

Recipes



Sesame – *Sesamum indicum*

Tips for Use:

- The nutty and slightly sweet taste is enhanced by toasting raw seeds at 375-400°F for a few minutes. They are done when edges are lightly browned. Or, toast in a dry skillet until just golden and have a nutty fragrance.
- Combine toasted sesame seeds with rice vinegar, soy sauce and crushed garlic and use as a salad dressing or toss with vegetables or noodles.
- Add sesame seeds to steamed broccoli or other vegetables with a sprinkle of lemon juice.
- Top roasted and crushed sesame seeds over salads.
- For a quick stir-fry, combine sesame seeds, garlic, ginger and soy sauce with vegetables and chicken or shrimp.
- Tahini or sesame seed paste, is a main ingredient in humus, which is easily made in a blender with chickpeas, tahini, and olive oil. Roasted garlic, lemon juice, and salt are also often added.
- Toasted sesame oil ranges from a golden to a brown color, has a strong nutty flavor and is used as a seasoning rather than cooking. The light (in color only) is made with untoasted seeds and has a mild flavor.
- Store sesame seeds in an airtight container in a cool, dry location for up to three months, refrigerate for up to 6 months or freeze for up to one year.

Soy-Sesame Dressing

Far less sweet than the bottled version, but equally delicious whether on a salad or tossed with some soba noodles.

4 scallions, chopped	¼ cup toasted sesame oil
½ cup unseasoned rice vinegar	1 tablespoon tahini
1 tablespoon finely grated peeled ginger	Kosher salt, freshly ground pepper
1 tablespoon fresh lime juice	

Whisk scallions, oil, vinegar, soy sauce, ginger, lime juice, and tahini in a small bowl to combine. Season with salt and pepper. Makes about 1 cup.

Do ahead: Dressing can be made 4 days ahead. Cover and chill.

Jenny Rosenstrach and Andy Ward
January, 2016, *Bon appétit*

Lemon-Tahini Salad Dressing

¼ cup lemon juice	1 teaspoon honey
2 tablespoons water	1 small clove garlic, minced
2 tablespoons tahini	Salt and pepper to taste

Whisk together and serve with greens or drizzle over cooked or raw vegetables like green beans and broccoli.

Katie Cavuto Boyle, MS, RD
Foodnetwork.com

Vegetarian Harvest Bowls with Ginger Tahini Sauce

This recipe is inspired by a dish served at Angelica's restaurant in Boone, North Carolina. You may substitute fresh vegetables that you have on hand according to season. Corn and green beans would make good replacements for the peas and potatoes.

Ginger Tahini Sauce

¾ cup sesame tahini
½ cup plain yogurt
2 tablespoons fresh lemon juice
3 cloves garlic, pressed
1 1-inch piece fresh ginger, peeled and minced
1 tablespoon chopped fresh parsley
1 teaspoon chopped fresh rosemary
½ teaspoon salt
½ - 1 cup water

Vegetable Bowls

2 white or sweet potatoes
1 tablespoon olive oil

½ teaspoon salt
1 cup brown rice
2 ½ cups vegetable stock
1 15-ounce can red beans, black beans, cannellini beans, or pinto beans
1 teaspoon ground cumin
½ pound fresh green beans, cut into 1-inch pieces

Other ingredients

4 ounces feta cheese, crumbled
2 fresh tomatoes, seeded and chopped
¼ cup black olives, sliced
¼ cup chopped fresh basil
3 tablespoons pine nuts, toasted

Ginger Tahini Sauce

Place all sauce ingredients except water in a blender or food processor and blend until smooth and creamy. With the motor still running, slowly add water a little at a time until sauce reaches a thick "dressing" consistency. Pour into a covered container and refrigerate for at least 4 hours to allow flavors to blend.

Vegetable Bowls

Peel and quarter potatoes. Place in a roasting pan, sprinkle lightly with olive oil and salt. Roast in a 400°F oven for about 20 minutes. Remove from oven and keep warm.

Prepare rice, using vegetable stock as the liquid, according to package directions.

Heat red beans and cumin in a small saucepan; drain, set aside, and keep warm.

Cook fresh green beans in a small amount of boiling salted water until tender. Drain and keep warm.

Assembly

Gently warm the Ginger Tahini Sauce in a small saucepan. Place ½ cup brown rice in a bottom of each of 4 serving bowls. Add a layer of red beans and crumbled feta cheese on top of rice. Place a large spoonful of green beans over ⅓ of the bowl; arrange roasted potatoes over ⅓ of the bowl; add chopped fresh tomatoes to the last ⅓ of the bowl. Top each bowl with ½ cup warmed Ginger Tahini Dressing. Sprinkle with fresh basil, sliced olives, and toasted pine nuts. Yields 4-6 servings.

Katherine K. Schlosser, HSA North Carolina Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Ginger, Carrot and Sesame Green Beans

1 tablespoon vegetable oil	1 tablespoon light soy sauce
1 tablespoon peeled and grated ginger	1 teaspoon rice vinegar
1 medium carrot, peeled and sliced into thin rounds	Toasted sesame oil, for drizzling
12 ounces haricot vert or standard green beans, trimmed	Toasted black sesame seeds, for garnish

Heat wok over high heat, and then add the vegetable oil. Add the ginger and cook for 30 seconds. Add the carrots and green beans and stir-fry for 2 minutes (adding a splash of water if necessary to facilitate cooking). Season the vegetables with the light soy, rice vinegar and a drizzle of toasted sesame oil. Garnish with a sprinkling of the toasted white and black sesame seeds.

Ching-He Huang
Cookingchanneltv.com

Benne Wafers

These ethereally light, snapping-brown sesame cookies, both sweet and nutty, have a unique texture: solid and crisp on the bottom, crunchy-light on top. With their centuries-old, they're a longstanding tradition in the American South.

8 tablespoons unsalted butter, room temperature	1 teaspoon vanilla extract
1 cup light brown sugar, firmly packed	1 large egg
¼ teaspoon salt	1 cup unbleached all-purpose flour
¼ teaspoon baking soda	1 cup sesame seeds, toasted

Preheat the oven to 350°F. Line two baking sheets with parchment.

In a large bowl, cream together the butter, sugar, salt, vanilla, baking soda, and egg. Add the flour and mix until smooth.

Drop the dough by tablespoonfuls onto the baking sheets.

Bake the wafers for 8 to 9 minutes, or until golden brown.

Remove them from the oven, allow them to cool for 1 minute on the pan, then transfer the wafers to a wire rack to cool completely.

Store in a closed container for up to a week. Freeze for up to a month.

King Arthur Test Kitchen
Kingarthurbaking.com

Do you have a recipe using sesame seeds or oil to share?

Please send it to Educator@herbsociety.org