

SNACK RECIPE

Candied Hazelnuts with Lavender & Sea Salt



Recipe & photo by Kristen Sandoz for WWL
Ready in 15 minutes
Serves 6 people



Ingredients

- $\frac{3}{4}$ cup sugar
- 1 heaping teaspoon of culinary lavender buds
- $\frac{1}{4}$ teaspoon sea salt, plus more to taste for garnish
- $\frac{1}{4}$ teaspoon cinnamon
- 3 cups of raw Hazelnuts

Preparation

Preheat oven to 350 degrees F. Line large rimmed baking sheet with aluminum foil or parchment.

Roast nuts in oven for 10 mins stirring a couple of times until skins start to crack.

Remove nuts from oven and carefully transfer to a tea towel that you don't mind getting stained. Wrap the nuts up in the towel holding ends of towel in one hand and using the other to rub the nuts around inside the towel. This takes off the skins.

Separate nuts from skins. Throw skins out and set nuts aside.

Using a wooden spoon, over medium-high heat, stir together the lavender, sugar, $\frac{1}{4}$ teaspoon salt, and cinnamon in a large skillet, until sugar starts to melt, about 2 mins.

Carefully, continuously scrape the sugar into the center of pan until it is

almost completely melted.

WARNING: do not splash yourself with the melted sugar, it is extremely hot!

Add the nuts and stir quickly. Keep stirring until they are all coated, about 2 mins. Coating may not be even. NOTE: if at any point the pan starts to smoke or the sugar or nuts start to smell burned take the pan off of the burner & stir to cool.

Remove skillet from stove top and immediately sprinkle with garnishing salt. Stir well and then spread over the foil or parchment line pan to cool. WARNING: Nuts are extremely hot. Please let cool before you touch them.

Tips

These nuts are fantastic sprinkled over a green salad with fresh fruit. They also pair well with vanilla ice cream.