

SPICED NUTS

(based on a recipe by Hugh Fearnley-Whittingstall)

- 500g (about 4 cups) mixed nuts - I used Brazil nuts, walnuts and almonds
- 1 egg white
- 25g (about 2 US tablespoons) brown sugar
- 2 teaspoons Maldon or kosher salt flakes or 1 teaspoon fine sea salt
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon chilli powder or cayenne pepper - I used chipotle powder

Note: I've added approximate imperial measures for my friends in the US. This isn't an overly precise recipe and you could use what you have on hand, although I have found the above combination of spices particularly appealing.

1. Preheat oven to 160C/325F with fan. Line a large baking tray with a sheet of parchment paper.
2. In a large mixing bowl, whisk the egg white until foamy, then whisk in all the other ingredients except the nuts. Add the nuts, and stir well to coat completely in the spice mix.
3. Tip the nuts onto the lined tray and spread them out into a single layer. Bake for 15 minutes, then remove the tray from the oven and stir the nuts to unstick them from the paper and break up any clumps. Don't burn yourself!
4. Return the tray to the oven for another 5 - 7 minutes, until golden brown. Allow the nuts to cool on the tray, during which time they'll harden up and go crunchy. If you like, you could sprinkle over extra salt at this point. Once the nuts are completely cool, store in an airtight container for up to three weeks.



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