



Chile-Tamarind Trixy Stix

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



90 min.

SERVINGS



20

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon ground pepper
- 0.5 cup granulated sugar
- 1 tablespoon tamarind paste seedless

Equipment

- bowl
- frying pan
- baking sheet
- baking paper

- oven
- whisk
- wire rack
- sieve
- toothpicks
- rolling pin
- funnel
- drinking straws

Directions

- Heat the oven to 200°F and arrange a rack in the middle.
- Whisk the sugar and cayenne together in a medium bowl.
- Add the tamarind and, using your fingers, rub the paste into the sugar mixture until everything is evenly combined and the texture of brown sugar.
- Sprinkle the mixture into a rough 6-inch circle on a sheet of parchment paper. Cover with a second sheet of parchment paper. Using a rolling pin or tall drinking glass, roll the sugar mixture until it is in a thin, even layer about 1/16 inch thick.
- Remove and discard the top sheet of parchment. Carefully transfer the parchment with the sugar on it to a baking sheet.
- Bake until the top of the sugar is completely dry to the touch, about 35 minutes.
- Place the pan on a wire rack and let the sugar cool completely, about 15 minutes. Break up the dried sugar into small pieces. Working in 2 to 3 batches, transfer the sugar pieces to a clean coffee or spice grinder and process them into a fine powder.
- Transfer the powder to a small bowl, scraping out any mixture stuck inside the grinder. Set a fine-mesh strainer over a medium bowl.
- Pour the sugar powder into the strainer and sift it into the bowl, pressing against the powder with the back of a spoon to force it through the mesh. Return any larger bits left in the strainer to the grinder and process into a fine powder. Sift again and repeat with the grinding and sifting as needed until all of the sugar mixture is processed (you may have a few solids left to be discarded).
- Place a sheet of paper on a work surface. Have about 20 (8-inch) paper straws and a toothpick ready. Make a small funnel out of another piece of paper. (Make sure the tip fits into

the end of the straws.) Alternatively, use a No. 16 Open Star or No. 5 Round piping tip. Fold up one end of a straw 1/4 inch. Fit the point of the funnel or piping tip into the open end of the straw. Holding the funnel or piping tip in place and working over the sheet of paper, spoon in about 1 1/4 teaspoons of the sugar mixture. Use the pointed end of the toothpick to poke the sugar mixture into the straw.

- Remove the funnel or piping tip and fold the open end of the straw down 1/4 inch to close. Repeat with the remaining straws and sugar.

Nutrition Facts

PROTEIN 0.46% **FAT 1.01%** **CARBS 98.53%**

Properties

Glycemic Index:8.35, Glycemic Load:3.79, Inflammation Score:-1, Nutrition Score:0.085217390938298%

Nutrients (% of daily need)

Calories: 21.24kcal (1.06%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 5.45g (1.98%), Sugar: 5.3g (5.89%), Cholesterol: 0mg (0%), Sodium: 0.28mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%)