



BLANCHING



COATING



- Walnuts are versatile in the kitchen and can add unlimited visual appeal across the menu.
- **BLANCHING AND PEELING WALNUTS**
 - or starting with skinless walnuts—lightens color and softens flavor for rich walnut creams.
 - **COATING** with oil, egg white, caramelized sugar, or spices add gloss and visual variety.
- **CULINARY TRANSFORMATION**
 - Roasting or deep frying deepens color and develops toasted notes and caramelized Maillard aromas.
 - Smaller pieces, ground walnuts, and walnut butter blend as specifications suited to a variety of culinary applications, providing inspiration for innovation.
 - Walnut halves hold their place in baked goods, like scones.

WHY IS IT IMPORTANT?

- Granly walnut sizes and shapes are recognized as specifications, providing inspiration for innovation.
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WHY IS IT IMPORTANT?

- Appearance is related to the visual color, shape, size, and surface texture—
- influencing our perceptions of flavor and functionality before even tasting a bite.



PEELING



ROASTING



BLANCHING



- opening doors to new applications or remove it entirely
- Roasting, blanching, or removing the outer skin of walnuts can reduce bitterness and wider audience appeal.
- **CULINARY TRANSFORMATION**
 - While some people are more sensitive to bitter flavors, cooking techniques can leverage this quality to create a rounded, subdued taste that appeals to these consumers.
 - as having a bitter flavor profile.

WHY IS IT IMPORTANT?

- Taste is the detection of compounds by buds on the tongue, allowing us to perceive the five fundamental tastes— sweet, sour, salty, bitter, and umami.



- What is Appearance?**
- What is Taste?**
- What is Texture?**
- What is Aroma?**



ORTHONASAL OLFACTION

Smelling food through your nose before testing.

- Olfaction, or the sense of smell, is a key part of enhancing flavor.
- *It works in two ways:*

WHY IS IT IMPORTANT?

The evolution of aroma experienced while chewing significantly enhances flavor.

- For example, roasting walnuts creates richer, more complex aromatic compounds than raw nuts, highlighting toasted notes and caramelized Maillard aromas.

CULINARY TRANSFORMATION

Heat and cooking methods like roasting, blanching, or sous vide dramatically change walnut aromatic composition.

- unlocking a variety of innovative, unique flavors and aromatics.

ROASTING



SOUS VIDE



BLANCHING



RETRONASAL OLFACTION

Chewing and swallowing food, releasing aromas to travel up to your nasal cavity.



- Texture describes the sensory properties of something when experienced by touch, including how food is experienced in the mouth
- like transforming walnuts from crunchy initial bite, to chewy consistency, to a rich and creamy texture.
- **WHY IS IT IMPORTANT?**
 - The dynamic, versatile nature of walnuts can offer a variety of textures to layer into components of your recipe or menu item
 - whether creating a creamy base, a crunchy topping, or a meaty plant-based element.
- **CULINARY TRANSFORMATION**
 - Roasting, blending, and sous vide techniques transform walnuts into walnut creams, plant-based components
 - delivering a wide range of textures for innovative applications.

ROASTING



SOUS VIDE



BLENDED



THE 360° FLAVOR EXPERIENCE OF CALIFORNIA WALNUTS



EXERCISE THREE: PHYSICAL TEXTURE

1. PLACE A WALNUT HALF, FLAT SIDE DOWN, BETWEEN YOUR BACK TEETH. Slowly bite down and listen for the crisp snap and crunch.

2. LOOK AT THE FLAVOR WHEEL, FOLLOW THE EVOLUTION. Continue to chew and note the dynamic textural transformation.

3. LISTEN, FEEL, AND EXPERIENCE EACH STAGE. Follow the evolution from crisp and mealy, to smooth and creamy.

EXERCISE FOUR: PRIMARY TASTE

1. TASTE A WALNUT, CHEWING SLOWLY. Notice how flavor unfolds in three stages—initial bite, chewing, and aftertaste.

2. LOOK AT THE PRIMARY TASTE SECTION ON THE FLAVOR WHEEL. Which of the five basic tastes do you detect in each phase?

3. SCAN THE OUTER RINGS FOR FLAVOR NOTES. Now identify which nuanced taste profiles emerge as you chew and finish the bite.

EXERCISE TWO: AROMA PROFILE

1. HOLD A SMALL CONTAINER OF WALNUTS BENEATH YOUR NOSE. Inhale deeply through your nose with your mouth closed.

2. CHEW A WALNUT SLOWLY WITH YOUR MOUTH SLIGHTLY OPEN. Exhale slowly through your nose to analyze the evolving aroma.

3. LOOK AT THE AROMA PROFILE SECTION ON FLAVOR WHEEL. Try to identify at least 3 of the 50 aromatic attributes.

EXERCISE ONE: VISUAL APPEARANCE

1. LOOK AT EACH WALNUT. Assess their various shapes, colors, and surfaces.

2. REVIEW AT THE VISUAL APPEARANCE SECTION ON FLAVOR WHEEL. What do the visual attributes suggest—does it look gnarly or smooth? Is the color pale, amber, or dark?

3. REMEMBER DIFFERENT WAYS YOU'VE ENJOYED WALNUTS. How were they incorporated into the dish? How did they look?



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