



FARM DAY 2014 ~ “Fun with FOREST Food”

BAKING WITH ACORNS

Acorns are an excellent source of fiber, lower in fat than most nuts, have a low sugar content, and are excellent for controlling blood sugar levels. More carbohydrate than protein, they are functionally more like a grain than a nut, and are a reliable source of carbohydrates, protein, 6 vitamins, 8 minerals, and 18 amino acids. They have a sweet, mildly nutty flavor when properly prepared. Acorn flour may be used in bread recipes, substituting acorn flour for approximately 1/4 of the wheat flour. Acorn grits can be used in place of nuts in cookie, brownie, and bread recipes.



Acorn Crackers

Ingredients:

1 3/4 cups whole wheat flour
1 1/2 cups acorn flour
3/4 tsp salt
1/3 cup vegetable oil
1 cup water
salt for sprinkling



1. Stir together flours and salt. Add oil and water, & mix until just blended.
2. Line a baking sheet with parchment paper. Roll out dough on paper as thin as you can ~ 1/8 inch. Score with a butter knife, without cutting all the way through. Sprinkle with salt and prick each cracker with a fork a few times.
3. Bake at 350°F for 30-35 minutes, until crisp and light brown. Remove from the oven and let cool.
4. When cool, break apart the crackers and remove from the baking sheet. Crackers will keep fresh and crunchy in an airtight container for at least 1-2 weeks. Makes about 60 crackers.

Recipe adapted from a basic wheat cracker recipe found at: <http://allrecipes.com/recipe/wheat-crackers>.



Grandpappy's Acorn Cookies

Ingredients:

2 cups whole wheat flour
1 cup acorn flour
1 tsp baking soda
1 tsp salt
1 cup brown sugar
1/2 cup shortening
1 tsp vanilla
1/4 cup maple syrup
1/4 cup apple sauce
1/8 cup oil



1. Combine flours, baking powder, & salt.
2. In a large bowl, cream the shortening and the sugar. Add the vanilla, maple syrup, apple sauce, and oil.
3. Gradually blend the dry ingredients into the wet ingredients.
4. Pinch off walnut sized pieces of dough and roll into balls. Place 1.5” apart on a lightly greased baking sheet.
5. Bake at 350°F for 10-12 minutes (10 minutes for a softer cookie), or until lightly colored. Makes about 40 cookies.

Recipe adapted from Grandpappy's acorn cookie recipe found at: <http://www.grandpappy.info/racorns.htm>.