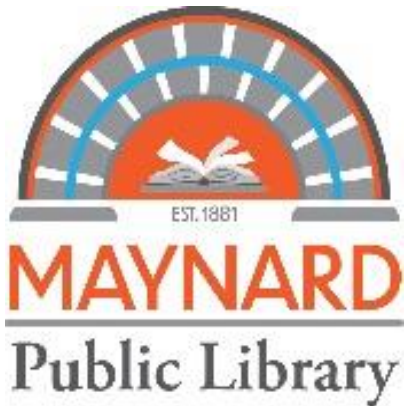




Spice Up Your Fall!

Maynard Library

Spice Club

SESAME SEEDS and TAHINI

SPICE INFORMATION

Sesame seed is the seed of the sesame plant (*Sesamum indicum*). The plant is an annual herb with foxglove-like flowers that produce pods containing the edible sesame seeds. The pods burst open with a pop when the seeds are mature. The hulls are often removed as they contain oxalic acid, which gives a bitter flavor. The seeds can be pressed for sesame oil.



White and black varieties of sesame seed are available. The white has a delicate flavor and can be used in all dishes calling for sesame seeds. The black seeds have a richer flavor and stronger aroma and are best used alongside other bold ingredients so as not to overwhelm the dish. However, the choice of black vs. white sesame seeds is usually for the appearance more than the difference in flavor.



Sesame seeds have a nutty, slightly sweet taste and aroma which is enhanced by toasting. The black seeds are said to have more bitterness. This savory condiment is a staple across the globe, originating in Middle Eastern and Mediterranean cuisine. It's also found in Asian dishes and Greek fare.

Besides use as a condiment, in Asia, the toasted seeds are used to make sesame paste, which is often used as a peanut butter substitute. In Middle Eastern and Asian cuisine, the untoasted seeds are used to make tahini paste.

Tahini is often blended into classic dips, such as hummus and baba ghanoush. Tahini-based sauces appear widely in Armenian, Turkish, Iraqi, Cypriot, Greek, East Asian, and Indian fare. Tahini adds a nutty flavor and creamy texture to recipes ranging from savory to sweet.

<https://www.thespruceeats.com/sesame-seed-selection-and-storage-1807805>

<https://www.masterclass.com/articles/what-is-tahini-learn-how-to-use-tahini-in-cooking>

<https://www.thespruceeats.com/tahini-and-tahini-sauce-difference-2356042>

<https://www.kingarthurbaking.com/blog/2022/05/05/how-to-bake-with-black-sesame>

A Note about Ingredients

The sesame seeds in your sample are raw, hulled and organic from the bulk section at the Co-op. The tahini is from roasted and hulled seeds and non-GMO. The brand is Once Again, found at the Co-op. Refrigeration is not required.

People have strong opinions about tahini—I chose this one because it was available in large quantities and didn't require excessive stirring. You might want to do a taste test with other brands.

RECIPES

Tahini Smoothies

From Adeena Sussman, no longer online

Makes 2 smoothies Total Time: 5 minutes

INGREDIENTS

- 2 cups Date-Sweetened Almond Milk or any milk of your choice
- 1 banana, sliced, frozen if you have time
- 4 pitted Medjool dates, frozen if you have time
- ¼ cup pure tahini paste, frozen in cubes is best
- 1 teaspoon pure vanilla extract
- Dash of sea salt
- Ice
- Strawberries, other berries, chopped mango (optional)
- Walnuts, cashews, or other nuts (optional)



DIRECTIONS

Combine the almond milk, banana, dates, tahini, vanilla, salt, and as much ice as you like in a blender and blend until smooth; if desired, blend in some optional fruit or nuts for extra richness, sweetness, and color.

Maple Tahini Overnight Oats

<https://www.floraandvino.com/maple-tahini-overnight-oats/>

Total Time: 5 mins Yield: 1 serving



INGREDIENTS

- ½ cup gluten-free old-fashioned rolled oats
- ½ cup unsweetened almond milk
- 1 Tbsp runny tahini
- 1 – 2 tsp maple syrup
- 2 tsp chia seeds
- 1 Tbsp vanilla OR chocolate protein powder (optional)
- For serving
- fresh sliced figs
- 1 Tbsp your favorite granola

DIRECTIONS

1. Add all of the ingredients to a mason jar and stir everything gently to combine.
2. Cover the mason jar and transfer to the refrigerator overnight.
3. In the morning, add a little more almond milk to reach your desired consistency. Taste the oats and add a little more maple syrup if needed.
4. Serve the overnight oats with fresh sliced figs and your favorite granola. Overnight oats will keep in the refrigerator for 3-5 days.

Dukkah (Egyptian Seasoning Blend)

<https://www.daringgourmet.com/dukkah/#recipe>

There is a simpler recipe for dukkah at <https://www.themediterraneandish.com/dukkah-recipe/>

With its combination of nuts, seeds, spices and herbs, Dukkah is a unique and incredibly delicious Egyptian seasoning blend. Enjoy it as a dip for your bread or veggies, as a coating for meat and poultry, and sprinkled over hummus, salads, sandwiches, soup, popcorn and more!

