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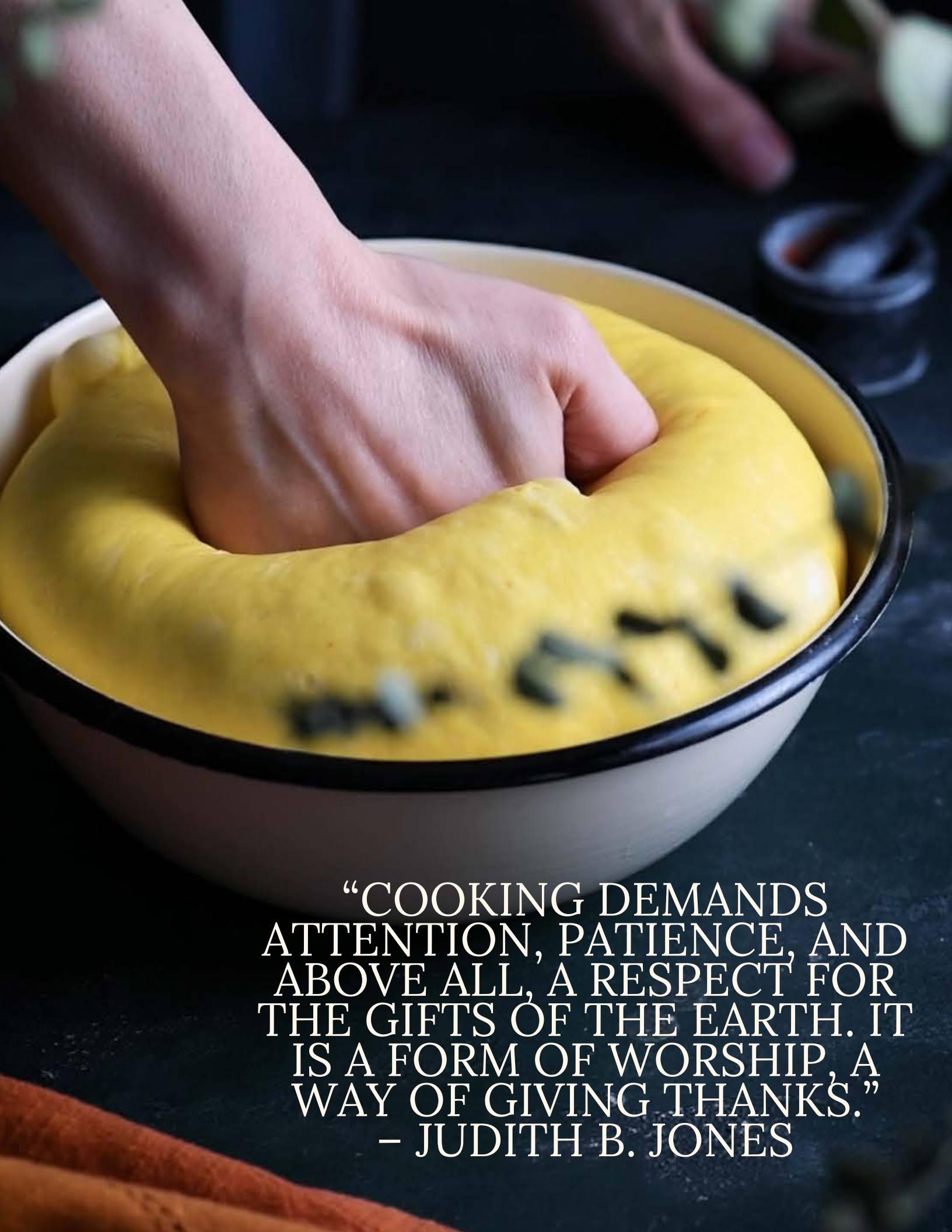
Festive Recipes With Nuts

AYOUB'S DRIED FRUITS AND NUTS

VEGAN AND
VEGETARIAN
RECIPES
INCLUDED!

