

Crispy Nuts

The original recipe for crispy nuts comes from Nourishing Traditions, by Sally Fallon

Basic Recipe

For skinless peanuts, skinless almonds, slivered almonds, macadamias, skinless hazelnuts, pine nuts

- 4 cups of nuts
- 1 Tbs sea salt

Mix nuts with salt and filtered water, and leave in a warm place overnight (or at least 7 hours). Drain in a colander or sieve. Spread on a stainless steel or lined baking tray and dry in a warm oven (no more than 150F or 65C) for 12 to 24 hours. Stir occasionally, until completely dry and crisp. Store in an airtight container.

Variation 1

For walnuts or pecans

- Use 2 Tbs sea salt instead of 1.
- Note that walnuts need to be stored in the fridge.

Variation 2

For Cashews

- “Raw” cashews aren’t actually raw, so cannot be left to soak as long, or they will go slimy.
- Soak for 6 hours maximum
- Cook at a warmer temperature – 200-250F or 95-120C.

Variation 3

Salty or spicy nuts

Crispy nuts aren’t very salty, and can be used in other recipes. If you like saltier nuts for a snack, you can use more salt when soaking. Or, halfway through the cooking, take out, toss them in some butter or coconut oil and some extra sea salt and continue drying. At this point, you could also add some savoury spices or other flavourings.