Makes about 1 1/4 cups Total Time: 20 mins

INGREDIENTS

- 1/2 cup whole hazelnuts
- 2 tablespoon whole almonds
- 2 tablespoon walnuts
- 1/4 cup hulled white sesame seeds
- 3 tablespoons coriander seeds
- 2 teaspoons cumin seeds
- 1 teaspoon fennel seeds
- 1 1/2 teaspoons nigella/kalonji seeds
- 3/4 teaspoon sea salt
- 1/2 teaspoon dried mint
- pinch of red pepper flakes (optional for a little heat)

DIRECTIONS

1. Preheat the oven to 350 degrees F. Lay the nuts out single layer on a lined baking sheet. Roast them for 8-10 minutes until they have darkened in color and smell very nutty. Be careful not to roast them for too long or they will turn bitter. Remove from the oven and let them cool completely.
2. Heat a dry pan over medium heat and place the remaining ingredients in it except for the mint and salt.
3. Roast the spices and seeds for a few minutes until they have slightly deepened in color and are very fragrant. Be careful not to let them scorch or they will become bitter.
4. Transfer to a bowl and let them cool completely.
5. Place the cooled nuts, the cooled spices and seeds, the mint and salt in a blender or food processor.
6. Pulse until the mixture is ground with lots of tiny coarse bits throughout. It should not be ground into a powder.
7. Transfer the mixture to an airtight jar and, for the longest shelf-life, store it in the fridge where it will keep for up to 3 weeks.

Spiced Sweet Roasted Red Pepper Hummus

<https://www.allrecipes.com/recipe/15006/spiced-sweet-roasted-red-pepper-hummus/>

Total Time: 1 hrs 15 mins Servings: 8

INGREDIENTS



- 1 (15 ounce) can garbanzo beans, drained
- 1 (4 ounce) jar roasted red peppers
- 3 tablespoons lemon juice
- 1 ½ tablespoons tahini
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon cayenne pepper
- ¼ teaspoon salt
- 1 tablespoon chopped fresh parsley

DIRECTIONS

1. In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour. (The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)
2. Sprinkle the hummus with the chopped parsley before serving.

Tahini-Lemon Yogurt Sauce

The Original Moosewood Cookbook

Total Time: 10 mins

This is excellent on felafel.

INGREDIENTS

1 ½ cups tahini	Dash salt
1 ½ cups plain yogurt	Dash cayenne
½ cup fresh lemon juice	½ t ground cumin
1 garlic clove, crushed	Dash paprika
¼ cup finely minced scallions	Dash soy sauce
¼ cup finely minced parsley	

In a small bowl, stir together all the ingredients.

Green Tahini

<https://pinchofyum.com/green-tahini>

Excellent on roasted potatoes, carrots, cauliflower, or broccoli, grilled chicken, beans and grains

INGREDIENTS

1/2 cup olive oil (mild tasting)	1 clove garlic
1/2 cup water	squeeze of half a lemon (about 2 tablespoons)
1/4 cup tahini	1/2 teaspoon salt (more to taste)
a big bunch each of cilantro and parsley	

DIRECTIONS

1. Blend up all your sauce ingredients in a food processor or blender until smooth. Taste and adjust. If the sauce is too runny, add a little more tahini.
2. Pour over roasted vegetables, beans, grains, protein or anything that needs to be woken up with some rich and creamy flavor!

Roasted Vegetable Bowl with Green Tahini uses this sauce.

<https://pinchofyum.com/30-minute-meal-prep-roasted-vegetable-bowls-with-green-tahini>

Simit (Turkish Sesame Bread)

<https://www.themediterraneandish.com/simit-turkish-sesame-bread-rings/>

INGREDIENTS

1/4 t sugar	2 t sea salt
1 T active dry yeast	1/2 cup grape molasses
1 3/4 cups lukewarm water, divided	2 cups (5 ounces) golden sesame seeds
4 cups (510 g) all purpose flour	

DIRECTIONS

1. Bloom the yeast: Into a medium bowl, combine 1/4 teaspoon sugar and 1 1/2 cups lukewarm water (between 90-110°F). Add the yeast, mix with a small spoon and set aside for 5 to 8 minutes, until the yeast becomes foamy.
2. Make the dough: Into a large bowl, add the flour and salt. Stir to combine then make a well in the center. Add the yeast mixture and stir to form a coarse dough.
3. Knead the dough: Turn out onto a lightly floured surface and knead for about 5 minutes, or until the dough is smooth and elastic. Roll the dough into a ball and place in a lightly oiled bowl, turning to coat. Cover with plastic wrap or a kitchen towel and set aside in a warm, draft-free place for 45 minutes to 1 hour, or until doubled in size. A sunny spot on your countertop is perfect.
4. Preheat the oven, prepare the baking sheets and dipping station: Preheat the oven to 400°F and line 2 large size baking sheets with parchment paper. Combine the grape molasses, with the remaining 1/4 cup water in a large bowl, and whisk together. Pour the sesame seeds onto a large plate. Set it next to the bowl of molasses water.
5. Deflate and shape the dough: Dump the dough onto a lightly floured work surface and stick your fist in the center of it to deflate or knock back the dough. Shape it into a ball and divide into 8 even sized pieces.
6. Cut and Stretch the dough: Working with one piece of dough at a time, use your hands to roll each dough segment into a long rope about 24-inches long. The dough is sturdy so you can apply gentle pressure as you roll and stretch the rope. I tend to work with my hands side by side in the center of the dough, rolling the dough back and forth and separating my hands as the dough lengthens.
7. Twist the dough: Fold each rope in half so two ends align and use your hands to twist it into a two stranded "rope." Join the ends together to make a circle, and press them firmly together to seal the circle. Gently shape the area where you pressed the ends together to make it rounded and not flat. Repeat with the remaining dough. In the end you should have 8 twisted rope circles.
8. Dip each ring: Dip each ring, first into the molasses mixture, submerging it completely. If you don't have enough liquid to submerge it, flip it over so both sides are coated. Remove it from the molasses mixture, gently shaking off any excess. Set the bread ring in the sesame seeds, turn gently to coat both sides. Transfer to the prepared tray and set aside at room temperature for about 15 minutes, to puff slightly. Repeat with the remaining ropes.
9. Bake: Place the baking sheet in the pre-heated oven for 20 minutes or until deep golden brown and cooked through. Transfer to a wire rack to cool.
10. Date, fig or carob molasses can also be used



Best Vasilopita

<https://www.themediterraneandish.com/vasilopita-greek-new-years-bread/>

The grated Romano cheese is optional. You can omit it if you want a sweet bread.



