

IN PARTNERSHIP WITH



**LOUISIANA COOKIN'**

# Pecan Perfection

MUST-TRY RECIPES, TIPS, TRICKS & MORE





Cane River Pecan Company, named after the Cane River in Natchitoches Parish, has been connecting with its community and pecans since 1969. Today, Jady Regard leads this multigenerational family business, maintaining its traditions while guiding it into the future. The company began when Jady's father, Dan, and uncle, Joe, purchased a pecan orchard from relatives. Jady's mother later transformed the harvest into thoughtful gifts, establishing the company as a premier source for pecan gift offerings nationwide.

After his father's passing in the early 2000s, Jady left his marketing career in Chicago to return

to Louisiana and lead the company. Cane River Pecan Company is now known for its quality and innovation, especially its famous gift tins filled with quality pecans, which have become a holiday staple for more than two decades.

While the holiday season coincides with the harvest, April is the best time to stock your freezer so you can enjoy pecans all year. Recently, the company opened the Pie Bar in downtown New Iberia and expanded its product range to include pecan oil, pickled vegetables, and fruit preserves. Through these ventures, Jady and his team continue to celebrate and share the rich flavors of the South.

#### What's a "Desirable" Pecan?

The Desirable is one of the first pecan varieties developed from a controlled cross in the early 20th century in Mississippi. This mammoth-size pecan has outstanding flavor and superior coloring and is considered the best pecan for roasting and salting. Cane River Pecan Company uses the Desirable variety almost exclusively as our gift pecan of choice.



#### What's an Elliott pecan?

The Elliott pecan is one of the most flavorful specialty pecan varieties on the market, due to its high oil content that leads directly to its superior taste. It was first discovered in the panhandle of Florida in 1912 and quickly became a favorite of growers in the Deep South.



## NATIONAL PECAN MONTH

CELEBRATE NATIONAL PECAN MONTH BY STOCKING UP ON CANE RIVER PECAN COMPANY'S FINEST BULK NATURAL PECANS.

**25% OFF** NATURAL PECANS





## Pecan Sizing

**MAMMOTH HALVES**  
250 or fewer per pound

**JUNIOR MAMMOTH HALVES**  
251-300 per pound



## Jady Regard

**CHIEF NUT OFFICER**  
Cane River Pecan Company

### Growing up, did you have a favorite family pecan recipe?

Growing up, roasted pecans were our favorite way to consume pecans. It was an easy recipe to follow, made the house smell wonderful, and paired well with any beverages. As I got older, roasted pecans became great housewarming gifts and eventually became a gifting staple at Cane River Pecan Company.

### What makes Cane River Pecans special?

On our family farm, my father grew many varieties of pecans; however, our best were always the Desirables. Just like the name suggests, it is one of the very most desirable pecans on the market. It is a large, showy paper-shell pecan that cracks easily and is jammed with sweet, buttery pecan meat.

### What's the most unusual way you have seen pecans used?

I love that pecans are featured in many of our most beloved ice creams, cereals, and candy, but when it comes to pecan wood, one of the most unusual things I have ever seen are the 1996 Summer Olympic torches—used in the torch relay from Olympia, Greece, to Atlanta, Georgia, to carry the Olympic flame. They were made of Georgia pecan wood. There were 12,467 torchbearers that year.

### What's your favorite item they have created at Cane River Pecan Company's Pie Bar?

In New Iberia, Louisiana, the city where I was born and raised, we have the Pie Bar café. Our number one selling item there is a toss-up between a slice of pecan pie and our chicken salad that contains apples, dried cranberry, fresh rosemary, and, of course, pecan pieces.

