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# Five-Spice Almonds

*The Essential Southern Living Cookbook*

Preparation Time: 15 minutes

Start to Finish Time: 2 hours

**3/4 cup granulated sugar, divided**

**1 1/2 cups raw almonds with skins**

**1/4 teaspoon (plus more to taste) Chinese Five-Spice powder**

**1/4 teaspoon Kosher Salt**

**pinch cayenne pepper**

Preheat the oven to 300 degrees.

In a saucepan over high heat, bring 1-1/2 quarts of water and 1/2 cup of sugar to a boil. Reduce the heat to medium. Add the almonds. Cook until the skins begin to soften, about 5 minutes. Drain the almonds. Transfer to a large bowl. Toss with the Chinese Five-Spice powder, salt, cayenne pepper and remaining 1/4 cup of granulated sugar. (Add more Five-Spice powder to taste). Spread in an even layer on a rimmed baking sheet.

Bake until the sugar crystalizes, about one hour and 15 minutes, stirring occasionally. Remove from the oven. Cool completely, about 30 minutes.

Yield: 1 1/2 cups

## Side Dishes

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*Per Serving (excluding unknown items): 581 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 150g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 472mg Sodium. Exchanges: 10 Other Carbohydrates.*