INGREDIENTS

For The Dough:

2 1/2 cups granulated sugar
2 tablespoons baking powder
1 cup olive oil
3 cups grated Romano cheese, divided (optional)
½ teaspoon ground cinnamon
2 1/2 cups warm water
8 to 10 cups all-purpose flour, plus more for dusting
2 butter sticks, melted
1 egg yolk
3 tablespoon sesame seeds

Cinnamon Mixture:

1/2 cup cinnamon
1 cup sugar
¼ teaspoon ground cloves
1/2 tsp allspice
1/2 tsp nutmeg

DIRECTIONS

1. Add the sugar, baking powder, olive oil, 1 cup of the grated cheese, and water to the large bowl of a stand mixer attached with a whisk. Whisk on low speed to combine.
2. Remove the whisk and add the hook attachment to the stand mixer.
3. Over medium-low speed, add the flour, one cup at a time. Knead for about 5 minutes or until you have a workable dough (it will be somewhat wet still).
4. Cover the dough with a towel and set aside for now.
5. In a medium mixing bowl, mix together the spices.
6. Prepare and lightly grease the bottom of a 10-inch round springform pan.
7. Divide the dough into 11 equal size portions and form them into balls (you may need to flour your hands or a clean surface to help you shape the dough without sticking).
8. On a clean lightly floured surface, working with one ball of dough at a time, use a rolling pin and roll out the dough to a thin 10-inch round. Place the first round of dough on the bottom of the prepared pan. Brush with the melted butter. Sprinkle generously with the cinnamon mixture and follow with a generous sprinkle of grated romano cheese.
9. Repeat with two more layers of dough. If you're adding the coin for good luck, wash it well and dry it then wrap it in a piece of foil and place it on top of layer of dough you just laid down.

10. Continue shaping the dough balls into 10-inch rounds and layering the dough rounds on top of each other in the pan, making sure to brush each layer with the melted butter and sprinkle with the cinnamon mixture and grated cheese until the very last layer.
11. Lay the last layer of dough on the very top. Combine the egg yolk with 2 tablespoons of water (or milk) and whisk. Brush the last layer of dough with a little melted butter and the egg wash. Finish with a sprinkle of the sesame seeds.
12. Heat the oven to 350 degrees F.
13. Bake on the middle rack for 1 hour and 45 minutes, until the vasilopita is a rich golden-brown. Allow it to cool for about 10 minutes before moving it from the baking pan to a wire rack. Allow to cool completely before slicing.

Tahini-Glazed Carrots

<https://www.domino.com/content/roasted-carrots-recipe-adeena-sussman/>

Serves 4 Makes 1 cup of tahini glaze

INGREDIENTS

1 ½ pounds thin carrots, peeled and trimmed (tricolor if possible)	¼ cup pure tahini paste
2 tbsp extra virgin olive oil	¼ cup freshly squeezed lemon juice
½ tsp kosher salt, plus more to taste	3 tbsp silan (date honey, substitute honey)
½ tsp ground cumin	2 tbsp water, or more as needed
⅓ cup extra virgin olive oil	½ tsp fine sea salt
	¼ tsp cayenne pepper

DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Arrange the carrots on a large rimmed baking sheet and drizzle with the 2 tablespoons of olive oil. Sprinkle with the salt and cumin, shake the pan to coat the carrots, and roast them, turning once midway through, until they have softened and their edges are golden, 25 to 27 minutes.
3. Make the tahini glaze: While the carrots are roasting, whisk the 1/3 cup olive oil, tahini, lemon juice, silan, water, salt, and cayenne in a medium bowl until smooth and pourable, adding an additional tablespoon of water if necessary.
4. Remove the carrots from the oven, transfer them to a serving platter, and drizzle them with the tahini glaze. Using tongs, gently toss to coat.



Baked Sesame Orange Cauliflower

<https://www.halfbakedharvest.com/baked-sesame-orange-cauliflower/>

Servings: 4

INGREDIENTS

1 large head cauliflower, cut into florets	1/2-1 teaspoon chili flakes
3 eggs, beaten	1 cup fresh orange juice + 1 tablespoon orange zest
1 1/4 cups Panko bread crumbs	1/3 cup tamari/soy sauce
2 teaspoons cornstarch	2 tablespoons rice vinegar
1 tablespoon sesame oil	2 tablespoons honey
4 cloves garlic, grated	2 tablespoons toasted sesame seeds
1 tablespoon fresh grated ginger	

DIRECTIONS



1. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
2. Beat the eggs in a large bowl, add the cauliflower and toss well to coat. In a separate bowl add the Panko.
3. Dredge the cauliflower through the crumbs, covering fully. Place on the prepared baking sheet. Repeat with the remaining cauliflower. Bake for 15 minutes, then switch the oven to broil and broil until crisp, 2-3 minutes.
4. Meanwhile, whisk together the corn starch and 2 T water.
5. Heat a large skillet over medium heat. Add the oil, garlic, ginger, and chili flakes. Cook 1-2 minutes. Add the orange juice, tamari/soy sauce, rice vinegar, and honey. Bring to a boil, then whisk in the cornstarch and cook until slightly thickened. Remove from the heat. Toss the cauliflower with the sauce.
6. Serve the cauliflower and sauce over steamed rice with sesame seeds and green onions.

