

Toasting Nuts

Hazelnuts:

Preheat oven to 275 F. Spread shelled nuts in a shallow baking pan and roast for 20 – 30 minutes, until the skins crack & the meat turns light gold. To remove skin, pour the hot nuts in the centre of a kitchen towel, pull the towel around the nuts & twist tightly. Let steam for 5 minutes or so. Vigorously rub the warm nuts in the towel until most of the skins are removed.

Walnuts, Pecans, Almonds or Pine Nuts:

Preheat to 350 F. Spread nuts in shallow baking pan and roast for 8 – 10 minutes, until lightly toasted. Remove from oven; let cool. Either chop by hand or use a food processor, being careful not to over process unless you like walnut or pecan butter!

To Toast Pumpkin Seeds:

Preheat the oven to 350 F. Place the pumpkin seeds onto a baking sheet & place in the oven for approximately 10 - 12 minutes, stirring every few minutes, until the seeds change colour.