

Pastelli

From The Kinfolk Table by Nathan Williams

Recipe from Gus Agnanopoulos

Ingredients

1 cup sesame seeds

½ cup raw pistachios or almonds, coarsely chopped

1 ½ tablespoons honey

Instructions

1. Toast the sesame seeds in a medium skillet over medium heat, stirring constantly, until light golden, about 5 minutes. Stir in the nuts and cook for 1 minute longer. Add the honey and stir until the sesame seeds and nuts are coated evenly.
2. Spoon the mixture onto a clean, dry surface and use the back of the spoon to pat the pastelli into an 8-inch square. Wet your hands in cold water (it helps to have a small bowl of it nearby) and smooth out the surface and edges. Alternatively, use a rolling pin.
3. Cool the pastelli for 15 minutes, then cut it into 16 squares. Serve. Store any leftover pastelli between layers of wax paper in an airtight container.

Note: A cold surface, such as marble or a marble pastry board, is the ideal surface for making pastelli.

Katie's notes: I like this better after it's been refrigerated for a couple of hours, rather than eating it right when it's cooled.