Whole Roasted Lemon Tahini Cauliflower and Sauce

<https://www.thefullhelping.com/whole-roasted-lemon-tahini-cauliflower-and-sauce/>

Total Time: 50 Minutes Yields: 6 Servings

INGREDIENTS

1 medium head cauliflower, 6-7 inches in diameter	1/4 cup lemon juice
1/2 cup tahini	3/4 teaspoon salt
1/3 cup water	1/2 teaspoon smoked paprika
2 cloves garlic, minced	1 tablespoon harissa (optional)

DIRECTIONS

1. Bring a large pot of water to boil and preheat your oven to 400F. Wash the cauliflower and trim its bottom stem.
2. When the water is boiling, transfer the cauliflower to the pot. Reduce the heat to medium low. Simmer the cauliflower for 15-20 minutes, or until the center of the cauliflower can be pierced with a knife (it's OK if the knife doesn't pierce very easily—the cauliflower should be cooked through, but not soft). When the cauliflower is ready, remove the pot from heat. Drain the water and remove the cauliflower. Transfer the cauliflower to a surface that's been lined with a tea towel or hand towel. Carefully (the cauliflower will be hot) use another tea towel to pat the cauliflower dry. You want to dry the surface of the cauliflower as much as possible.
3. Whisk the sauce ingredients together in a small bowl. You should end up with about 1 1/4 cups tahini sauce.
4. Line a baking sheet with parchment. Transfer the cauliflower to the baking sheet. Use a basting brush to cover the whole surface of the cauliflower with the lemon tahini sauce. Be generous! The cauliflower should be well coated.
5. Transfer the baking sheet with the cauliflower to the oven. Bake the cauliflower for 10 minutes, then remove it from the oven and baste it with more sauce. Return the cauliflower to the oven and bake it for another 15-20 minutes, or until the sauce has darkened and the bottom of the cauliflower is starting to brown.
6. Cut cauliflower into six wedges. Serve it with the remaining tahini sauce.



Easy Skillet Zucchini Recipe with Balsamic Reduction

<https://www.themediterraneandish.com/easy-skillet-zucchini-recipe-balsamic-reduction/>

Total Time: 30 minutes

Serves 4



INGREDIENTS

For Balsamic Glaze or Reduction:

1 cup balsamic vinegar

2 tbsp brown sugar

For Zucchini:

2 tbsp olive oil, more if needed

3 medium zucchini, sliced into 1/4"-thick rounds

Kosher salt

pepper

1/2 to 3/4 tsp sweet paprika

Black sesame seeds or toasted sesame seeds

Dried mint or parsley flakes, a handful

DIRECTIONS

1. Make the balsamic glaze or reduction. In a saucepan, heat the balsamic vinegar and brown sugar. Bring to a boil over medium-high heat, then reduce heat to medium-low and let simmer for 20 minutes or so. Remove from heat and let cool for 10 minutes; the balsamic glaze will continue to thicken as it cools (see shortcut option in notes)
2. Meanwhile, in a large pan or skillet, heat 2 tbsp extra virgin olive oil until shimmering but not smoking. Add zucchini rounds and season with salt, pepper and paprika. Saute over medium-high heat, tossing occasionally until zucchini rounds soften and gain some color on both sides (about 7 to 10 minutes)
3. Using a slotted spoon, transfer sauteed zucchini to a serving platter. Drizzle with the prepared balsamic glaze. Sprinkle sesame seeds and dried mint flakes on top. Enjoy warm or at room temperature.

Crispy Broccoli Sweet and Spicy Sesame Tahini Noodles

<https://www.ambitiouskitchen.com/vegan-tahini-noodles/>

Total Time 30 Mins Serves 4

INGREDIENTS

For the sweet and spicy sauce:

- 3 tablespoons low sodium soy sauce
- 1/3 cup tahini
- 2-3 Tbsp brown sugar
- ½ Tbsp rice vinegar
- 1 Tbsp fresh grated ginger
- 2 cloves garlic, minced
- 1-2 Tbsp hot chili paste (such as sambal oelek)
- 2-4 Tbsp water, to thin the sauce

For the broccoli:

- 1 Tbsp sesame oil (preferably toasted)
- 1 large head of broccoli, chopped into florets (about 4-5 cups broccoli florets)
- Freshly ground salt and pepper

10 ounce rice noodles (substitute spaghetti or linguine)

Red pepper flakes, if you want it extra spicy

Toasted sesame seeds



DIRECTIONS

1. in a medium bowl, whisk together the soy sauce, tahini, brown sugar, rice vinegar, ginger, garlic, hot chili paste and water together. You want the sauce to be pourable and fairly thin, like a salad dressing, it will thicken as it sits a bit. Set aside.
2. Add 1 Tbsp sesame oil to a large pot and place over medium heat. Add in broccoli florets, season with a little salt and pepper and cook, stirring frequently, for 6-8 minutes

or until broccoli is slightly tender but still has a bite. The broccoli should get somewhat charred and slightly golden and crispy in places.

3. While the broccoli is cooking, make your rice noodles according to the directions on the package. Then drain and set aside.
4. Combine broccoli, rice noodles and the tahini sauce. Toss well to combine and coat the noodles and broccoli with the sauce. Garnish with sesame seeds and extra red pepper flakes if you want it a little spicier.

