

smoked chili Pepitas

SALTISTRY™



Saltistry flavor:
**Smoked
Chili**



Ingredients

1 pound (16oz) Raw Mexican Pepitas
2 Tablespoons olive oil
Smoked Chili Salt

Saute

In a big heavy skillet (see picture above) turn flame medium high, add pepitas and stand above them and **DO NOT WALK AWAY**. Shake them in the skillet (or stir) being careful not to let them brown too much on one spot. You will know they are really cooking when they start popping! Music to your ears. Stir (or shake) vigorously. You're looking for a golden brown hue. When you hear the snap!crackle!pop! you're in business. Now add Smoked Chili Salt and cut off the heat. Stir (or shake) vigorously.

Salt & Cool

Pour nuts onto a sheet pan and spread out to a thin layer to cool down before enjoying.

close up: pepita

The Pumpkin Seed is much more complex than meets the eye and the flavor so delicate, nutty and hot - *all at the same time.*

Pepitas are pumpkin seeds. Sometimes the word refers to the inside kernel of the pumpkin seed but can also be the entire un-hulled seed. Pepitas are popular in Mexico and they are typically toasted and eaten as a snack. They are also the key ingredient in "pipian", a type of mole [moh-LAY].



Pepitas can be found in most Mexican markets or local health food stores. If possible purchase the Mexican varieties and help support an ancient industry.

Store: As with most seeds and nuts pepitas have a high oil content so they will go rancid quickly. Purchase in amounts you will use within a week or so. Store in a tightly sealed plastic bag. Pepitas can be placed in freezer proof bags and frozen for up to 6 months or more.

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