



## CHEF COSTANTINI'S SPICED NUTS

INGREDIENTS	VOLUME
Assorted nuts (pecans, walnuts, hazelnuts, almonds; seeds work too)	4 cups
Melted butter or olive oil	2 tbs
Maple syrup	2 tbs
Sugar	2 tbs
Cinnamon	1 tsp
Cloves	¼ tsp
Allspice	¼ tsp
Mace or nutmeg	¼ tsp
Cayenne	Optional
Sea salt	¼ tsp

### METHOD

1. Heat the oven to 325F/165C with a rack in the centre. Line a large baking sheet with parchment paper.
2. In a large warmed bowl mix all ingredients together until the nuts are evenly coated.
3. Spread in one layer on the prepared baking sheet and bake until golden brown for 20-25 minutes, stirring every 5-10 minutes.
4. Let cool on the tray, pack into washed and dried jars. Will keep for 2-3 weeks at room temperature. Yield 4 cups.

**NOTE:** to remove skin from hazelnuts toast in a 325/165 -350/180 oven for 10 minutes. Cool and rub the skin off with your hands.