Wild Rice Salad with Green Goddess Tahini

<https://somethingnutritiousblog.com/wild-rice-salad-with-green-goddess-tahini/>

Servings 6 Total time 1 hour 5minutes

INGREDIENTS

1 cup uncooked wild rice blend
1/2 tsp salt
2 medium sweet potatoes
2 tbsp olive oil
1/2 tsp salt
1/2 tsp garlic powder
1/4 tsp cinnamon

Salad Toppings

1/3 red onion, thinly sliced
1/3 cup finely chopped walnuts
1/2 cup pomegranate seeds
2-3 cups arugula
1/2 cup crumbled feta or goat cheese

Green Goddess Tahini

1/2 cup tahini
1/2 cup + 2 tbsp water
2 tbsp olive oil
2 cloves of garlic
1/3 cup parsley
1/3 cup basil
1/4 cup mint leaves
1 tsp honey
Juice from 1/2 lemon, about 2 tbsp
Salt to taste, about 1/2 tsp



DIRECTIONS

1. Preheat your oven to 375 F.
2. Rinse the sweet potatoes and cut them into cubes. Toss them together with the 2 tbsp of olive oil, salt, garlic powder and cinnamon. Bake for 45 minutes, flipping halfway through.
3. Prepare your rice as instructed on package. Once ready, set aside.
4. While the rice and the sweet potatoes cook, prepare the green tahini sauce by blending all of the sauce ingredients together in a blender until smooth. Add more water by the tablespoon if needed to thin it out.
5. Once the rice is ready, season it with salt.
6. Transfer your rice to a large shallow serving dish, and start layering your toppings starting with the arugula, then sweet potatoes, onions, feta cheese, walnuts, and pomegranate seeds.

7. When ready to serve, drizzle your tahini dressing over the top, and serve the dish cold or at room temperature! Mix the tahini in only when ready to serve.
8. Leftovers will stay fresh in the fridge for up to 1 week. Store the rice mixture in an airtight container, and the tahini in a separate container.

Fried Feta with Honey and Sesame

<https://www.themediterraneandish.com/fried-feta-cheese/>

INGREDIENTS

- 2 eggs
- ¼ cup all-purpose flour
- ½ cup toasted sesame seeds, more as needed
- 1 8-ounce block Athenos traditional chunk feta, this one
- Extra virgin olive oil
- 1/4 cup Honey, more to your liking

DIRECTIONS

1. Break the eggs in a shallow bowl. Add 1 to 2 tablespoons water. Whisk to combine.
2. In another shallow bowl add the flour, then add the sesame seeds in a third shallow bowl right next to the flour.
3. Slice the block of feta into ½-inch thick slices.
4. Take one slice of the feta and roll it in the flour, covering all sides. Dip the feta in the egg mixture, then roll it in the prepared sesame seeds. Set aside. Repeat until all the feta slices are covered in the egg, flour, and sesame seeds.
5. In a cast iron skillet, add olive oil to cover the bottom of the skillet by about 1 inch.
6. Heat the olive oil over medium-high heat until shimmering. Add the feta cheese slices so that they are each touching the hot bottom of the skillet. Fry on one side until golden brown, then turn over and fry on the other side until golden brown and crusty. Transfer the fried feta to a tray or plate lined with paper towel to drain excess oil.
7. To serve, transfer the feta to a plate and drizzle with warmed honey (I simply warm the honey in a small skillet, and I like to add a dash of red pepper flakes). Serve warm.



Sweet 'n' Tangy Chicken Wings

<https://www.tasteofhome.com/recipes/sweet-n-tangy-chicken-wings/>

Total Time Prep: 20 min. Cook: 2-1/4 hours Makes 2 dozen



INGREDIENTS

12 chicken wings (about 3 pounds)
1/2 teaspoon salt, divided
Dash pepper
1-1/2 cups ketchup
1/4 cup packed brown sugar
1/4 cup red wine vinegar
2 tablespoons Worcestershire sauce
1 tablespoon Dijon mustard
1 teaspoon minced garlic
1 teaspoon liquid smoke, optional
1-2 Tbsp sesame seeds

Optional: Sliced jalapeno peppers, finely chopped red onion

DIRECTIONS

1. Using a sharp knife, cut through the 2 wing joints; discard wingtips. Sprinkle chicken with a dash of salt and pepper. Broil 4-6 in. from the heat until golden brown, 6-8 minutes on each side. Transfer to a greased 5-qt. slow cooker.
2. Combine the ketchup, brown sugar, vinegar, Worcestershire sauce, mustard, garlic, liquid smoke if desired, and remaining salt; pour over wings. Toss to coat.
3. Cover and cook on low until chicken is tender, 2-3 hours. Top with sesame seeds and If desired, jalapenos and onion to serve.

