

Pumpkin Seeds: Butter and Worcestershire Sauce

I'm addicted to pumpkin seeds and every fall I buy extra pumpkins just for the seeds. This recipe is one my mother always made for us as kids. Needless to say, they were always gone within minutes.

Ingredients

For Boiling

- 2 cups water
- 2 cups pumpkin seeds
- 1 tablespoon salt

The Sauce

- 3 tablespoons butter, melted
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt



Method

- 1. Boil Seeds:** Make sure seeds are washed and clean. Dissolve salt in boiling water, then add seeds. Boil for 10 minutes, drain, and lay out to dry on a non-fuzzy cloth for 2 hours.
- 2. Mix Sauce:** Preheat oven to 250°F near the end of drying, then mix the sauce ingredients together in a medium bowl. Once seeds have dried for a while, toss seeds with the sauce and spread evenly on an ungreased cookie sheet.
- 3. Bake Seeds:** Place seeds in oven and turn every 20 minutes until done. Seeds are done when they're lightly toasted, are lighter in weight, and have a crunchy exterior with a slightly chewy center.

Notes



Baking time greatly depends on how long you let the pumpkin seeds dry. If the seeds are completely dry before you bake them, you may only need to bake them for 20 minutes. Although this recipe takes a long time from start to finish, most of the time you're not doing anything but checking on the seeds. There is a very small effort investment when baking these.

Prep

- Start to finish: 4 Hours
- Inactive: 2 Hours 45 Minutes
- Bake: 1 Hour 30 Minutes

Source: [Chris Mower \(TheCookingDish.com\)](#) (Yield: 2 cups)
