

## Almond and Sesame Seed Brittle

*Boulokonio*

*Boulokonio* (almonds and sesame brittle) makes an irresistible crunchy gluten-free sweet treat. This golden, chewy handcrafted confection that has been passed down for generations from Medieval Spain is utterly addictive. *Boulokonio* is traditionally served by the Rhodeslis at Purim and Hanukkah.

### ***For the brittle:***

5 cups hulled sesame seeds;  
1 tablespoon plain (all-purpose) flour;  
6 ounces (170g) blanched split almonds, toasted

### ***For the syrup:***

1 ½ cups clear honey;  
1 ½ cups hot water;  
1½ cups sugar

**Sprinkle** 1 cup of sesame seeds with a pinch of flour and toast lightly in a heavy-based frying pan over a medium heat for 4 minutes or until lightly golden. Shake the pan often and stir with a wooden spoon. Transfer to a bowl. Repeat this process, 1 cup at a time, with the remaining four cups of sesame seeds.

**Heat** the honey, water and sugar in a large, heavy-based pan over a medium heat. Bring to a boil, stirring until it thickens and reaches the soft ball stage\*. Remove the pan from the heat and pour the mixture into a very large, heatproof bowl.

**Add** the almonds and 3 cups of sesame seeds and stir together vigorously with a wooden spoon. Spread the hot mixture onto an oiled worktop. Sprinkle in the remaining 2 cups of sesame seeds, working it a little at a time into the mixture. Dampen your hands with cold water and roll into four ropes about 1-inch (2.5cm) in diameter. Cut diagonally into 1-inch (2.5cm) sections using a sharp knife dipped into hot water. Allow to cool at room temperature until hardened.

### ***Stella's Hints:***

\*The soft ball stage is reached when a small drop of syrup forms into a little ball at the bottom of a cup of cold water. It will flatten and feel soft and pliable.

**To store:** Place the brittle between layers of baking paper and store in an airtight container for up to 1 month.