8

HOLIDAY THEMED
RECIPES USING
NUTS AND DRIED
FRUITS



“COOKING DEMANDS
ATTENTION, PATIENCE, AND
ABOVE ALL, A RESPECT FOR
THE GIFTS OF THE EARTH. IT
IS A FORM OF WORSHIP, A
WAY OF GIVING THANKS.”
– JUDITH B. JONES

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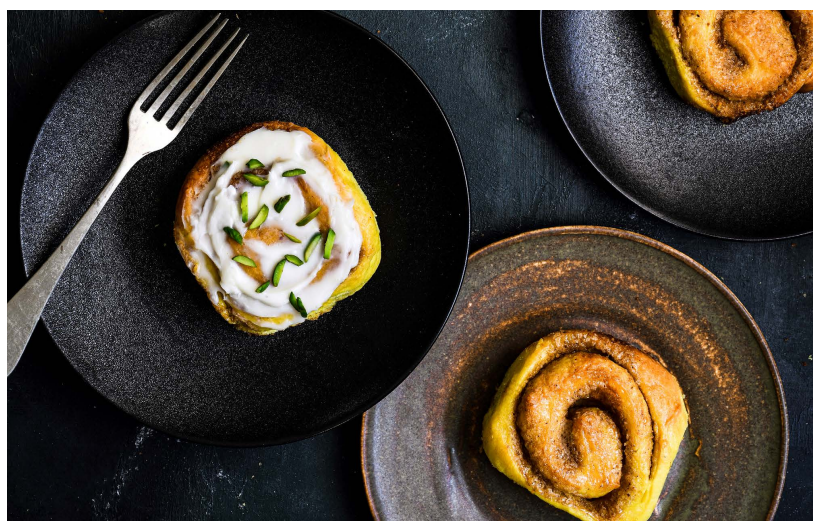
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Modern Christmas Fruitcake





Nuts- A Holiday Tradition

Nuts are one of the most popular food items around the Holiday season. In many households, it's still a holiday tradition to find a handful of unshelled pecans, walnuts, hazelnuts and Brazil nuts in the bottom of the gift stockings. This stems from the European tradition of scattering nuts during the winter holiday of Saturnalia and many other holidays throughout the year.

Later, when the pagan holidays were folded into Christmas it was said that the three parts of the nut - the shell, skin and kernel represented the bones, skin and soul of the Saviour himself. Whether it's pagan or Christian, the idea of nuts bringing good luck at Christmastime appears to have stuck.

Incorporating nuts to your food around Christmas time will help you give a festive touch to your recipes. Paired with salmon or chicken or even to season a salad, dried fruits and nuts help take dishes to an upper level both texture and flavour wise. In this e-book we've compiled all of our favourite festive recipes that incorporate nuts and fruits in unique ways.



AN AYOUB'S ORIGINAL...

BACON PECAN CHEESEBALL

Every party needs a crowd pleasing appetizer and this creamy, ranch flavored cheeseball is definitely that. I mean what's there not to love about bacon, cream cheese and cheddar?

**“YOU HAVE TO BE A
ROMANTIC TO INVEST
YOURSELF, YOUR MONEY,
AND YOUR TIME IN
CHEESE.”
– ANTHONY BOURDAIN**

INGREDIENTS

- 200g cream cheese, softened
- 100g cheddar cheese, shredded
- 1tbsp Ranch seasoning
- 3 medium green onions, sliced
- 3-5 slices cooked bacon, chopped
- 1 cup chopped pecans



DIRECTIONS

1. Mix the softened cream cheese, green onions, ranch seasoning, cooked bacon and cheddar cheese until well combined.
2. Form the cheeseball mixture into a ball and then wrap tightly with the plastic wrap. Place into the refrigerator and chill for 30 minutes.
3. Once chilled, remove the cheeseball from the refrigerator and roll in the chopped pecans, making sure to press the chopped pecans into the cheeseball to secure. Place onto a serving platter with your favourite crackers and a serving knife.



