

Toasted Seeds

This is an **English**¹ dish.

Healthy, toasty flavoured seeds to sprinkle on salads or nibble as a light snack.

Ingredients

30 ml pumpkin seeds
30 ml sunflower seeds
15 ml hemp seeds
15 ml linseeds
15 ml alfalfa seeds
15 ml sesame seeds
30 ml pine nuts
10 ml soy sauce

Mix and match on the seeds according to what is available.

Increase the quantity of soy sauce for a stronger flavour.

Method

Cooking

Measure the seeds (but not the pine nuts) into a non-stick pan and heat over a medium flame until the seeds begin to pop.

Add the pine nuts and just as the other seeds begin to "jump", remove the seeds from the heat and transfer them to a dish.

Add the soy sauce, and stir as the sauce evaporates.

To serve

Allow to cool before use.

Sprinkle on salads for a little healthy crunchiness, and a toasty flavour.

Variations

Add in a variety of other seeds (caraway, onion, poppy seeds, . . .) for a change of flavour.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>