

Hais

From Baroness Mistress Kathryn Goodywn

From a 13th CE Arabic Source, Redacted by Duke Sir Cariodic of theBow

1-pound dates (pitted)

½ cup mixed ground pistachios and almonds
(chop dates first)

1/3 cup melted butter or sesame oil

Granulated sugar or powered sugar

Knead to a smooth paste 2 cups breadcrumbs, 1 pound dates (pitted), ½ cup mixed ground pistachios and almonds (you may want to chop the dates first). Work in 1/3 cup melted butter or sesame oil. Roll into balls 1" in diameter, and dust with granulated sugar. These keep, and travel excellently.

Sideboard: *Kathryn Goodywn* -I have seen these dusted with confectioner's sugar instead of regular granulated sugar. Both are great! They are sticky but sweet.