# CHOCOLATE-PECAN PIE BARS

MAKES 9

*Dripping with melted chocolate, these crave-worthy pecan bars are a delicious combination of all our favorite cozy flavors.*

## CRUST

- 1½ cups all-purpose flour
- 6 tablespoons sugar
- ¼ teaspoon kosher salt
- ¾ cup cold unsalted butter, cubed

## FILLING

- 2 (4-ounce) bars semisweet chocolate, chopped
- 2 teaspoons all-vegetable shortening
- ¾ cup sugar
- 3 tablespoons all-purpose flour
- ½ teaspoon kosher salt
- ¾ cup light corn syrup
- ¼ cup unsalted butter, melted
- 3 large eggs
- 1 teaspoon vanilla extract
- 2 cups Cane River Pecan Company Pecan Halves
- 1 cup coarsely chopped Cane River Pecan Company Pecan Halves

## TOPPING

- 2 (4-ounce) bars semisweet chocolate, chopped
- ½ cup heavy whipping cream
- 1 tablespoon unsalted butter, softened

1. Preheat oven to 350°. Line a 9-inch square baking pan with foil, letting excess extend over sides of pan. Spray foil with baking spray with flour.
2. For crust: In a medium bowl, whisk together flour, sugar, and salt. Using a pastry blender, cut in cold butter until mixture is crumbly. Press mixture into bottom of prepared pan.
3. Bake until lightly browned around edges, about 17 minutes. Let cool completely. Leave oven on.
4. For filling: In a small microwave-safe bowl, heat chocolate and shortening on high in 30-second intervals, stirring between each, until melted and smooth (about 1½ minutes total). Pour melted chocolate over cooled crust. Refrigerate until hardened, about 15 minutes.
5. In a medium bowl, combine sugar, flour, and salt. Whisk in corn syrup, melted butter, eggs, and vanilla.
6. Sprinkle pecans halves and chopped pecans over chocolate layer. Pour corn syrup mixture over pecans.
7. Bake until set, about 1 hour, loosely covering with foil halfway through baking to prevent excess browning. Let cool completely on a wire rack. Using excess foil as handles, remove from pan, and cut into squares.
8. For topping: In a medium bowl, place chocolate.
9. In a small saucepan, heat cream over medium heat, stirring frequently, just until bubbles form around sides of pan. (Do not boil.) Pour hot cream over chocolate; immediately cover with a piece of plastic wrap. Let stand for 8 minutes; stir until melted. Stir in butter. Drizzle chocolate topping over squares.

## Storing Pecans

After you have received a shipment of pecans, it is always best to take out what you plan to consume and then freeze the rest in an airtight container. Here are some more storage tips for natural pecans:

- At room temperature (around 70°F), natural pecans will usually last about 20 days or so. If the pecans are placed in a sealed, airtight container, they could last closer to 45 days.
- In a refrigerator (around 34°F), natural pecans stored in an airtight container can last 9 to 10 months.
- In a freezer (at 0°F or lower), natural pecans stored in an airtight container for 18 months to 2 years should easily retain their freshness.

## Can I Refreeze Thawed Pecans?

Pecans can be thawed and refrozen numerous times if properly thawed. Thaw frozen pecans in the refrigerator and avoid warm temperatures. Please note, the high oil content in pecans can make them prone to absorbing odors from other products stored around them.





# ROASTED ASPARAGUS WITH CREOLE PECANS

MAKES 6 TO 8 SERVINGS

*Almost any green vegetable—broccoli, green beans, or even Brussels sprouts—will taste great with these savory pecans.*

## ASPARAGUS

- 2 pounds fresh asparagus, trimmed**
- 2 tablespoons vegetable oil**
- ½ teaspoon kosher salt**
- ¼ teaspoon ground black pepper**

## CREOLE PECANS

- ½ cup unsalted butter, melted**
- 2 teaspoons chili powder**
- 1 teaspoon kosher salt**
- 1 teaspoon smoked paprika**
- 1 teaspoon Worcestershire sauce**
- ½ teaspoon onion powder**
- ½ teaspoon garlic powder**
- ½ teaspoon dried thyme**
- ¼ teaspoon ground black pepper**
- 2 cups Cane River Pecan Company Pecan Halves**

**1.** For pecans: Preheat oven to 325°. Line a rimmed baking sheet with parchment paper.

**2.** In a large bowl, stir together melted butter, chili powder, salt, paprika, Worcestershire, onion powder, garlic powder, thyme, and pepper. Add pecans, and stir until coated. Spread in an even layer on prepared pan.

