



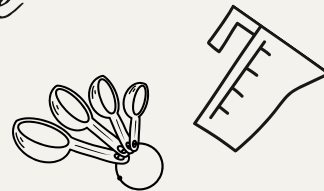
*Chef Ron's*



## *Signature Family Recipe*

*\*Bon Appetit\**

### Candied Walnuts



#### Kitchen tools needed:

small bowl, medium size mixing bowl, metal whisk, citrus zester, wooden or metal kitchen spoon, spoon, 1/2 sheet pan, parchment paper

#### Ingredients:

2 tablespoons egg whites  
1/2 tablespoon vanilla  
8 oz walnuts  
1/4 cup light brown sugar  
1/4 cup granulated white sugar  
1 1/2 teaspoon sea salt  
1 teaspoon ground cinnamon  
zest of 1 small lemon  
\*non-stick pan spray

#### Directions:

1. Preheat oven to 275 degrees F. Place parchment paper on medium size baking tray and spray with non-stick spray.
2. In a small bowl combine sugars, sea salt and cinnamon and lemon zest, set aside.
3. In a medium bowl whisk the egg whites and vanilla extract lightly. Add the walnuts to the bowl and mix thoroughly for at least a minute or more with a kitchen spoon.
4. Once nuts are thoroughly coated with egg white mixture sprinkle in the sugar and spice mixture with spoon until thoroughly coated. \*take time to assure nuts are very well coated.
5. Place nuts on prepared baking sheet being careful to separate them.
6. Bake for 25-30 minutes until toasty and golden. Let cool for 10 minutes.

#### Serving suggestions:

- When candied nuts are thoroughly cooled they can be stored in air-tight container for a few weeks or frozen.
- Experiment with other spices such as cayenne pepper, nutmeg, curry, rosemary or even diced dried fruit add to nut mixture after cooled.
- A great gift item and topping on salads, ice cream and yogurt.

Serves 4

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