

Roasted Pumpkin Seeds

Makes 2 cups

This recipe is from Supernormal that Pat and Vilma shared with us. I get the caster sugar and pumpkin seeds from By-the-Pound in Ann Arbor.

Ingredients:

- 1 Tbsp. light soy sauce
- 1/2 tsp. salt
- 1 tsp. caster (superfine) sugar
- 1 3/4 cup shelled pumpkin seeds (pepitas)

Equipment

- Bowl and whisk
- Rimmed baking pan
- Parchment paper



Preston 2024

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<input checked="" type="checkbox"/>	Directions	Time (min)
	Preheat oven to 350 degrees	10
	In a bowl, whisk together 1 Tbsp. soy sauce, 1/2 tsp. salt, 1 tsp. caster sugar until sugar and salt are dissolved	2
	Add pepitas and stir until coated with sauce	1
	Line a baking pan with parchment paper	1
	Spread pepitas on the lined pan	1
	Bake until dry, toasted and lightly caramelized, stirring every five minutes	20
	Total	2 hr. 16 min.