
Chinese Fried Walnuts

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Party Recipes from the Charleston Junior League - 1993

6 cups water

4 cups walnut halves

1/2 cup sugar

vegetable oil

salt (to taste)

Bring the water to a boil in a large saucepan. Add the walnuts and cook for 1 minute. Drain the nuts under hot running water. Transfer to a large bowl. Wash the saucepan and dry it well.

Add the sugar to the hot walnuts and stir until the sugar is dissolved (it may be necessary to let the mixture stand for a few minutes to let the sugar dissolve completely).

In the clean saucepan, heat one-inch of oil to 350 degrees. With a slotted spoon, add half of the walnuts to the oil. Fry until golden brown, about 5 minutes. Remove the walnuts to a colander and sprinkle with salt. Toss lightly and cool on paper towels. Repeat the process with the remaining walnuts.

When completely cool, store the nuts in an airtight container.

Yield: 4 cups

Appetizers

Per Serving (excluding unknown items): 387 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 100g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 6 1/2 Other Carbohydrates.