WALNUT CRANBERRY CROSTINI

INGREDIENTS

- 1 baguette + olive oil to toast
- 50 g walnuts
- 60 g blue cheese
- 100 g cranberries
- 4 tbsp honey
- 4-6 sprigs of thyme

DIRECTIONS

1. Cut the baguette in ¼-inch thick slices.
2. Drizzle olive oil on top as well as salt and toast in an oven at 350°F until golden. Let the bread cool completely.
3. Toast the walnuts in an oven at 350°F for 5-10 minutes or until golden. Let cool and then chop roughly.
4. Separate the blue cheese into small pieces using a fork.
5. Assemble the toast by putting the blue cheese on first and then some cranberries and walnuts.
6. Drizzle with the toast with some honey and garnish with a few sprigs of thyme.

Recipe & photograph by cravingsjournal.com



A close-up photograph of a hand holding a slice of orange, squeezing it so that juice falls into a bright yellow bowl. The bowl has a white interior. In the background, a brown apron is visible. To the right, another orange slice sits on a wooden surface. The scene is lit with warm, natural light, creating a cozy and fresh atmosphere.

“THERE IS NO SINCERE
LOVE THAN THE LOVE OF
FOOD.”

— GEORGE BERNARD
SHAW



VEGGIE NUT ROAST

Photograph and recipe by:
Adam Bush at olivemagazine.com

Rich, chewy and very satisfying, nut loaf wins the hearts of many during the holiday season, even non-vegetarians. Our favourite thing about nut roast is that the recipes are very forgiving when it comes to substituting ingredients. Nut roasts aren't meant to be exact, so feel free to experiment with whatever fun ingredients and amounts sound best to you. If you prefer figs over dates, portobello mushroom over chestnut, then fire away and make it your own! This nut roasts is such a great option to have around during the holiday season as it's gluten free, vegetarian and can even be made vegan using a plant based egg replacer such as flax egg. It's wonderful served up with warm mushroom gravy or cranberry sauce and a side of green beans. If you're on a time crunch, you can make it well ahead of time and freeze it.



INGREDIENTS

- Butternut squash 400g, cut into 2cm cubes
- Smoked paprika 3 tsp
- Garlic 2 cloves, skin on
- Sage 2 leaves, finely chopped
- Olive oil 2 tbsp, plus extra for the tin
- Onion 1, finely chopped
- Chestnut mushrooms 200g, finely chopped
- Tomato purée 2 tbsp
- Soy sauce 2 tbsp
- Red lentils 125g
- Vegetable stock 300ml
- Medjool dates 4, pitted and sliced
- Soft white breadcrumbs 50g
- Mixed nuts (pecans, walnuts and brazil nuts work well) 150g, chopped
- Eggs 2 large, beaten

For the topping:

- Butter 3 tbsp
- Pecans or walnuts 50g
- Sage 4-6 leaves
- Runny honey 1 tbsp
- Smoked paprika a pinch
- Medjool date 1, sliced

DIRECTIONS

1. Heat the oven to 200C/fan 180C/gas 6. Toss squash, 1 tsp of the paprika, all the garlic and sage, and 1 tbsp of olive oil with some seasoning on a roasting tray and cook for 20 minutes until tender and lightly golden at the edges.
2. Heat 1 tbsp of oil in a frying pan and fry the onion until softened. Add the mushrooms and cook for 10 minutes until all the moisture has evaporated and they begin to turn golden. Stir in the remaining 2 tsp of paprika, all the tomato purée, soy sauce, lentils and stock, and simmer gently for 20-25 minutes or until the lentils are tender and the stock has been absorbed. Remove from the heat and leave to cool for 10 minutes.



