

# Betty's Sweet and Crunchy Sesame Seed Brittle Recipe



Uploaded on Jun 14, 2010

In this video, Betty demonstrates how to make Sweet and Crunchy Sesame Seed Brittle. This is hard candy, packed with sesame seeds. We bought the sesame seeds on our recent field trip to Happy Meadow Natural Foods in Berea, Kentucky. I only made a half-recipe of the Sesame Seed Brittle in this video, but I am giving the full recipe below:

Ingredients (for the full recipe):

1 ¼ cups sesame seeds  
2 cups sugar  
2 tablespoons water  
1 teaspoon vanilla extract

Note: You will need a large skillet for this recipe. If you are using a cast iron or stainless steel skillet, you can use a metal spoon. If you are using a nonstick skillet, you may use a wooden spoon. Be sure your cooking utensils can withstand high heat. Cook 1 ¼ cups sesame seeds in your skillet over medium heat, stirring often for about 8 to 10 minutes, or until the seeds are golden brown. Remove the seeds from the skillet and place them on a plate while you prepare your candy mixture. Cook 2 cups sugar and 2 tablespoons water in the just-emptied skillet over low heat, stirring constantly, about 10 minutes, or until sugar is melted. Quickly stir in toasted sesame seeds and 1 teaspoon vanilla. Pour onto a well-greased metal pan or baking sheet. Quickly spread to desired thickness (about 1/8 to 1/4 inch), using a metal spatula. Cool completely--about 20 minutes. Break into pieces and store in an airtight container. Enjoy! --Betty