

Something about the Pistachio

The pistachio is one of only two nuts mentioned in the Bible (the almond being the other). In Genesis 43:11, Jacob commands his sons to take some of the best products of the Land down to Egypt, those being “a little balm, a little honey, some spices and myrrh, some pistachios and almonds.” Though the pistachio originated in this region, including Asia Minor, Iran, Syria, and Lebanon, it is now prevalent around the world, especially proliferated by California.

Beyond being an ancient delicacy, there are some interesting facts about the pistachio which may capture our modern-day interest. Just 47 pistachios, a one-ounce serving, contain 13 grams of healthy, predominantly monounsaturated fat and no cholesterol. Pistachios are the richest source of potassium of all the nut family. The potassium content of one ounce of pistachios is equal to that of one orange, a whopping 310 mg.

Pistachio and Almond Ice cream by Sharon Alley

Ingredients:

1 Tbsp. corn flour
2 1/2 cups milk
1 1/4 cups (10 fl. oz.) evaporated milk
1/2 cup sugar
2/3 cup (5 fl. oz.) double cream
Several drops green food coloring
1/4 cup shelled pistachio nuts, chopped
1/4 cup blanched almonds, chopped
*disposable plastic cups or individual molds
(serves 6-8)

Directions:

1. Mix corn flour with 2 Tbsp. of the milk in a cup to make a paste. Set aside.
2. Pour remaining (fresh) milk in saucepan. Bring to just below boiling point, then lower the heat and simmer, stirring, for 10 min.
3. Add a little hot milk to the corn flour mixture, mix, and return the contents of the cup to the pan, stirring well. Heat, stirring constantly, until mixture is thick and smooth, then gradually add evaporated milk. Allow mixture to return to boil, stir in sugar, then remove from heat.
4. Pour mixture into a large bowl/container, cover and set aside to cool completely.
5. When cool, stir in cream, with just enough food coloring to make a pale green. (color optional)
6. Pour mixture into a freezer-proof container and freeze until crystals start to form around the edges. Transfer to a bowl and whisk until smooth. Stir in pistachios and almonds. Pour/spoon into plastic cups on a flat tray and return to freezer for 6-8 hours until solid.
7. To serve, dip bottoms of cup in hot water, then turn out on individual plates, or eat straight from the cups.

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