- Stir the dates, breadcrumbs, nuts and eggs into the cooled lentil mixture, add some seasoning, then fold in most of the roasted squash, leaving 6-8 cubes for the topping. Squeeze the garlic from the skins, and fold through the mix.
- Oil and line a 900g loaf tin with baking paper. Spoon the mixture into the tin, packing it down with the back of a spoon. Cover with foil and roast for 30 minutes, then remove the foil and cook for another 20 minutes until golden-topped and coming away from the sides of the tin. Rest for 10 minutes before inverting the nut roast onto a serving platter.
- While the nut roast is resting, melt the butter in a frying pan until foaming, then fry the nuts and sage for 2 minutes until the sage is crisp, then briefly stir in the reserved squash pieces, the honey, paprika and sliced date. Spoon over the nut roast to serve.



AN AYOUB'S ORIGINAL...

WALNUT STUFFED MEATBALLS & CRANBERRY SAUCE

If you're looking for the perfect comfort nosh for a drizzly winter weeknight then we've got the perfect dish for you. These walnut cranberry meatballs are simple to make and packed with flavor, a perfect holiday snack, appetizer or even make it a main and serve it over a plate of creamy, buttery mash! You can even use the leftover cranberry sauce from your Thanksgiving or Christmas dinners and just follow the meatball part of this recipe! Not only do these meatballs look spectacular, but they taste downright delicious. Sweet and tangy with the perfect amount of sauce, nobody will be able to turn these meatballs down.



MEATBALLS:

- 450g ground beef
- 1/4 cup rolled oats
- 1 medium onion, grated
- 3 tbsp cranberry juice
- 1tsp salt
- 1/4 tsp pepper
- 1 egg
- 12-16 walnuts

MEATBALLS:

- 250 of dried cranberries
- 1 small onion, finely chopped
- 1 tbsp olive oil
- 1/3 cup sugar
- 1 cup red wine
- 1 cup orange juice
- 1/2 sp salt
- 2tsp chopped fresh rosemary

DIRECTIONS

1. Preheat the oven to 200°C. Grease an oven-safe pan with vegetable oil. Set aside.
2. In a large bowl, combine all ingredients of the meatball except the walnuts. Using your hands, mix until fully combined. Using a scoop portion out of the mixture, place a walnut in the middle. Press meat around the walnut, fully enclosing it. Repeat until all meat is used. Brush meatballs with some vegetable oil and bake for 20 minutes.
3. Soak cranberries for 1 hour or more, then drain them. In a medium saucepan, add olive oil, chopped onion, and crushed garlic. Saute for several minutes, then add the drained cranberries and other ingredients and cook over medium heat. Allow the sauce to simmer until nice and thick.
4. Pour half of the sauce on the meatballs and bake for 10 minutes. Serve the meatballs with the rest of the sauce.



SPINACH, CRANBERRY & WALNUT STUFFED PORK

If you've got a big family, or always seem to end up with plenty of mouths to feed during the holidays, it's great to have more meat options than just a bird. This stuffed pork loin might even satisfy people more than the bird itself! The filling is super tasty. The spinach not only provides moisture for the filling, but also for the pork and the cranberries and walnuts add some classic Christmas flavours. As advised by the original recipe developer, when chopping up the filling ingredients you can use a food grinder or a food processor, just be sure you don't turn it into a puree. We're sure that if you decide to make this, it will be sure to end up as a staple on your dinner table every Thanksgiving and Christmas.

*Recipe and photograph:
Lorena Salinas from Cravings Journal*

FOR THE FILLING

INGREDIENTS

For the glaze

- 100 g brown sugar
- 4 tbsp water
- 1 tsp Dijon mustard
- 2 garlic cloves pressed, finely grated or minced

For the filling

- 300 g spinach
- 70 g dried cranberries
- 70 g walnuts toasted in a preheated oven at 180°C or 350°F for 5min.
- Salt and pepper

For the pork

- 250 g pork loin or pork filet
- Salt and pepper

FOR THE GLAZE

- Place all the ingredients in a small pot and mix over medium heat until the sugar dissolves. Reserve.

