



— QUALITY KITCHENWARE —
COOKING CLASSES & CULINARY INSPIRATION

WAVERLY PLACE (UPPER LEVEL) • 316 COLONADES WAY
CARY, NC 27518 • 919.322.2458

Sweet & Spicy Nuts

Makes 4 cups

The only problem with these nuts is that they're addictive! A classic cinnamon-sugar flavor complements the nuts to perfection. We used half granulated white sugar and half brown sugar. The brown sugar offers a unique caramel touch that just makes these nuts even better. The spicy component is subtle – just enough to heighten the other flavors, but if it seems contrary to your purposes, halve the amount of cayenne or eliminate altogether.

Ingredients:

4 cups nuts (a single nut or a mixture of almonds, pecan, and walnuts)
2 tablespoons butter, melted
2 large egg whites (about 2 tablespoons)
1/2 cup white sugar
1/2 cup brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon cayenne pepper
1 teaspoon kosher salt

Directions:

- (1) Preheat the oven to 300°F. Using a rimmed half-sheet baking pan; line it with parchment paper.
- (2) Drizzle the melted butter over the nuts. Toss to coat. Set aside and allow the nuts to absorb the butter.
- (3) Whisk the egg whites until very frothy. No need to whip to soft or firm peaks – just a vigorous hand-whisking is all that's necessary.
- (4) In a small bowl, mix together the white sugar, brown sugar, cinnamon, cayenne, and salt until evenly distributed.
- (5) Pour the sugar-spice mixture into the frothy egg whites. Add the buttered nuts and toss to coat. Spread the coated nuts in a single layer on the prepared pan.
- (6) Bake in the oven for 35 to 45 minutes, stirring every 10-15 minutes. The mixture will be quite wet at this stage, but will become drier as it bakes. The nuts are done when the coating is a nice golden brown and wonderful aromas fill the kitchen. The coating will continue to harden and crisp once out of the oven as it cools.
- (7) Place the pan on a cooling rack. Allow the nuts to cool down for 5 minutes, then break apart, and gently toss. Allow cooling to continue while periodically moving the nuts around. Once completely cooled, package or store in an airtight container.