**3.** Bake until toasted, about 30 minutes, stirring every 10 minutes. Let cool completely on pan. Store in an airtight container for up to 1 week.

**4.** For asparagus: Preheat oven to broil.

**5.** On a rimmed baking sheet, place asparagus. Drizzle with oil, and sprinkle with salt and pepper. Using tongs, toss to coat.

**6.** Broil, turning occasionally, until golden brown and tender, 8 to 10 minutes. Transfer to a serving platter, and serve with Creole pecans.

## Mirliton Slaw

MAKES 4 SERVINGS

*This slaw has a wonderful crunch from fresh mirlitons, radishes, and carrots. Lemon juice adds a touch of acidity and brightness.*

- ¼ cup plus 1 teaspoon fresh lemon juice**
- ¼ cup extra-virgin olive oil**

- 1½ teaspoons sugar**
- ¾ teaspoon kosher salt**
- ¼ teaspoon crushed red pepper**
- 2 large mirlitons, peeled, halved lengthwise, seeded, and cut into matchsticks (about 3 cups)**
- 1 cup matchstick radish (about 6 medium radishes)**
- 1 cup matchstick carrot (about 2 large carrots)**
- ½ cup sliced green onion**
- 2 tablespoons finely diced seeded jalapeño (about 2 medium jalapeños)**

- 2 tablespoons chopped fresh parsley**
- ⅓ cup chopped toasted Cane River Pecan Company Pecans**

1. In a medium bowl, whisk together lemon juice, oil, sugar, salt, and red pepper. Add mirliton, radish, carrot, green onion, jalapeño, and parsley, tossing well to coat. Cover and refrigerate until chilled, about 1 hour. Stir in pecans just before serving. Serve with a slotted spoon.



## Pecan-Crusted Pork Tenderloin with Pears

MAKES 4 SERVINGS

*A pecan coating gives this pork tenderloin plenty of crunch.*

- ⅔ cup finely chopped Cane River Pecan Company Pecans**
- 2 tablespoons plain dry bread crumbs**
- 2 tablespoons firmly packed light brown sugar**
- 1 tablespoon minced fresh sage**
- ½ teaspoon kosher salt**
- ¼ teaspoon garlic powder**
- ¼ teaspoon ground black pepper**
- 1 large egg**
- 1 tablespoon Creole mustard**

- 1 (1- to 1¼-pound) pork tenderloin, trimmed**
- 1 tablespoon extra-virgin olive oil**
- 2 red pears, stemmed, cored, and each cut into 8 wedges**
- 1 small red onion, cut into ½-inch wedges**

**Garnish: fresh sage leaves**

1. Preheat oven to 400°. Line a rimmed baking sheet with foil; spray foil with cooking spray.  
2. In a shallow dish, stir together pecans, bread crumbs, brown sugar, minced sage, salt, garlic powder, and pepper. In another shallow dish, whisk together egg and mustard.

Dip pork in egg mixture to coat, letting excess drip off. Dredge in pecan mixture, completely covering pork, and place in center of prepared pan.

3. In a large skillet, heat oil over medium heat. Add pears and onion, turning to coat with oil, and cook for 2 minutes. Transfer to prepared pan, arranging mixture on both sides of pork.

4. Bake until an instant-read thermometer inserted in thickest portion of pork registers 145°, 20 to 25 minutes. Let stand for 10 minutes; cut into ½-inch-thick slices. Serve with pears and onion. Garnish with sage leaves, if desired.



