla and butter, but do not stir. When cooler, beat with a spoon until mixture just begins to hold shape. Quickly drop by spoonfuls onto waxed paper or in paper baking cups. Makes about 40

A light fruitcake with a mellow brandy flavor, generously studded with chunks of tangy dried apricots and pecans. You can make it up to one week ahead, but it's best to glaze it the day of the party.

## APRICOT-PECAN FRUITCAKE

Serves: 24

Work Time: 20 minutes plus two hours cooling

Total Time: 3 hours 35 minutes

2 1/2 6-ounce packages dried apricot halves (2 1/2 cups) cut into 1/2-inch pieces  
2 cups coarsely chopped pecans plus 2/3 cup pecan halves  
1 Tbs plus 2 cups all-purpose flour  
1 cup margarine or butter (2 sticks), softened  
1/2 cup brandy  
2 tsp baking powder  
1/3 cup apricot preserves, melted and strained

1 1/4 cups sugar  
5 large eggs  
1 Tbs vanilla extract  
1 tsp salt

1. Preheat oven to 325°F . Grease 9-inch tube pan.
2. In medium bowl, toss apricots and the 2 cups coarsely chopped pecans with 1 tablespoon flour; set aside.
3. In large bowl, with mixer at low speed, beat sugar and margarine or butter until blended. Increase speed to high; beat until light and fluffy, about 2 minutes, constantly scraping bowl with rubber spatula.
4. With mixer at low speed, add eggs, brandy, vanilla extract, baking powder, salt, and 2 cups flour; beat until well blended. Stir in apricot mixture.
5. Spoon batter into pan. Arrange the pecan halves on top of batter in 2 concentric circles. Bake cake 1 hour and 10 minutes to 1 hour 20 minutes until wooden skewer or toothpick inserted in center comes out clean.
6. Cool cake in pan on wire rack 10 minutes. With knife, loosen cake from pan; remove cake. Cool completely on wire rack.
7. When cold, brush cake with melted apricot preserves. Or, wrap and refrigerate it for up to 1 week, then brush with preserves before serving.

## SWEET POTATO PECAN PIE

1 can (16 oz) sweet potatoes, drained and mashed	3 eggs, divided
3/4 cup sugar, divided	1 tsp cinnamon
1/2 tsp nutmeg	1/4 teaspoon ground ginger
1 (9-inch) unbaked or frozen-deep dish pie crust*	2/3 cup Light or Dark Corn Syrup
2 Tbs margarine or butter, melted	1/2 tsp vanilla
1 cup chopped pecans	

1. Preheat oven to 350°F.
2. In medium bowl combine sweet potatoes, 1 egg, 1/4 cup sugar, cinnamon, nutmeg and ginger; stir until blended. Spread in pie crust.
3. In same bowl combine remaining 2 eggs, 1/2 cup sugar, corn syrup, margarine, and vanilla; stir until smooth. Stir in pecans. Spoon over sweet potato mixture.
4. Bake 1 hour or until puffed and set. Cool on wire rack.

Makes 8 servings

## TEXAS PECAN PIE

3 eggs	3/4 cup packed light brown sugar
3/4 cup Light or Dark Corn Syrup	1/2 cup (1 stick) margarine or butter, melted and cooled
1 Tbs flour	1/2 tsp salt
1 tsp vanilla	1 1/2 cups pecans, coarsely chopped
1 (9-inch) unbaked or frozen-deep dish pie crust*	16 pecan halves

1. Preheat oven to 350°F.
2. In medium bowl with fork beat eggs slightly. Add brown sugar, corn syrup, margarine, flour, salt and vanilla; stir until well blended. Stir in chopped pecans. Pour into pie crust. Arrange pecan halves around edge of filling.
3. Bake 50 to 55 minutes or until knife inserted halfway between center and edge comes out clean. Cover edge of pie with foil if pastry becomes too brown. Cool on wire rack.

Makes 8 servings

## PECAN TORTE WITH CHOCOLATE GLAZE

### Torte:

4 large eggs, at room temperature, separated	1 cup granulated sugar
2 Tbs sifted cake flour	1/2 tsp salt
1/4 tsp baking powder	3 Tbs orange juice or white rum
2 cups very finely ground pecans	

### Filling:

1/3 cup heavy cream	1 1/2 tsp grated orange zest
1/2 tsp vanilla extract	1/4 cup confectioners' sugar
1 tsp light corn syrup	

### Frosting

8 oz. semisweet chocolate morsels	1/2 cup sour cream
speck of salt	chopped pistachio nuts for garnish

### To make the torte

Preheat the oven to 350°F . In a mixer bowl, beat the egg yolks until thick and light, about 2 minutes. Gradually add the granulated sugar, and then beat for another 2 minutes so the mixture is well combined. By hand, stir in the cake flour, salt, baking powder, and juice or rum. In another mixer bowl, beat the egg whites until very stiff. Fold half of the nuts into the yolk mixture, then add half of the egg whites to the egg-nut mixture and repeat, ending with the egg whites. Pour into 2 well-greased 8-inch cake pans and bake for 25 to 30 minutes, or until the tops are golden brown and spring back when lightly touched with your finger. Cool on a rack for 20 minutes, then remove from the pans.

### To make the filling

Pour the cream into a chilled mixer bowl and add the orange zest, vanilla, confectioners' sugar, and corn syrup. Beat until stiff. Place one cake layer on a round plate and spread with all the filling. Top with the remaining layer and refrigerate. To make frosting: Melt the chocolate morsels in a double boiler over hot, not boiling, water. Stir in the sour cream and salt, and mix gently. Remove from the heat and spread on the sides and top of the torte. Sprinkle with chopped pistachios. Makes 10 servings.

## TOASTED PECAN, CIDER and CORNBREAD STUFFING

Basic cornbread stuffing is made extra crunchy and irresistible by being combined with lots of toasted pecans and moistened with sweet apple cider. If you happen to have bacon fat on hand for sautéing the vegetables, it will add a subtle smokiness to the overall flavor of the stuffing.

3 Tbs bacon fat or vegetable oil  
1 large onion, minced  
2 cups coarsely chopped pecans  
2-1/2 cups apple cider or apple juice  
Salt and freshly ground pepper to taste

5 stalks celery, diced  
1 bag (16 ounces) cornbread stuffing crumbs  
2 tsp ground sage  
6 Tbs unsalted butter

1. Heat the bacon fat or vegetable oil in a large skillet over medium-high heat. Add the celery and onion and sauté until soft and translucent, about 7 to 10 minutes.
2. On a cookie sheet, toast pecans at 375°F, 5 to 7 minutes.
3. In a large bowl, mix the sautéed vegetables together with the cornbread stuffing crumbs. Mix in the pecans and ground sage.
4. In a small saucepan, combine the cider or juice and butter; heat over medium heat until the butter is completely melted. Pour over the stuffing mixture, mixing well. Season the stuffing with salt and pepper.
5. Place stuffing in buttered casserole and bake at 325°F until hot and crusty, about 45 to 60 minutes.

Makes enough stuffing for a 16- to 20-pound turkey. Per 1/2 cup serving:\* 115 calories, 2 g protein, 13 g carbohydrate, 7 g fat, 5 mg cholesterol, 142 mg

We hope you like this little cookbook about Pecans we have put together for your enjoyment.

If you live anywhere in our service area and are not yet one of our customers, we invite you to give us a try.



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