Zaatar Chicken with Green Tahini Sauce & Broccolini

<https://www.feastingathome.com/zaatar-chicken-with-green-tahini-sauce/>

Substitute tofu for a vegan dish

Total Time: 45 Minutes Yield: 2

INGREDIENTS

2 4 to 6 ounce pieces chicken
6-8 ounces broccolini (broccoli rabe)
1 tablespoon olive oil, divided
generous pinch salt and pepper
1 tablespoon za'atar spice blend (substitute dried oregano)
zest from one lemon

Spring Green Tahini Sauce

- 3/4 cup water
- 3 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 fat garlic cloves
- 2–3 thin slices jalapeno (optional, or use cayenne to taste)
- 1 small bunch cilantro (small stems ok, substitute Italian parsley)
- 1/2 cup tahini paste
- 1/4 teaspoon salt, more to taste



DIRECTIONS

1. Heat oven to 425F
2. Place chicken on one side of a parchment-lined sheet-pan. Brush chicken with olive oil and sprinkle both sides with salt. Sprinkle the top with a generous amount of zaatar spice – 1 teaspoon, per piece of chicken.
3. In a medium bowl, toss the broccolini with 1-2 teaspoons of olive oil, season with salt and pepper and 1 teaspoon lemon zest. Place it next to the chicken on the sheet-pan.
4. Place all in the oven to bake and check the broccolini after 12-15 minutes. Using tongs, remove it to a plate and cover with foil.
5. Continue cooking the chicken until it is cooked through, keeping in mind that bone-in, skin on chicken thighs and legs will take longer to bake (30-40 minutes) than boneless skinless chicken breasts (20-30 minutes) Tofu filets will take 25-30 minutes.
6. While this is roasting, make the Spring Green Tahini Sauce. Place all the ingredients in a blender except the tahini paste. Blend until smooth. Then add the tahini paste, blend again until smooth. Taste, adjust salt and lemon. You will not need all the sauce so save some in a mason jar in the fridge to drizzle over buddha bowls, veggies and salads during the coming week.

Lamb Kofta Kebabs with Turmeric Tahini Sauce

<https://whatjewishwannaeat.com/lamb-kofta-kebabs-with-turmeric-tahini-sauce/>

Total Time 1 hour, 40 minutes Servings 4 kebabs

INGREDIENTS

- | | |
|--------------------------------|--|
| 1 small white onion | 1 tbsp grapeseed oil or other neutral oil, plus more for basting |
| 1 pound ground lamb (80% lean) | 1 tsp potato starch or fine bread crumbs |
| 1 large egg | |
| 4 cloves garlic | |
| 1 ½ tsp kosher salt | 4 pitas |
| 1 tsp cracked black pepper | Turmeric Tahini Sauce (recipe below) |
| 1 tsp sumac | Chopped cucumbers and tomatoes |
| 1 tsp turmeric | 2 tbsp mint leaves (optional) |

DIRECTIONS

1. In a food processor, chop the onion until very fine. Remove the onion to a towel and squeeze out all the water until it is very dry.
2. Place the dry onion back in the food processor and add in remaining ingredients: lamb, garlic, salt, pepper, sumac, turmeric, oil and potato starch. Pulse until the mixture is combined and you have a meaty paste. Do not over-mix. Refrigerate for one hour for flavors to meld.
3. While your mixture is chilling, make the tahini sauce (recipe below) and chopped vegetables.
4. When ready to grill, pre-heat your grill over medium-high heat. Set aside some oil with a brush for basting.
5. Divide the meat in four portions and form around skewers into a tubular shape. You can use metal or wood, just make sure to soak the wood so they don't burn. We put a few food skewers together because these are thick! They stay extra juicy that way.
6. Grill for 3-4 minutes on each of the four sides until meat is cooked through, basting periodically with oil. If you like, grill your pita for a minute to heat and add some char.
7. Serve immediately with pita, turmeric tahini sauce, chopped vegetables, mint, or whatever you like!



Turmeric Tahini Sauce

Prep time 10 minutes

INGREDIENTS

2 tablespoons tahini paste
1/4 cup mayonnaise (or Greek yogurt)
1/2 lemon juiced
1 tablespoon extra virgin olive oil
½ teaspoon turmeric
Water to thin
Salt and pepper to taste

DIRECTIONS

Mix together tahini, mayonnaise or Greek yogurt, lemon juice, olive oil and turmeric in a medium bowl or a food chopper and add enough water to get a thick but runny texture. Season with salt and pepper to taste.

Crockpot Thai Basil Beef

<https://www.halfbakedharvest.com/crockpot-thai-basil-beef/>

Servings: 6



INGREDIENTS

1 1/2 pounds ground beef or chicken or pork
black pepper
6 cloves garlic, chopped
2 teaspoons ground ginger
1 teaspoon Chinese 5 Spice
1/2 cup tamari or soy sauce
1/2 cup Thai chili sauce (homemade in notes)
2 red bell peppers, sliced
2 cups chopped broccoli
1 cup cilantro, chopped
1/2 cup Thai basil, chopped
3-4 cups steamed rice
1/3 cup chopped roasted peanuts
2 tablespoons toasted sesame seeds

DIRECTIONS

1. Set your crockpot to high. Drop in the raw meat and break it up with a fork. Add the garlic, ginger, Chinese 5 spice, tamari/soy sauce, Thai chili sauce, and season with pepper. Stir, breaking up the meat. Add the red peppers. Cover and cook on low for 4-6 hours or on high for 2-3 hours.
2. During the last 20 minutes of cooking, crank the heat to high. Stir in the broccoli, cilantro, and basil. Let cook on high until the the sauce thickens slightly and the broccoli is steamed.
3. Divide the rice among bowls and top with sesame seeds. Spoon the beef and sauce over the rice. Add peanuts and additional basil.

NOTES

Homemade Sweet Thai Chili Sauce: Mix 1/3 cup honey, 2 tablespoons ketchup, 1-2 tablespoons chili sauce, 2 teaspoons lime zest, 2 tablespoons lime juice, 1 tablespoon rice vinegar, 2 teaspoons tamari or soy sauce, 1 tablespoon grated ginger, and 1 clove grated garlic in a glass jar. Shake or stir well. Use as directed.

