


# Recipe: Dukkah

(a nut & spice blend from Egypt)

## Ingredients:

 8 minutes

- ½ cup walnuts
- ⅓ cup almonds or hazelnuts
- 2 tbsp sesame seeds
- 1 tsp ground coriander
- 1 tsp ground cumin
- ⅛ tsp ground allspice
- ½ tsp fine sea salt
- Black pepper



## The Flavour Fix - Dukkah

Dukkah often contains hazelnuts, or almonds, as well as sesame seeds, all of which are rich in healthy unsaturated fats, especially omega-9s and omega-6s. These fats are known to support cognitive function and memory, help regulate cholesterol levels and reduce inflammation linked to neurological aging.



## Instructions:

1. In a large skillet over a medium heat, combine the walnuts and almonds. Cook, stirring often, until the nuts are starting to smell fragrant, about 3 minutes.
2. Add the sesame seeds to the pan and continue cooking, stirring often, until the sesame seeds are turning lightly golden on the edges. Remove the pan from the heat, and transfer the nut and seed mixture to a food processor.
3. Add the coriander, cumin, allspice, sea salt and pepper. Run the food processor for about 10 seconds, or until the nuts are broken into a coarse, sand-like texture. Don't overdo it.
4. Store the dukkah in an air-tight container. It will keep for 1-2 weeks.