



PUMPKIN SEED BRITTLE

Featured on September 16, 2017 for “The New Southern-Latino Table” demo with Sandra Gutierrez

From the author: “This traditional Mayan treat popular in Guatemala is sugary and crunchy with a nutty taste that will please anyone with a sweet tooth. In August, Guatemalans celebrate the Feast of the Assumption with enormous fairs (the most famous is held in Jocotenango). My childhood memories of going to la feria include watching the giant procession of the Virgin Mary make its way to the cathedral. I’d sample the typical candies found only at that time of year, including milk candies, giant, colorful rosaries made out of sugar, and these delightful treats called pepitoria. The addition of sugar is actually a modern touch; the Mayans used only honey.”

PUMPKIN SEED BRITTLE

Serves 6-8

From *The New Southern-Latino Table: Recipes That Bring Together the Bold and Beloved Flavors of Latin America and the American South* by Sandra Gutierrez

Ingredients

2 cups raw pumpkin seeds
1 $\frac{3}{4}$ cups sugar
 $\frac{1}{4}$ cup honey (raw preferred)

Directions

Butter a large metal baking pan. Place the pumpkin seeds in a large skillet over medium heat; toast, stirring, until they’re golden and puffy, 5-7 minutes. Remove to a plate and cool. In a medium saucepan, combine the sugar and honey and cook, stirring, over medium-high heat until the sugar melts. Reduce the heat to medium and cook, stirring for 8-9 minutes, or until it turns a dark amber color; it should register between 300°F and 310°F on a candy thermometer (or a little of the mixture dropped into iced water will turn hard as glass). Remove from the heat and stir in the seeds. Spread the mixture carefully onto the prepared pan (it will be very hot). Cool completely (about 25 minutes) and break it into pieces.



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