

Sesame Walnuts Recipe

Ingredients:

¼ cup white sesame seeds
12¼ cups water
450 g freshly shelled walnuts
½cup sugar
5 cups peanut oil

Method:

Roast the sesame seeds. Heat the wok over high heat for 30 seconds. Lower the heat to medium. Add the sesame seeds. Stir and mix, roast for 1½ to 2 minutes, until the fragrance is released. Turn off the heat, remove, and reserve. In a wok, bring 6 cups of the water to a boil over high heat. Place the walnuts in the water for 5 minutes. This will remove their bitter taste. Remove from the water and strain, then run cold water over the walnuts and strain again. Then place the walnuts back in the wok with 6 cups more water and bring to boil over high heat. Cook for another 5 minutes. Repeat the straining process. Set the walnuts aside and allow to drain thoroughly. Wash and dry the wok. Add the remaining ¼ cup water and bring to a boil. Add the sugar, stirring constantly. Allow to boil for 1 minute. Add the walnuts and stir until well coated with a glaze and the remaining liquid in the wok has evaporated. Transfer the walnuts to a Chinese strainer and set aside.

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