

# Pumpkin Seed Brittle

- 1 C. Sugar
- 1/2 C. water
- 1/8 t. fine sea salt
- 3/4 C. raw, green hulled pumpkin seeds (also called pepitas)

**Special equipment:** parchment paper and candy thermometer

Put a 24-by 12-inch sheet of parchment paper on a work surface and anchor corners with pieces of tape. Bring sugar, water, and sea salt to a boil in a 2-quart heavy saucepan over moderate heat, stirring until sugar is dissolved. Cook mixture, without stirring, washing down any sugar crystals from side of pan with a pastry brush dipped in cold water, until syrup registers 238 degrees F. (soft-ball stage) on thermometer, 10 to 12 minutes (sugar syrup will be colorless). Remove from heat and stir in seeds with a wooden spoon, then continue stirring until syrup crystallizes, 3 to 4 minutes.

Return pan to moderate heat and cook, stirring constantly, until sugar melts completely (sugar will continue to dry and become grainy before melting) and turns a deep caramel color, 4 to 5 minutes more (seeds will toast). Carefully pour hot caramel mixture onto parchment and carefully cover with another sheet. Immediately roll out (between sheets of parchment) as thinly as possible with a rolling pin, pressing firmly. Remove top sheet of parchment and immediately cut brittle into pieces with a heavy knife or pizza wheel. Cool brittle completely, then peel paper from bottom. (Alternately, break brittle into pieces once cool).

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# Shopping List

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Ingredients	Wieght or Volume	PLU #
sugar	1 C.	_____
fine sea salt	1/8 t.	_____
raw pepitas	3/4 C.	_____
		_____
		_____
		_____
		_____

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