## Pecan Pesto

MAKES 6 TO 8 OUNCES

- 2 cloves garlic
- 1½ cups loosely packed fresh basil
- ⅓ cup Cane River Pecan Company Pecans
- ¼ cup freshly grated Parmesan cheese

Juice of 1 lemon

- ¼ teaspoon kosher salt
- Ground black pepper, to taste
- ¼ to ⅓ cup extra-virgin olive oil

1. In the work bowl of a food processor, pulse garlic; for a few seconds until minced. Add basil, and pulse until finely chopped, stopping to scrape sides of bowl as needed. Add pecans, cheese, lemon juice, salt, and pepper; pulse until combined.
2. With processor running, add oil in a slow, steady stream until desired consistency is reached, stopping to scrape sides of bowl. Cover and refrigerate for up to 1 week.

## Tomato Salad with Pecan Pesto

MAKES 6 SERVINGS

- 5 heirloom tomatoes, sliced
- 1 medium red onion, thinly sliced
- 2 tablespoons chopped fresh parsley
- 2 tablespoons extra-virgin olive oil
- Juice of 2 limes

- 1 tablespoon finely chopped fresh oregano
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- Pecan Pesto (recipe above)

1. In a large bowl, toss together tomatoes, onion, parsley, oil, lime juice, oregano, salt, and pepper. Serve with Pecan Pesto.



## Chicory Green Salad with Spicy Orange Dressing

MAKES 6 TO 8 SERVINGS

- ¼ cup kosher salt
- 1 bunch dandelion greens (about ¼ pound), trimmed and cut into 2-inch pieces
- 1 head escarole (about ¾ pound), trimmed and cut into 2-inch pieces
- 1 head radicchio (about 10 ounces), trimmed and cut into 2-inch pieces
- 1 teaspoon orange zest
- ¼ cup fresh orange juice
- ¼ cup honey
- 3 tablespoons Champagne vinegar
- 2 tablespoons whole-grain mustard
- 2 teaspoons Cajun seasoning
- ¼ teaspoon crushed red pepper
- ¼ cup olive oil

- 2 navel oranges, peeled, cut crosswise into ¼-inch slices, and halved
- 1 cup chopped toasted Cane River Pecan Company Pecans
- ½ cup crumbled goat cheese
- ¼ cup thinly sliced red onion

1. Fill a large bowl with ice water, and stir in salt. Working in batches, add dandelion greens, escarole, and radicchio, and rinse thoroughly. Drain well, and pat dry. Place in a large serving bowl or on a large serving platter.
2. In a small bowl, whisk together orange zest and juice, honey, vinegar, mustard, Cajun seasoning, and crushed red pepper. Whisk in oil in a slow, steady stream until fully combined. Drizzle over greens mixture. Top with orange slices, pecans, goat cheese, and red onion.

## Cinnamon-Pecan Bars

MAKES 12

*This classic cinnamon-sugar cookie base takes a Southern turn with the addition of toasty pecans.*

- 1 cup unsalted butter, softened
- 1½ cups sugar
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- 2½ cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- ½ teaspoon kosher salt
- 1 (12-ounce) jar caramel ice cream topping\*

### 2 cups Cane River Pecan Company Pecans Pieces

1. Preheat oven to 350°. Spray a 13x9-inch baking pan with cooking spray. Line pan with parchment paper, letting excess extend over sides of pan.
2. In a large bowl, beat butter and sugar with a mixer at medium speed until fluffy, 3 to 4 minutes, stopping to scrape sides of bowl. Add eggs, one at a time, beating well after each addition. Beat in vanilla.
3. In a medium bowl, whisk together flour, cinnamon, baking soda, cream of tartar, and salt.

With mixer on low speed, gradually add flour mixture to butter mixture, beating until combined. Transfer dough to prepared pan, and smooth top with an offset spatula. Spread caramel topping over dough; sprinkle with pecans.

