Authentic Sicilian Cubbaita

Traditional Sesame & Almond Brittle

Preparation 20 min • Cooking 25–35 min • Cooling 1 hour • Total 1 hr 45–55 min • Yield about 30 pieces

Ingredients

- 500 g (17.6 oz) white sesame seeds
- 300 g (10.6 oz) honey
- 150 g (5.3 oz / ¾ cup) granulated sugar
- 130 g (4.6 oz) whole almonds, lightly toasted
- Optional: finely grated zest of ½ unwaxed orange
- A little neutral oil, for the surface and utensils

Method

1. Prepare a heatproof marble slab or parchment-lined metal tray. Lightly oil the rolling pin and knife.
2. Toast sesame in a dry skillet over medium-low heat for 5–7 minutes, stirring, until fragrant and lightly golden. Toast raw almonds separately.
3. Warm honey in a heavy saucepan over low heat; add sugar and stir until dissolved and bubbling.
4. Add sesame and almonds. Cook over low heat, stirring frequently, about 10–15 minutes, until thick, cohesive and golden amber.
5. Check a small drop of syrup in cold water: it should become firm and brittle. A candy thermometer can help (near 295–305°F / 146–152°C), although the thick mixture is difficult to measure. Stir in orange zest if using.
6. Immediately pour onto the prepared surface and roll to about ⅜ in (1 cm) thick. Be careful: hot sugar can cause serious burns.
7. Score into diamonds or rectangles while warm. Once safe to handle, separate and cool completely for about 1 hour.

Storage

Keep fully cooled pieces in an airtight container in a cool, dry place, with parchment between layers. Best enjoyed within about 2–3 weeks. Avoid humidity.

Estimated Nutrition — per piece (1 of 30)

Calories	**165–180 kcal**	**Carbohydrates**	**18–21 g**
Protein	3–4 g	Total fat	9–11 g
Saturated fat	1–2 g	Sugars	14–17 g
Fiber	1.5–2 g	Sodium	<10 mg

Approximate values based on specified ingredients divided into 30 pieces; not laboratory-tested.