- Remove the stalks from the spinach. For this, fold the leave in half lengthwise, keeping the stalk on the outside. Pull on the stalk to remove it along with the fibre all the way to the top. You can see the procedure clearly in the video lines above.
- Wash the spinach leaves thoroughly to remove any dirt.
- Put water and plenty of salt in a pot to boil. Also, prepare a bowl with water and ice.
- Cook the spinach leaves in the boiling water for 20-30 seconds. This process is called "blanching". Once soft, remove them from the pot and place them in the icy water.
- Squeeze out as much water as you can from the leaves.
- Pass the spinach along with the cranberries and walnuts through the food grinder. Alternatively, you can chop everything up with a knife or use a food processor. Just make sure it doesn't turn into a purée.
- Season the filling with salt and pepper.



Recipe and photographs: theviewfromgreatisland.com

MODERN CHRISTMAS FRUITCAKE

Thanks to Sue at theviewfromgreatisland.com, this is the only fruitcake recipe you'll ever need. The mixture of dried & candied fruits gives it a more slightly more subtle flavor than a traditional fruitcake while the amaretto brandy soak gives it a warm kick without being overwhelmingly boozy.

INGREDIENTS

- 3 cups mixed dried fruit (cranberries, apricots, figs, plums, golden raisins, currants)
- 1/4 cup brandy
- 1/4 cup Amaretto
- cake
- 1 cup butter (226 grams)
- 2 cups granulated sugar
- 2 tsp baking powder
- 1 tsp salt
- 1/4 tsp orange oil, orange extract, or Fiori di Sicilia (I used tangerine oil)
- 4 large eggs at room temperature
- 3 3/4 cups all purpose flour
- 1 cup orange juice
- 2 cups chopped pecans and walnuts
- 8 ounce tub of candied cherries
- 1 cup mixed candied fruit, finely diced
- syrup
- 1/3 cup orange juice
- 1/3 cup granulated sugar
- icing
- 2 cups confectioner's sugar, sifted
- half and half or milk to thin



DIRECTIONS

1. Preheat oven to 325F Butter and flour a 10-12 cup bundt pan
2. Put the dried fruits in a microwave safe bowl and stir in the brandy and Amaretto. Microwave for 90 seconds and stir again. Let cool.
3. Cream the butter and sugar until fluffy. Beat in the baking powder, salt, and orange oil or extract of your choice.
4. Beat in the eggs, one at a time, letting each one get incorporated before adding the next. Scrape down the sides of the bowl as needed.
5. Blend in the flour and orange juice alternately, beginning and ending with flour. Scrape the sides and bottom of the bowl to make sure everything is fully blended.
6. Fold in the soaked fruit (don't drain) the candied fruits, and nuts.
7. Spoon the batter into your pan and smooth out the surface. Bake for about 70-90 minutes, just until a toothpick inserted near the center comes out without wet batter on it. If the surface seems to be browning too quickly, loosely lay a piece of foil over the top toward the end of the baking time.
8. Let the cake cool for 15 minutes, then invert onto a plate. Whisk the syrup ingredients together and brush it over the entire surface of the warm cake. Let cool completely and then wrap well in plastic and set aside for 24 hours at room temperature.
9. Mix the confectioner's sugar with just enough half and half or milk to make a thick glaze. Start with 3 tablespoons, stir well, and go from there. Add just a little at a time and stir well. I like to let the glaze sit for a few minutes to allow any lumps to dissolve. Spoon the glaze over the surface of the cake, and then let harden before slicing.



AN AYOUB'S ORIGINAL...

SAFFRON PISTACHIO ROLLS

These sweet buns are the perfect pair to your morning cup of coffee on these cold winter mornings, or as a sweet treat after a festive feast. They are similar to cinnamon buns, but with a Middle Eastern twist! Unlike most sweet buns that tend to turn stale quickly, these stay soft & pillowy for at least 3 days after baking!