4. Bake until a wooden pick inserted in center comes out with a few moist crumbs, 30 to 35 minutes. Let cool completely in pan on a wire rack. Using excess parchment as handles, remove from pan, and cut into bars.

*\*We used Smucker's Hot Caramel Topping.*



## Creole Caramel Popcorn

MAKES ABOUT 16 CUPS

*This easy popcorn recipe hits all the right notes—sweet, salty, spicy, and crunchy!*

- 6 tablespoons vegetable oil
- ¾ cup popcorn kernels
- 1 cup Cane River Pecan Company Pecan Halves
- 2 teaspoons Creole seasoning\*
- ½ teaspoon kosher salt
- 1 cup firmly packed light brown sugar
- ½ cup unsalted butter

- ¼ cup cane syrup
- ½ teaspoon baking soda

1. In a 3-quart saucepan, heat oil over medium-high heat. Add popcorn kernels in an even layer. Cover pan tightly with lid, and when kernels begin to pop, reduce heat to low; shake pan until rapid popping has almost completely stopped, about 30 seconds. Transfer popcorn to a large bowl, and add pecans. Sprinkle with Creole seasoning and salt.
2. In a large saucepan, combine brown sugar, butter, and cane syrup. Cook over medium heat, stirring

occasionally, just until bubbles form around sides of pan; cook, stirring occasionally, for 5 minutes. Remove from heat. Stir in baking soda. (Mixture will foam.) Evenly pour over popcorn mixture. Gently stir to coat.

3. Preheat oven to 200°.
4. Divide popcorn mixture between 2 large rimmed baking sheets.
5. Bake for about 1 hour, stirring every 15 minutes. Let cool completely on pans on a wire rack. Store in airtight containers for up to 1 week.

*\*We used Tony Chachere's Original Creole Seasoning.*



The homemade flaky crust is what makes this pie shine with an easy stir-together filling and our helpful how-to.

#### PIE DOUGH

Pie dough should look slightly dry before being refrigerated. During the refrigeration process, the flour will absorb moisture and hydrate.

#### MAKING FLAKY PIE CRUST



**1. CUT IN BUTTER**  
Using a pastry blender, cut cold butter into dry ingredients until pea-size pieces of butter remain.



**2. FOLD IN LIQUIDS**  
Add water, 1 tablespoon at a time, stirring with a fork until a shaggy dough forms. Dough may look crumbly in places.



**3. ROLL OUT DOUGH**  
After chilling and resting dough, roll into a 12-inch circle. Rotate dough a quarter turn with every roll to prevent it from sticking to the counter.



**4. TRANSFER TO DISH**  
Fold dough in quarters to easily transfer to pie plate without tearing or stretching the dough.



**5. FIT DOUGH**  
Unfold and center dough in plate. Be sure to gently press dough into bottom and up sides of plate to ensure no air is trapped underneath.



**6. FINISH EDGE**  
Fold excess dough under and crimp edges in desired pattern. A classic pinch using your index fingers and thumbs is easy and beautiful.

## Pecan Pie

MAKES 1 (9-INCH) PIE

*Since most of the flavor in this pie comes from the pecans, it's worth buying good-quality nuts.*

#### CRUST

- 1 ¼ cups all-purpose flour, plus more for dusting**
- 1 teaspoon granulated sugar**
- ¼ teaspoon kosher salt**
- ½ cup cold unsalted butter, diced**
- 3 to 4 tablespoons ice water**

#### FILLING

- 3 large eggs**
- 1 cup firmly packed dark brown sugar**
- ¾ cup light corn syrup**
- ½ cup unsalted butter, melted**
- 1 teaspoon vanilla extract**
- ¼ teaspoon kosher salt**
- 2 cups Cane River Pecan Company Pecan Halves**

**1.** For crust: In a medium bowl, whisk together flour, sugar, and salt. Using a pastry blender, cut in cold butter until butter pieces are pea-size. Add cold water, 1 tablespoon at a time, stirring with a fork until a shaggy dough forms and holds together when squeezed. Turn out dough onto a lightly floured surface, and shape into disk. Wrap tightly with plastic wrap, and refrigerate for 30 minutes.

