

Pumpkin Seeds: Butter and Worcestershire Sauce

I'm addicted to pumpkin seeds and every fall I buy extra pumpkins just for the seeds. This recipe is one my mother always made for us as kids. Needless to say, they were always gone within minutes.

INGREDIENTS

FOR BOILING

- 2 cups water
- ½ tablespoon salt, per 1 cup of water
- 2 cups pumpkin seeds

THE SAUCE

- 3 tablespoons butter, melted
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt

METHOD

1. Rinse pumpkin seeds until pulp and strings are washed off.
2. Boil seeds in salt water for 10 minutes.
3. Dry seeds on non-shedding towel or wax paper. Do not use a paper towel.
4. Combine sauce ingredients and stir until integrated.
5. Add seeds to the sauce and stir together until seeds are completely coated.
6. Spread seeds evenly on baking sheet.
7. Bake 1-2 hours at 250°F or until light brown and crispy. Do not overcook, and stir seeds about every 15-20 minutes.

Baking time greatly depends on how long you let the pumpkin seeds dry. If the seeds are completely dry before you bake them, you may only need to bake them for 20 minutes. Although this recipe takes a long time from start to finish, most of the time you're not doing anything but checking on the seeds. There is a very small effort investment when baking these.

Source: www.TheCookingDish.com **Course:** Snack

Cuisine: North American : United States

(2 cups)



Preparation

- Start to finish: 4 Hours
- Inactive: 2 Hours 30 Minutes
- Bake: 1 Hour 30 Minutes