Chocolate Tahini Rugelach

<https://www.dinnerwithjulie.com/2018/12/23/chocolate-tahini-rugelach/>

Servings: 4 dozen rugelach

INGREDIENTS

Dough:

- 1 cup butter, at room temperature
- 1 8 oz pkg cream cheese, at room temp
- 1/4 cup sugar
- 1/4 tsp salt
- 2 cups all-purpose flour

Filling:

- 1/2 cup tahini
- 1/4 sugar
- 1 tsp cinnamon
- 1/2 cup chopped dark chocolate



DIRECTIONS

1. In a large bowl, beat the butter, cream cheese, sugar and salt until smooth and creamy; add the flour and beat on low speed until you have a soft dough.
2. Divide the dough into quarters and let rest for 10 minutes, or wrap and refrigerate for an hour, or overnight. When you're ready to bake, preheat the oven to 350°F.
3. On a lightly floured surface, roll each piece out into a 10-inch circle. Spread with a spoonful of tahini (about 2 Tbsp). In a small bowl, stir together the sugar and cinnamon, and sprinkle about 1 Tbsp otop. Sprinkle with dark chocolate.
4. Cut the circle into quarters, and then each quarter into three, making 12 wedges. Roll each one up like a croissant, and place on a parchment-lined baking sheet. Bake for 15-20 minutes, or until golden. Makes 4 dozen rugelach.

Sesame Tahini Crispy Cookies

Debra's Natural Gourmet

Makes 12 cookies

INGREDIENTS

- 1/4 c tahini
- 4 T maple syrup
- 1 T water
- 1 c sesame flour (substitute almond flour)
- 1/4 t good salt
- 1 t vanilla extract
- 3 T each brown and black sesame seeds

DIRECTIONS

1. Preheat oven to 350. Grease or line two cookie sheets.
2. In a bowl, whisk tahini, maple syrup, water and vanilla together. Add remaining ingredients and mix well with a spoon.
3. Divide batter into 12 pieces, Each cookie is about 2 T. Mix sesame seeds on a rimmed platter and press each ball into the seeds, flattening them as you press. Place cookies on your baking sheet. Press more to flatten.
4. Bake cookies for 5 minutes. Turn the trays and bake another 5 minutes. Remove cookies from the oven and cool on the trays. These cookies freeze well.

Adeena Sussman's Chewy Tahini Blondies

<https://www.thekitchn.com/tahini-brownie-recipe-adeena-sussman-23317099>

Tahini adds depth and complexity to these blondies that get better and better as they sit.

Yield 16 blondies Cook Time 25 minutes to 30 minutes

INGREDIENTS

- 1/2 cup (1 stick) unsalted butter, melted and cooled (or olive oil or vegetable oil) plus more for buttering the pan
- 1 1/4 cups all-purpose flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon ground cardamom (or more to taste)
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons lightly toasted black sesame seeds
- 2 tablespoons lightly toasted white sesame seeds
- 1 1/4 cups lightly packed light brown sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup pure tahini paste



DIRECTIONS

1. Preheat the oven to 350°F. Butter an 8-inch square baking pan, then line the pan with 2 crisscrossing strips of parchment paper, buttering between each layer and leaving a 2-inch overhang on all sides. Butter the top and sides of the parchment.
2. In a medium bowl, whisk together the flour, baking powder, cardamom, salt, pepper, and the black and white sesame seeds. In another medium bowl, whisk together the brown sugar, 1/2 cup melted butter, eggs, and vanilla until smooth. Fold the dry ingredients into the wet ingredients until just incorporated, then fold in the tahini until smooth.
3. Pour the batter into the prepared pan and bake until golden on the outside and the center doesn't jiggle but is still soft, 25 to 30 minutes. Remove from the oven, cool in the pan, and cut into 16 equal squares.

Chewy Pumpkin Mochi Cake

<https://www.snixykitchen.com/black-sesame-pumpkin-mochi-cake/>

Servings: 16 Mochi Squares



INGREDIENTS

1½ cups + 2 tablespoons (256 g) sweet rice flour, also called mochiko - different from "white rice flour" or "brown rice flour"

½ cup (100 g) light or dark brown sugar

½ cup (100 g) granulated sugar

1 teaspoon baking powder

1 teaspoon ground cinnamon

¼ teaspoon freshly grated nutmeg

⅛ teaspoon ground ginger

⅛ teaspoon ground cloves

⅛ teaspoon kosher salt

¾ cup + 2 tablespoons canned pumpkin puree

¾ cup full-fat canned coconut milk

3 large eggs

¼ cup unsalted butter, melted and slightly cooled

½ teaspoon pure vanilla extract

2½ - 3 tablespoons black sesame seeds

Optional: 1 tablespoon powdered sugar, for dusting

DIRECTIONS

1. Butter an 8x8 baking pan. Line the pan with parchment paper, folding the paper over the edges, and lightly butter the parchment paper.
2. Preheat the oven to 350°F.
3. In a medium bowl, whisk together the sweet rice flour, brown sugar, granulated sugar, baking powder, cinnamon, nutmeg, ginger, cloves, and salt.
4. In the bowl of a stand mixer fitted with a paddle attachment, or in a separate bowl with a hand mixer or hand whisk, mix together the pumpkin purée, coconut milk, eggs, butter, and vanilla until completely smooth.
5. Slowly mix the dry ingredients into the wet ingredients, and beat vigorously until completely smooth. Fold in the black sesame seeds and pour the batter into the prepared pan.
6. Bake in on the middle rack of the oven for 75-80 minutes, until the top has developed a slight crust and the mochi is completely set and bounces back when touched.
7. Let cool in the pan for 10 minutes before using the parchment paper to transfer to a wire rack to cool completely, at least 25 minutes. Cut into 16 squares. (It's easiest to cut when cooled, using a knife buttered and dusted with sweet rice flour or potato starch).
8. Dust the top of the mochi squares with powdered sugar. Store for up to 3 days in an airtight container at room temperature (the longer they sit, the softer the top crust will get and the powdered sugar might need to be reapplied before serving).