**2.** Position a rack in bottom third of oven. Preheat oven to 350°.

**3.** On a lightly floured surface, roll dough into a ¼-inch-thick, 12-inch-wide circle. Transfer to a 9-inch pie plate, pressing into bottom and up sides. Fold edges under, and crimp as desired. Refrigerate until ready to use.

**4.** For filling: In a medium bowl, whisk together eggs, brown sugar, corn syrup, melted butter, vanilla, and salt. Gently stir in pecans. Pour into prepared crust.

**5.** Bake for 40 minutes. Loosely cover with foil, and bake until filling is slightly jiggly in center, 20 to 25 minutes more. Let cool completely on a wire rack.

# PECAN CINNAMON ROLLS

MAKES 12

*Pecans add a buttery crunch to these warmly spiced sweet rolls.*

## ROLLS

- 1 cup warm whole milk (105° to 110°), divided**
- 1 (0.25-ounce) package active dry yeast**
- ⅓ cup unsalted butter, melted**
- ⅓ cup granulated sugar**
- ¼ cup sour cream**
- 1 large egg**
- 4 cups all-purpose flour, divided, plus more for dusting**
- 1 teaspoon kosher salt**
- ½ cup firmly packed light brown sugar**
- 1 tablespoon ground cinnamon**
- ½ cup unsalted butter, softened**
- 1 cup Cane River Pecan Company Pecan Halves, lightly toasted and chopped**
- 1 large egg, lightly beaten**

## CREAM CHEESE FROSTING

- 1¾ cups confectioners' sugar**
- 4 ounces cream cheese, softened**
- ¼ cup unsalted butter, softened**
- ½ teaspoon vanilla extract**

- 1.** For rolls: In a medium bowl, combine ¾ cup warm milk and yeast. Let stand until foamy, about 10 minutes.
- 2.** In the bowl of a stand mixer, stir together melted butter, granulated sugar, sour cream, egg, and remaining ¼ cup warm milk by hand.
- 3.** In a large bowl, whisk together 3¾ cups flour and salt. Stir half of flour mixture into butter mixture. Using the paddle attachment, with mixer on low speed, add yeast mixture, beating just until combined. Beat in remaining flour mixture. Switch to the dough hook attachment. Beat at medium speed until smooth and elastic, about 4 minutes. Add remaining ½ cup flour, if needed. (Dough should not be sticky.)
- 4.** Spray a large bowl with cooking spray. Place dough in bowl, turning to grease top. Loosely cover and let rise in a warm, draft-free place (75°) until doubled in size, about 1 hour.
- 5.** Spray 2 (6-cup) jumbo muffin pans with cooking spray.
- 6.** Lightly punch down dough. Cover and let stand for 5 minutes. Turn out dough onto a lightly floured surface, and roll into a 20x10½-inch rectangle.
- 7.** In a small bowl, combine brown sugar and cinnamon. Spread butter onto dough, and sprinkle with sugar mixture and pecans, leaving a ½-inch border on one long side. Brush beaten egg onto border.
- 8.** Starting with one long side, roll up dough into a log, pinching seam to seal. Trim ends, and slice into 12 rolls. Place in prepared muffin cups. Let rise in a warm, draft-free place (75°) until dough has risen to just below rim of muffin cups, about 30 minutes.
- 9.** Preheat oven to 350°.
- 10.** Bake until a wooden pick inserted in center comes out clean, about 25 minutes. Let cool in pans for 15 minutes. Remove from pans.
- 11.** For frosting: In a medium bowl, beat all ingredients with a mixer at medium speed until smooth, about 2 minutes. Spread frosting onto warm rolls.



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