



Maple Candied Pecans – Two Ways

By Chef Veera Gaul, Ph.D.



3 Ingredient Candied Pecans

Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 cup pecans and pecan halves
- 2 tablespoons **Runamok Maple syrup** (or Runamok **Holiday Spice syrup**)
- ¼ teaspoon salt
- Couple of grinds of pepper (optional)

Preparation

Preheat the oven to 350 F. Line a large baking sheet with parchment paper.

Toss the pecans in a bowl with the maple syrup, salt and pepper, and place on the parchment lined baking sheet in a single layer.

Place in the oven on the middle rack, bake for 7-8 minutes. Remove, stir well and return to the oven for an additional 3-7 minutes (keeping a close eye on it if you go past the additional 4-minute mark) to get the pecans toasted and the maple syrup caramelized.

Remove from oven, toss and let cool completely. Then break apart and serve, or store in an airtight jar.

Serves 4

Active time 2 minutes Total Time: 16 minutes

Sticky Candied Pecans

Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

2 cups pecans and pecan halves

½ cup **Runamok Maple Syrup** (or **Runamok Holiday Spice Maple Syrup**) *

1 tablespoon O&V **Melipone vanilla** *

1 tablespoon O&V [Unflavored EVOO](#) *

1 teaspoon ground cinnamon

Flaky O&V **Fleur de sel** *

Preparation

Preheat oven to 375 F degrees. Line a baking tray with parchment paper.

Heat the EVOO in a pan over medium heat. Stir in the maple syrup, vanilla and cinnamon and bring to a simmer (should be frothy).

Add the nuts and stir to coat well. Cook, stirring constantly until sauce is syrupy and bubbling (about 2-3 minutes)

Pour into prepared baking sheet and spread into single layer. Bake in the oven for about 10 minutes until nuts are caramelized.

Remove from oven, sprinkle generously with fleur de sel, and stir well. Let stand until cool and hardened (about 30-45 minutes). Break into pieces if stuck together. Store in an airtight container.

Serves 8

Active time 6 minutes Total Time: 18 minutes plus time to cool and harden

Notes

* I personally love the quality and flavor of **Runamok Maple syrups** and their flavored syrups add amazing taste to the nuts. The [Unflavored EVOO](#) adds nice savory notes and health benefits and the **Melipone Vanilla** especially intensifies the aroma of these nuts. The **Fleur de Sel** is a beautifully soft and flavorful salt, you can use another high-quality finishing salt. Many Runamok syrups are available at [Oil & Vinegar stores](#)

Categories: Appetizer, Dessert, Snacks & Sides, Soups & Salads, Gluten Free, Dairy Free, Vegan, Vegetarian, Plant Based, Candied Nuts, Candied Pecans, Home Made Holiday Gift, Charcuterie Board,