Recipe

1 cup granulated sugar

1 cup light brown sugar, packed

3/4 cup half-and-half

1/4 teaspoon salt

2 tablespoons butter

1 teaspoon vanilla

1 cup chopped pecans

Nutrition Facts

Calories 189 (791 kJ)

Calories from fat 91

% Daily Value 1

Total Fat 10.1g 16%

Sat. Fat 0.9g 4%

Cholesterol 0mg 0%

Sodium 19mg < 1%

Total Carbs. 23.2g 8%

Dietary Fiber 1.4g 5%

Sugars 21.8g

Protein 1.3g

Calcium 16.8mg

Potassium 84.6mg

History

Pralinières were the women who used to sell pralines on the streets of the French Quarter in New Orleans during the mid-to-late 19th century, providing a unique entrepreneurial opportunity to les gens de couleur libres (free people of color). Not only was being a pralinière a source of income, it was more importantly a means of providing for oneself without any strings attached. This was a rare situation for economically less-fortunate, but resourceful women of that time period, who were often employed as indentured servants or forced by need and without choice into plaçage, as kept-women of wealthy businessmen.

Being a thriving port city, people from all over the world came through New Orleans to the rest of the country, and the praline spread with them. Nowadays most people are unaware of the candy’s historical origin, and the praline is thought of as a southern confection not necessarily specific to New Orleans. Some believe the pecan praline is a Texan candy, whereas others assume it came from Savannah. The pronunciation of the candy is a bit of a point of contention as well. In New Orleans and along the Gulf Coast, where there are many communities settled by the French, the pronunciation is prah-leen, with the long aaah sound, which is closer to that of the candy’s namesake du Plessis-Praslin. Other regions of the country, including parts of Texas, Georgia, and New England have anglicized the term and pronounce it pray-leen (we’ve even been asked in the store if a praline was a fish!). Other terms for pralines include pecan pralines, pecan candy, plarines and pecan patties, to name a few.