

## Pasteli - Greek Sesame & Honey Candy



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Yields 20-25 bars

Prep time: 5min

Cook time: 15min

Total time: 20min

Difficulty: Basic

Category: Petit fours & candies, Bars & squares

Cuisine: Greek

Pasteli are popular Greek chewy energy snacks made with sesame seeds and honey. There are many variations of this candy and most of them also include nuts. You can use any nuts or seeds you like, from almonds and pistachios to flaxseed and pumpkin seeds. Just make sure that the honey and seeds/nuts ratio is 1:1. Recipe was adapted from Souvlaki For The Soul.

### Ingredients

200g raw sesame seeds

50g raw pistachios

50g raw almonds

300g honey

1/4 teaspoon salt

### Directions

Line a baking pan (25x15cm) with parchment paper making sure you cover both the bottom and sides. In a small saucepan heat the honey until it's pourable. In a separate large pan combine sesame seeds and nuts and toast them for 3-4 minutes. Pour warm honey over seeds, add salt and mix through. Cook the mixture without stirring over moderate heat until the honey turns a golden brown color and is completely absorbed, about 10 minutes. Pour into the lined pan and smooth the top with a spoon. Cool completely at room temperature.

Once cooled, cut the pasteli into individual bars. Store in an airtight container, making sure each layer is separated by a sheet of baking paper (this prevents sticking).