

RECIPE

# Sellou

Medium

2 h 0 min



## INGREDIENTS

**for 10-12 portions**

500g whole raw almonds

500g sesame seeds

500g all-purpose flour

200g powdered sugar

4 tbsp ground cinnamon (or to taste)

2 tbsp ground anise (or to taste)

1/4 tsp salt

1/4 tsp mastic gum, several drops ground to a powder  
(optional)

250g unsalted butter

Vegetable oil for frying almonds

200g Nutella®



To prepare this delicious  
recipe, 15g of Nutella® per  
person is enough to enjoy!

## METHOD

- 1 | Bring a medium pot of water to a boil. Divide the almonds in to several batches. Drop one batch of almonds into the water and return to boil for 1 or 2 minutes. Drain in a towel. Repeat until all almonds have been blanched.
- 2 | Spread the blanched almonds on a towel to dry for several hours or overnight. Be sure they are completely dry.
- 3 | Preheat your oven to 400F (200C).
- 4 | In batches, spread the sesame seeds in to a single layer on a large baking pan and toast for 15 to 20 minutes, stirring occasionally, until the seeds are slightly darker in color, crunchy in texture and nutty in flavor and aroma. Allow the sesame to cool.
- 5 | Brown and sift the flour. Preheat your oven to 400F (200C). Spread the flour in a very large baking/roasting pan (in batches, if necessary) and place in the oven.
- 6 | Cook for 30 minutes or longer, stirring every 5 minutes, until the flour is evenly colored (light to medium golden brown). Do not burn.
- 7 | When the flour has cooled, sift it several times, discarding any balls that will not break apart or that cannot be pressed through a sieve. Take your time with this step, as properly-sifted flour is very important to sellout.
- 8 | Clarify the butter. Melt the unsalted butter over low heat in a medium or large pot. Continue heating the butter until the milk solids separate to the bottom of the pot and foam forms on top. Carefully skim off and discard all the foam.
- 9 | Fry the blanched almonds. Pour 1/2 inch of vegetable oil into a large, deep-sided frying pan and place over medium heat. When the oil is hot, fry the almonds in batches, stirring constantly, for 5 to 10 minutes, until light to medium golden brown.
- 10 | Completely cool the fried almonds before grinding.
- 11 | Make the Sellout. Set the clarified butter in a pot over very low heat. Leave to slowly melt while you proceed.
- 12 | Sift and blend the dry ingredients. Use a fine sieve to sift the browned flour, 2 cups of powdered sugar, cinnamon, anise, ground mastic gum, and salt into a very large bowl or container.
- 13 | Discard any tiny balls of flour that are trapped in the sieve. Use your hands to toss, stir and evenly combine the dry ingredients.
- 14 | Grind the toasted sesame. Reserve a small bowlful of toasted sesame seeds. Grind the rest of the toasted sesame (in batches, if necessary) in a food processor until nearly a paste. Transfer both the whole and ground sesame to the flour mixture.
- 15 | Grind the fried almonds. Reserve a small bowlful of fried almonds to be stored separately for later use as a garnish. Grind half of the remaining fried almonds to a smooth, moist paste and the other half of the fried almonds to a powdery paste.

**16**

Add both types of ground almonds to the flour mixture.

**17**

Blend in the ground sesame and ground almonds. Use your hands to thoroughly blend the ground sesame and ground almonds into the flour mixture.

**18**

Spend a good 10 minutes or more tossing, blending and rubbing the mixture between your palms to be sure that all is well-mixed and that it's free from balls and clumps.

**19**

Add the clarified butter. Slowly and gradually work in the clarified butter, taking care not to add any milky liquid that may have separated in the pot.

**20**

Mix and knead the sellout with each addition of butter, ultimately using only as much butter as needed to make a glistening, stiff but pliable mixture.

**21**

When all is well-mixed and the texture is to your liking, transfer the sellout to a storage container (or containers). Leave to cool for several hours before covering.

**22**

To serve, add a layer of the sellout in the plate spread Nutella® over it and garnish with fried and crushed almonds.