



Glazed Walnuts, *Tazukuri*-Style

くるみの飴かけ、田作り風

A delightful nibble to serve with tea, coffee, brandy or *saké*, these glazed walnuts also nestle nicely into frosting on cakes or make a great topping for ice cream. I often make these as a vegan alternative to traditional *tazukuri* fish brittle served as part of Japanese *osechi* (New Year's food).

Sometimes I spice up the nuts with *shichimi*, sometimes sprinkle them with a mixture of cinnamon, nutmeg and cloves, other times I add a few drops of freshly squeezed ginger juice to the glaze. Lots of ways to enjoy these (frankly) addictive glazed nuts. Macademia nuts or almonds can also be prepared the same way.

Makes 2 cups (about 75-80 walnut halves).

2 cups (6 oz / 180 g) skinless raw walnuts meats
glaze:

- 3 tablespoons sugar
- 2 tablespoons *mizu amé* (millet jelly) or agave syrup or corn syrup
- 1 tablespoon water
- 1 tablespoon soy sauce

(optional) seasoning:

- 1/2 teaspoon ginger juice extracted from grated fresh ginger

(optional) spices:

- 1/4 teaspoon *shichimi tōgarashi* (blend of 7 spices including chili pepper)
OR
- 1/4 teaspoon each nutmeg and cinnamon mixed with a pinch of ground cloves



Place the nut meats in a shallow but sturdy skillet; place the skillet over medium-low heat. Dry roast the nuts, keeping the pan in constant circular motion to avoid scorching.

When the nuts begin to appear a bit shiny (the natural oils are being drawn out with the heat) and are slightly aromatic (about 3-4 minutes), transfer the nuts to a plate.

Using the same pan, add the sugar, *mizu amé* and soy sauce to the skillet and stir to blend.

Return the skillet to the stove placing it over low heat. Stir constantly cooking the glaze until bubbly. If you will be adding ginger juice, do so now.

When you can draw a line through the glaze and it does not fill immediately, remove the skillet from the stove.

Add the dry-roasted nuts back to the skillet and quickly stir and toss the nuts to coat them in the glaze.



Immediately transfer the glazed nuts to parchment paper, spreading them out in a single layer. If you will be adding powdered spices now is the time to sprinkle them evenly over all. Allow the nuts to completely cool (about 15-20 minutes) before storing in a covered container (preferably glass) at cool room temperature for up to 1 month.



KITCHEN NOTES:

mizu amé 水飴 is most often translated as “millet jelly.”

It is extracted from *mochi kibi* (a kind of millet) in a manner similar to corn syrup being extracted from corn. It imparts gentle sweetness. Because it is less likely to raise blood sugar levels, in Japan, it is often recommended for those who, for health reasons, need to curb their raw sugar intake. The grain *mochi kibi* is especially rich in Vitamin E.

