WASTE LESS, TASTE MORE 030

Give Extra Nuts a Finishing Role



A SMALL HANDFUL CAN ADD THE CRUNCH.

Nuts bought for a dinner party salad, dessert, or cheese course can become a finishing sprinkle for another dish. Match their flavor to the meal and check guests' allergies before including them.

1 Consider their existing flavor

Check whether the nuts are plain, salted, spiced, or sweetened.

Why: A candied walnut and a salted almond belong in different combinations.

2 Prepare them for the dish

Chop to a size that is comfortable to eat. If toasting is appropriate, watch closely and stop before they become bitter.

Why: The size and preparation should complement the other components.

3 Add near serving

Sprinkle over vegetables, salads, or desserts where a crisp contrast improves the dish.

Why: Adding them at the finish keeps their texture distinct.

KITCHEN NOTES

Almonds and green vegetables

Scatter chopped toasted almonds over green beans with lemon.

Walnuts and roasted beets

Use a few chopped walnuts alongside beets and goat cheese.

Pistachios and dessert

Finish a suitable fruit dessert with chopped pistachios for color and texture.

THE PLATING MINDSET

Place the finishing sprinkle where it adds flavor, texture, and a clear visual detail.