



Drying Pumpkin & Sunflower Seeds

ROAST PUMPKIN SEEDS

Wash and spread out the seeds to dry. Then place them on a shallow pan or cookie sheet in moderate oven. Roast them to develop flavor, stir and taste occasionally. When the seeds reach desired roasted flavor, fry them lightly in a bit of butter. Sprinkler with salt, and then cool to crisp before serving.

MICROWAVE TOASTED PUMPKIN SEEDS

Wash seeds, removing any membrane; pat dry. Place two tablespoons butter or margarine in 12" x 8" dish. Microwave on full power for one minute or until melted. Stir in seeds, coating evenly in dish. Microwave 10 to 12 minutes or until lightly toasted, stirring occasionally during the last half of cooking time. Sprinkle with salt if desired.

SALTING AND DRYING OF SUNFLOWER SEEDS

In the strict sense of being edible, the sunflower seed is edible without processing. The starch is not in a digestible form, and the bran is tougher than after cooking. However, the kernel is rather sweet and is sometimes nibbled on just after sun drying or as it comes from the flower at the end of the season.

Usually, sunflower seeds are oven-roasted. For roasting, they are spread in a shallow pan and roasted much the same as peanuts. They can be roasted plain or with a small amount of fat or oil. A fairly high temperature is used--400°F to 450°F. The seeds need careful watching at this temperature and frequent stirring to keep them from scorching.

To salt sunflower seeds, dip them in a strong salt brine before roasting. This might allow the salt to penetrate through the outer shell. Soak in a 2 percent salt solution (1 tablespoon salt to 4 cups of water) overnight, and the roast.

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