



How to Caramelize Nuts- Three Quick and Easy Methods

You might feel a little intimidated when a recipe calls for caramelizing nuts, but no need... it's really not difficult at all, especially with these easy recipes. There are so many uses for caramelized nuts, not to mention...they're a GREAT snack! Go ahead, give it a try. Soon, you'll be caramelizing nuts to put on everything. Don't forget to package some up for your friends and neighbors as a gift.

Caramelized Nuts- The Microwave Method

3 cups nuts
1 cup sugar
1/4 cup water

Combine sugar and water in a microwave safe bowl. Stir and microwave on high for 40 seconds. If mixture is not boiling and sugar has not melted, cook 10-20 seconds more. Add nuts. Toss or stir with a wooden spoon to coat. Return to microwave and cook for 30 seconds. Remove, stir again and transfer nuts in a single layer to waxed paper or parchment paper. Cool completely. Break apart any nuts that have stuck together and enjoy!



Caramelized Nuts- The Baked Method (My personal favorite)

Don't worry! You won't taste mayonnaise at all, which is just oil and egg; a binding agent.

2 cups nuts
1/3 cup mayonnaise
1/3 cup brown sugar

Preheat oven to 350 degrees.

In a medium-size bowl, combine nuts with mayonnaise and brown sugar. Stir with a wooden spoon to coat. Lightly spray a 9X12" glass baking dish with cooking spray. Transfer nut mixture to glass dish in a single layer. Bake for 10-15 minutes until golden brown and bubbly. Remove and cool completely. Break apart any nuts that have stuck together and enjoy!



And here's the traditional way to caramelize nuts, just in case you wanted to try you're hand at it. :}

Caramelized Nuts- Traditional Method

1 cup nuts
1/3 cup sugar (brown or white)
1/2 t ground cinnamon, optional

Place brown sugar and cinnamon if you're using it in a non-stick skillet. Place on stovetop over low heat. **Do Not** stir until sugar starts to melt and color starts to turn golden brown and starts to bubble, about 2-4 minutes. Now you can gently swirl the skillet to mix and ensure all mixture is browning. Immediately add nuts. Toss or stir with a wooden spoon to coat. Continue cooking over low heat shaking or gently stirring until nuts turn golden brown and emit a toasted aroma. Remove from heat and transfer nuts in a single layer to waxed paper or parchment paper. Cool completely. Break apart any nuts that have stuck together and enjoy!