



ROASTED HAZELNUTS



Ingredients

raw hazelnuts, either foraged or store bought is fine

Foraging Tools

pail, bucket, or box

pruning scissors

cardboard box, shallow wooden crate, or mesh bags

Roasting Tools

baking trays

baking parchment paper

oven mitts

nutcracker tool

cloths or paper towels

storage jar



Instructions

Harvest
Sept/Oct

Dry Time
2-4 weeks

Bake Time
15-25 mins

Shelf Life
6 months

- 1. Harvest the raw hazelnuts.** Use a pail or box to collect the hazelnuts. Harvest them in September or early October, while the filbert tree's leaves are still green. Check the ground below the tree for loose fallen hazelnuts. You can also collect some off the tree itself, using pruners if needed. *Note: Skip this step if using store bought raw hazelnuts.*
- 2. Sort the hazelnuts.** Sort through the hazelnuts, removing any with holes or blemishes. Buff the nuts with a brush to remove dirt or feathers. *Note: Skip this step if using store bought raw hazelnuts.*
- 3. Dry the hazelnuts.** Lay the hazelnuts out to dry in a low flat box or dry them in a mesh bag - like the ones onions come in at the store. Store the nuts raised above ground level to avoid rodent interest. Let the nuts dry out in a sunny dry indoor location for 2-4 weeks, stirring them every few days so they dry evenly. *Note: Skip this step if using store bought raw hazelnuts.*
- 4. Roast the hazelnuts.**
 - a. Preheat the oven to 350° F.
 - b. Line a baking sheet with baking parchment.
 - c. Remove the husks from the hazelnuts and brush them off once more with a cloth.
 - d. Spread the nuts out on the baking tray and roast for about 20-25 minutes. Watch the nuts closely, checking them often so they don't burn.*Note: Already-shelled nuts from the store will cook quicker than shelled nuts, in about 10-15 minutes.*
- 5. Crack the nuts.** Once cooled, crack the nuts open with a nutcracker. I recommend doing this outside to avoid mess. Once shelled, remove the skins. Rub the nuts with a cloth to easily remove the skins. Store the nuts in an airtight container in a dry cool place for up to 6 months.