

AUNTIE RIE BENNY CAKES

½ pound benne seed
(Sesame seed)

2 cups Sugar
1 cup water

1 teaspoon orange peel grated

½ cup peanut

Place Benny in a deep frying pan or pot, make sure the bottom of the pot is dry. Over medium heat continuously stir, until evenly browned (approx. 5 minutes). In a separate sauce pan combine sugar and water and bring to a boil for about 17- 20 minutes or until sugar coat the pot. Add parched Benny, grated orange peel and peanuts to the sugar mixture, stirring constantly with a wooden spoon to keep it from burning. Simmer until mixture coats the spoon and is golden brown. Use a round tablespoon to drop Benny unto a wet counter top or greased cooling pan. Allow to set firm and cool.

Benny cakes are a wonderful dessert for Christmas and also make great Christmas stocking stuffer. These can be addictive so make sure you have a back-up batch in the kitchen. It is a quick and easy recipe that your children will enjoy making year round.

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