



Candied Pumpkin Seeds

You can play with the spices here according to what you like. I make these with cardamom to sprinkle on top of my pumpkin custard. They are also delicious mixed into salads or eaten out of hand as a snack.

- 1/4 teaspoon cumin seeds
- 2 teaspoons unsalted butter
- 1/2 cup raw pumpkin seeds
- 1 tablespoon granulated sugar
- generous pinch each of ground cinnamon, paprika, and cayenne pepper
- kosher salt

Toast the cumin seeds in a small pan over medium heat 2-3 minutes, until the seeds release their aroma and are lightly browned. Pound them coarsely in a mortar.

Melt the butter in the cumin pan over medium heat. Add the pumpkin seeds and sugar, then sprinkle the spices and a healthy pinch of salt over them. Toss the pumpkin seeds to coat them well with the butter, and cook a few minutes, until just after they begin to pop and color slightly.

Turn off the heat and wait 30 seconds. Add the honey, tossing well to coat the pumpkin seeds. Spread on a plate and let them cool.