



Kwanzaa Day 5

SAUTÉED PECANS

Recipe from *A Kwanzaa Keepsake: Celebrating the Holiday with New Traditions and Feasts*

Charles Deluvio

Chef Jessica Harris shares this recipe from page 116 of her new book and discusses Day 5 of Kwanzaa.

Nia : purpose



Jessica B. Harris | Rog Walker/James Beard Foundation [Official]

Pecans were a part of the lives of many of our ancestors in the South. In some areas, they were so plentiful that they simply fell from the trees. They are still readily available, and many families receive a sack full of them at the end of the year. Though our enslaved ancestors certainly did not have time for appetizers; they more than likely nibbled on the sweet meat of pecans whenever they could be found. Sautéing the nuts briefly in a bit of butter just seems to bring out that sweetness.

SAUTÉED PECANS

ingredients

- 1 pound shelled pecans
- 2 tablespoons unsalted butter

Rake through the pecans and remove any shells and shriveled nuts (even if they are listed as shelled!) Heat the butter to foaming in a large cast-iron skillet. Add the pecans and cook them for 3 to 5 minutes, stirring them occasionally with a wooden spoon to make sure that they are well coated with butter. When they are ready, drain on absorbent paper and serve warm.

Serves 8