Black Sesame Seed Ice Cream

<https://food52.com/recipes/34129-black-sesame-seed-ice-cream>

INGREDIENTS

1 1/2 ounce cream cheese,
softened (3 tablespoons)
1/4 teaspoon fine sea salt
5 tablespoon black sesame seeds
2 cup whole milk
1 tablespoon plus 1 teaspoon
cornstarch
1 1/4 cup heavy cream
1/2 cup sugar
2 tablespoon light corn syrup
1 inch of a vanilla bean, split and
scraped



DIRECTIONS

1. In a medium-large bowl, whisk the cream cheese and salt until blended and smooth.
2. Fill a large bowl with ice.
3. Toast the black sesame seeds in a skillet over medium heat, shaking the pan occasionally. They are done when they start to smell nutty, about 3 to 5 minutes. Remove the pan from the heat and dump the seeds into a small food processor.
4. Process the sesame seeds until they are finely ground and start to release their oil, getting past the point where you are just looking at ground sesame seeds—to the point where they stick to the sides of the food processor bowl (more than 1 minute.)
5. In a small bowl, whisk together about 2 tablespoons of the milk with the cornstarch to make a smooth slurry.
6. In a large (4+ quart) saucepan, combine the remaining milk, the cream, sugar, corn syrup, processed black sesame seeds, and the scraped vanilla seeds. Whisk the mixture together, bring to a rolling boil over medium-high heat, and boil for 4 minutes.
7. Remove the mixture from the heat and gradually whisk in the cornstarch slurry. Then return the saucepan to the heat, bring it back to a boil over medium-high heat, and cook about 1 minute, stirring until the mixture is slightly thickened. Remove from the heat.
8. Gradually whisk the hot milk mixture into the cream cheese until smooth. Pour the mixture into a 1-gallon freezer zip-top bag.
9. Submerge the sealed bag in the bowl of ice and let it stay there until cold, adding more ice as necessary, for about 30 minutes.
10. Pour the cold ice cream mixture into the ice cream maker and spin until thick and creamy.
11. Pack the ice cream into a storage container and freeze in the coldest part of your freezer until firm, at least 4 hours.

ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>
<https://www.tasteofhome.com/recipes/sesame-herb-pull-apart-bread/>
<https://www.tasteofhome.com/recipes/cranberry-sesame-spinach-salad/>
<https://www.tasteofhome.com/recipes/crab-rangoon-cheese-ball/>
<https://somethingnutritiousblog.com/sweet-potato-feta-bowls-with-harissa-tahini/#wpzoom-premium-recipe-card>
<https://www.inspiredtaste.net/24825/baba-ganoush-recipe-roasted-eggplant-dip/>
<https://www.carolinescooking.com/farro-salad-with-roasted-squash-radicchio-and-lemon-tahini-dressing/>
<https://minimalistbaker.com/tahini-stuffed-dates-aka-tahini-bombs/>
<https://www.acouplecooks.com/fudgy-flourless-brownie-pie/>
<https://souvlaforthesoul.com/tahini-cake-recipe/>
<https://bromabakery.com/liquid-gold-tahini-hot-chocolate/>
<https://www.dimitrasdishes.com/tahini-halva/>
<https://debrasnaturalgourmet.com/smashed-potato-salad-with-tahini-maple-ginger-dressing/>
<https://www.npr.org/2013/10/30/241696949/black-sesame-seeds-can-be-so-much-more-than-a-decoration#Cake>
<https://www.npr.org/2013/10/30/241696949/black-sesame-seeds-can-be-so-much-more-than-a-decoration#Noodles>
<https://onolicioushawaii.com/black-sesame-pudding/>
<https://www.kingarthurbaking.com/recipes/black-sesame-halva-coffeecake-recipe>
<https://ladyandpups.com/2015/01/07/black-sesame-and-ginger-chicken-noodle-salad/>
<https://www.k33kitchen.com/recipes/cold-soba-noodles-tofu-sesame-sauce/>
https://www.bbc.co.uk/food/recipes/chicken_bao_68011
https://www.simplyrecipes.com/recipes/sesame_brittle/
<http://www.staceysnacksonline.com/2022/10/amazing-apple-tart-with-tahini.html>
<https://thefeedfeed.com/eatwkriss/vegan-chinese-pumpkin-cakes>

New York Times (subscription)

<https://cooking.nytimes.com/recipes/1020274-sweet-potatoes-with-tahini-butter>
<https://cooking.nytimes.com/recipes/1023019-cauliflower-shawarma-with-spicy-tahini>
<https://cooking.nytimes.com/recipes/1025924-tahini-apple-tart>
<https://cooking.nytimes.com/recipes/1020090-spinach-and-cilantro-soup-with-tahini-and-lemon>
<https://cooking.nytimes.com/recipes/1020706-roasted-fish-with-lemon-sesame-and-herb-bread-crumbs>

SHARING RESULTS

We'll have a potluck buffet and discussion on Saturday, October 25 @ 12 pm.

This document can be found at <https://www.maynardpubliclibrary.org/spice>.