



Lug Nuts

Yields: 5-6 servings

Total time: 80 minutes (not incl. overnight rest period)

When bumpin' and crawlin' your way through some gnarly trails, you need something sturdy to snack on and keep ya fueled up for the next big push. You know the type, you tell yourself you're gonna just have a few, or one handful, and the next thing you know, the whole damn bag is gone. We get it. One of those addictive snacks for our squad? Corn nuts, but these aren't your average kernels, ya'll. We go with giant white corn, to get some of that buttery flavor, and roast 'em to that golden brown, crunchy perfection). We like to add something with a little kick into it, we've tried the classic Old Bay seasoning, we've used Cajun, ranch and all sorts of dried stuff. Really just fine sea salt brings out the buttery corn flavor the most. These crunchy lil' babies are great hot out of the oven, but great for a snack when tearin' up a field, rollin' into school or getting through a day at work. Crush 'em.

Ingredients (Yields 4-3 servings)

- 1 14-oz bag of dried giant white corn (if you can't find this, dried hominy corn will do)
- 24 oz of water or a lager-style beer, wine or chicken stock (we've tried 'em all and think straight water gives you the best corn/buttery flavor)
- 2 Tbsp sunflower oil (or palm oil or any neutral oil, sunflower preferred)
- 1-2 tsp fine sea salt to taste
- Cooking spray

Directions

- Pour the corn into a large bowl
- Check to make sure there are not any strings in there
- Cover with your chosen liquid and saran wrap, and let them soak overnight
- Drain the liquid, pat them as dry as you can
- Lay them out and let them dry for an hour
- Preheat the oven to 400 degrees
- In a dry mixing bowl...
- Throw in the roasted corn and salt and toss until evenly coated
- Spray a cookie sheet with cooking spray, and lay them evenly across the tray
- Roast for 20 minutes, flipping halfway through
- Grab those nuts and crunch away