

toasting nuts

Toasting nuts enhances their flavour and crunch. There are two ways to toast nuts – in a frypan or in the oven. The frypan technique is easier and preferable for smaller nuts such as pine nuts and sesame seeds. The oven is a better choice for larger nuts such as macadamias or almonds, or a greater quantity of nuts.

To toast nuts in a frypan, place the nuts in a single layer in a dry non-stick frypan over a medium heat. Stir or shake often until the nuts turn a light golden brown – you'll be able to smell their lovely aroma when they are ready. Close attention is required as the nuts can burn very easily, especially pine nuts. Remove the nuts from the frypan as soon as they are done. You can also toast coconut using this method.



toasting nuts in a frypan

To toast nuts in an oven, spread the nuts in a single layer on an oven tray and place in a preheated 180°C oven. Cook for about 8-12 minutes (depending on the type and size of nut), stirring or shaking the nuts occasionally, until they are light golden brown. Remove the nuts from the pan as soon as they are done.