FOR DOUGH

- 0.5G Saffron
- 1 tbsp hot water
- 2 1/4 tsp hot water
- 1 cup milk
- 1/3 cup granulated sugar
- 2 3/4 cups all purpose flour
- 1/2 cup unsalted butter, room temp
- 1/3 cup zante/dried currants
- 1/2 tsp salt

FOR FILLING

- 1/2 cup unsalted butter, in room temp
- 1/4 cup light brown sugar
- 1/3 cup pistachio

EGG WASH

- 1 egg
- 1 tbsp milk or water

DIRECTIONS

1. Place the saffron strands in a mortar. grind with the pestle until you have powdered the saffron.
2. Combine saffron ground and tbsp hot (not boiling) water in a small bowl. Let's brew for 5 minutes.
3. Whisk the flour, sugar, salt and yeast together in a large bowl. Set aside.
4. Combine the milk, and butter together in a heatproof bowl. Microwave or use the stove and heat the mixture until warm to touch. add brewed saffron. Pour into dry ingredients and stir until it forms a soft dough or use a stand mixer.
5. On a lightly floured surface using floured hands, knead the dough for 3 minutes. Place in a lightly greased bowl, cover and let rest for about an hour or until it doubled in size.
6. While the dough is rising, grind the pistachios in a small food processor or clean coffee grinder. Combine butter, sugar and pistachio ground in a medium bowl and beat until fluffy. This is your filling.
7. To shape the dough, grease or line a baking sheet. on a floured surface, roll your dough out into a long rectangle. Spread the filling evenly over the dough. Roll up the dough tightly. cut into 10-12 even rolls and arrange in prepared baking sheet. Tightly. cover the roll with plastic wrap or clean kitchen towel. Let rise for 45 mins.
8. Preheat the oven to 375°F. Whisk together egg and milk or water in a small bowl. Brush the buns with the egg wash. Bake for 25-28 minutes or until the rolls are golden brown. Let cool for 10-15 mins before seasoning.





FIG & CARAMEL NUT TART

DIRECTIONS

FOR THE CRUST

- 1½ cups all-purpose flour (about 6 3/8 ounces), plus more for measuring cup
- 10 tablespoons cold unsalted butter (5 ounces), cut into 1/2-inch pieces
- ¼ cup granulated sugar
- ½ teaspoon fine sea salt
- 1 tablespoon ice water

FOR THE FILLING

- 2 cups raw mixed nuts (such as pecans, blanched hazelnuts, walnuts, slivered almonds, and pistachios) (about 9 ounces)
- 1 cup granulated sugar
- ¼ cup water
- 1½ teaspoons honey
- ½ teaspoon fresh lemon juice
- 6 dried Mission figs (about 13/4 ounces), stemmed and finely chopped
- 1 cup heavy cream
- 2 tablespoons unsalted butter
- ¼ teaspoon fine sea salt

1. Pulse flour, butter, sugar, and fine sea salt in a food processor until mixture resembles small peas, 10 to 12 pulses. Drizzle 1 tablespoon ice water over mixture; pulse until evenly incorporated, about 8 pulses; crumbs should just hold together when pinched. Transfer mixture to a 10-inch round tart pan with 1-inch-tall sides and a removable bottom; use fingers to distribute crust evenly into bottom and up sides of pan. Using the floured bottom of a metal measuring cup, press crumbs firmly into bottom and up sides of pan. Freeze until hard, at least 20 minutes or up to 1 day.
2. Preheat oven to 350°F. Prick crust a few times using a fork. Bake in preheated oven until golden, 25 to 30 minutes. Remove from oven, and let cool completely on a wire rack, about 30 minutes.

FOR THE FILLING

1. Arrange nuts in an even layer on a small rimmed baking sheet. Bake at 350°F, stirring occasionally, until evenly deeply toasted, 10 to 14 minutes. Let cool 15 minutes.
2. Stir together sugar, 1/4 cup water, honey, and lemon juice in a medium saucepan. Bring to a boil over medium-high; boil, swirling pan occasionally but not stirring, until caramel is very dark and mixture registers 390°F on an instant-read thermometer, 7 to 10 minutes. Remove from heat. Carefully stir in figs and cream using a long-handled wooden spoon. Add butter and fine sea salt; stir until smooth.



