



Christmas Recipes

from

Montreat

Presbyterian Church

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Candied Pecans **from Christina Tutterow**

Mom made several dishes with nuts in them when Christmastime came around. In fact, you could tell it was time to do the Christmas baking/cooking when bags of pecans/walnuts appeared in the pantry. My job was usually to crack the shells and grind the pecans for the fruitcakes, which I almost never ate. While I was doing that, mom would be by the stove, making the candied pecans. Once they were cooled, they'd be put in "their" container and placed on the coffee table where guests could dump a handful out to munch on while they visited. They were wonderful!

It was mom's job to make the pecans because she cooked them on the stove and you had to do it slowly, stirring the sugar mixture just until the sugar dissolved. It was easy to get past that point and singe the sugar, ruining the flavor. This year I decided to make the pecans and was thrilled to find that you don't have to go through all that work! The egg white works really well to coat the pecans and help all the deliciousness of the sugar and spices get into the ridges of the nuts. Except for the addition of the cayenne, which accentuates the orange flavor and gives them a small kick, these taste just the same. I made double the recipe below – they were gone in three days!

One note: *I "eyeball" a lot of things when I cook, so I'm sure I didn't use the exact measurement of the spices that are called for here. That wouldn't make a huge difference with the*

cinnamon but be careful with the cayenne! For double the recipe, I shook the pepper container three times for a good “dash” and it was perfect.

Candied Pecans

Ingredients:

1/2 cup granulated (white) sugar
1/2 cup packed light brown sugar
1 tablespoon ground cinnamon
1 teaspoon fine sea salt
1/8 teaspoon ground cayenne
12 ounces (about 3 to 3 1/2 cups) raw pecans halves
1 egg white, briefly whisked
Zest of one orange

Instructions:

Heat the oven to 300°F. Line a large baking sheet with parchment paper.

Mix the granulated sugar, brown sugar, cinnamon, salt, and cayenne in a small mixing bowl and stir until evenly combined. In a larger mixing bowl, whisk the egg white.

Add the pecans and toss until the pecans are evenly coated.

Add the sugar mixture and toss again until the pecans are evenly coated.

Spread the pecans out in a single even layer on the baking sheet. Bake for about 20 minutes, then turn or stir the nuts. Bake for another 20 minutes or until the pecans are fragrant and the sugar coating is cooked. (The coating will continue to harden and dry once the pecans are out of the oven.)

Transfer the baking sheet to a wire cooling rack and let the pecans cool to room temperature. Serve and enjoy immediately or transfer the pecans to a sealed container to store at room temperature for up to 2 weeks – or 3 days.

Christina Tutterow



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