

TRADITIONAL GREEK PASTELI TREAT BARS

INGREDIENTS

- 200g sesame seeds
- 200g honey
- A small amount of butter, margarine or olive oil to grease some baking parchment

RECIPE

- **Toast the sesame seeds. You can spread them over a tray and put them in the oven at 150 C, or, you can toast them in a pan. You want to give them a bit of colour, but we you don't want them to be too dark so watch them carefully and make sure they don't burn!**
- **Pour the honey in medium saucepan and heat the honey until it starts to bubble. Let it bubble away for 4 to 5 minutes or until the mixture reaches a temperature of 125 C - you can check using a food thermometer.**
- **Pour the toasted sesame seeds into the saucepan of honey, lower the heat to 50 C and stir well for 2-3 minutes - the more time the mixture cooks for, the crunchier your bars will be, but be careful of scorching it! To check if it is ready, take a small amount and drop it in a glass with water, it should stay in a droplet shape - if it spreads out, the mixture still needs a little more heat.**
- **Line a tray with greased parchment paper and pour the sesame seed and honey mixture over it. Place another sheet of wax paper on top (also greased) and roll gently over the covered mixture with a rolling pin to spread it out over the tray. You will want to spread it out so that it is about 5mm (half of a centimetre) thick.**
- **Now, remove the top sheet of parchment paper carefully and then let the mixture cool and begin to harden for about 15 minutes. Then it will be ready to cut into small bars - you could use a knife or a pizza cutting roller for this.**
- **Let the bars cool completely. Remove them from the tray and store with parchment paper between them (to stop them from sticking together) in an airtight container.**