3. Arrange toasted nuts in an even layer in cooled crust; pour warm caramel over nuts to fill crust. Let tart cool completely at room temperature until set, at least 8 hours or up to 1 day. For cleaner slices, chill tart at least 30 minutes or up to 4 days before serving. Sprinkle with flaky sea salt, and serve with whipped cream.

A close-up photograph of a person's hand pouring a golden-orange liquid from a white ceramic pitcher into a large, white, wide-mouthed bowl. The person is wearing a dark blue button-down shirt. In the foreground, on a dark, textured surface, there are several small white ceramic bowls containing different ingredients: one with a dark liquid, one with a reddish-brown powder, and another partially visible with a yellow liquid. A green leaf and a portion of an orange are also visible in the bottom right corner. The background is dark and out of focus.

“REAL FOOD DOESN'T
HAVE INGREDIENTS,
REAL FOOD IS
INGREDIENTS”

- JAMIE OLIVER



AN AYOUB'S ORIGINAL...

ITALIAN NUTTY CHOCOLATE CHRISTMAS CAKE

Inspired by the traditional Italian dessert Panforte, this delicious and indulgent Christmas cake is certain to become your new festive fave. The center is gooey while the outside has a slight crunch thanks to the walnuts and hazelnuts. This recipe is ideal for families who are not as fond of the classic Christmas cake and want something a little more modern and fun, with hints of orange still giving it that Christmassy flavor. Stored in an airtight container, this can keep for two weeks or it can also be made in advance and frozen for those busy heads during the holiday season!

A HOMEMADE, HOME-BAKED AND HAND CRAFTED CAKE MAKES ANY OCCASION FEEL MORE JOYFUL' - MARTHA STEWART

INGREDIENTS

- 200g dark chocolate, broken up into small pieces
- 5 large eggs, separated
- Zest of a large orange
- 2 tsbp unsalted butter, melted and slightly cooled, extra for the tin
- 200g walnuts
- 1 tsp vanilla extract
- 1/4 cup brandy or apple juice
- 1 tsp ground cinnamon
- 1 cup caster sugar



DIRECTIONS

1. Preheat oven to 350F
2. Grease the 20cm springform cake pan generously, then dust the inside with some flour, shaking off any excess.
3. Put the hazelnuts and walnuts in a food processor, then add the chocolate pieces to nuts. Pulse until the mixture is of a grainy consistency, but not finely ground. If you don't have a food processor, you can chop the ingredients by hand using a sharp knife.
4. Mix egg yolks and sugar. Add vanilla extract, brandy, cinnamon, orange zest and melted butter and mix thoroughly. Then add chocolate and nuts, mixing them in very well. Whisk the egg whites to the stiff-peak stage but not so thick that they become dry.
5. Gently fold them into the chocolate mixture with a large metal spoon, a few tablespoons at a time. When all the egg whites have been folded in, spoon the mixture into the prepared cake tin and bake for about 1 hour or until the cake tester comes out clean. Let it cool completely on the wire rack.



THANKS FOR COOKING WITH US!

Here at Ayoub's, good food is our passion. We use raw, natural ingredients in everything we do, whether it is in the roasting rooms in all of our stores or in the kitchen of our family homes. We're quality obsessed, from farm to platter, we make sure our products are the very best the world has to offer. We offer ingredients that anchor traditions, bring families and friends together in the spirit of sharing and have a compelling story to tell. We believe the tradition of sharing food with family and friends is lost in North American culture. We offer a wonderful excuse to invite friends over to share food, good cheer and healthy snacks. We pry kids away from their screens to share a special and intimate moment with their families, and tempt them to try something new. This is why in recent times, we've started collecting and developing recipes with our nuts and dried fruit at the core, so that we can share them with you, our valued customers, to try and reignite this culture of sharing.

We hope that you enjoy this book of recipes, and hope these dishes bring you some cheer. Don't hesitate to reach out through the contact form on our website if you have any questions. Wishing you and your family a wonderful Holiday Season, and a peaceful happy and healthy new year.



The Ayoub's Team