



Spice Up Your Winter!
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>

A Note about Ingredients

The sesame seeds in your sample are raw, hulled and organic from Debra's Natural Gourmet. The tahini is roasted and non-GMO. The brand is Sesame King, found at Stop & Shop. Please keep refrigerated until use.

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

<https://www.adeenasussman.com/tahini-smoothie>

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)



INSTRUCTIONS

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

INSTRUCTIONS

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)

INSTRUCTIONS

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.

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	

INSTRUCTIONS

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>

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-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)
- 2 tbsp extra virgin olive oil
- ½ tsp kosher salt, plus more to taste
- ½ tsp ground cumin
- ⅓ cup extra virgin olive oil
- ¼ cup pure tahini paste
- ¼ cup freshly squeezed lemon juice
- 3 tbsp silan (date honey, substitute honey)
- 2 tbsp water, or more as needed
- 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.



Smashed Potato Salad with Tahini-Maple-Ginger Dressing

<https://debrasnaturalgourmet.com/smashed-potato-salad-with-tahini-maple-ginger-dressing/>

Prep Time: 10 minutes | Cooking Time: 25 minutes | Serves: 8

INGREDIENTS

Potatoes

3 lbs mini-potatoes, mixed colors

4-5 Tbsp high quality olive oil

Toppings

2 scallions, thin-sliced on the bias

1 jalapeno or sweet pepper, thinly sliced

¼ cup fresh mint leaves, torn

½ cup fresh cilantro, chopped

¼ cup roasted peanuts



Ginger-Tahini Sauce

2 Tbsp lime juice

1½ Tbsp toasted sesame oil

¼ cup tahini

1 Tbsp tamari or coconut amino

2 tsp maple syrup

1- inch piece ginger, grated

3 garlic cloves, finely minced

2 tablespoons ice water

DIRECTIONS

1. Cover potatoes with cold water, add 2 Tbsp salt, and bring to a boil. Reduce heat, simmer until tender but not soft, around 12-15 minutes. Drain, and pat dry.
2. Smash – not *mash* – the potatoes with half the oil. Place in an edged pan with about half the oil and *press* (not *poke*!) with a fork so the sides burst but they're still mostly intact. Toss with remaining oil.
3. Crisp the potatoes under the broiler for 8-10 minutes, or bake at 425 for 30 minutes.
4. In a medium bowl, whisk the dressing ingredients except water until relatively smooth. Add the ice water and whisk again until thick but pourable. Salt as needed.
5. Let potatoes cool slightly and then toss with dressing. Place on your serving platter and scatter the toppings.

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

Lemon Tahini Sauce

1/2 cup tahini
1/3 cup water
2 cloves garlic, minced
1/4 cup lemon juice
3/4 teaspoon salt

1/2 teaspoon smoked paprika
1 tablespoon harissa (optional)



INSTRUCTIONS

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.

Baked Sweet Potato Fries with Tahini Dip

<https://hungrybynature.com/baked-sweet-potato-fries-tahini-dip/>

Total Time: 35 mins Yield: 2 large servings

INGREDIENTS

- 2 large sweet potatoes
- 1 1/2 Tablespoons olive oil
- 1/2 teaspoon cumin
- Salt & pepper, to taste

For the tahini dip:

- 1/4 cup Greek yogurt
- 2 Tablespoons tahini
- 1 clove garlic, pressed or minced
- 1 Tablespoon water, to thin
- Splash of lemon juice
- Drizzle of olive oil
- Salt & pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 425 degrees F.
2. Cut sweet potatoes into wedges that are roughly the same size. Place on a baking sheet and toss with olive oil, cumin, salt, and pepper.
3. Roast for 30 minutes (make sure the fries are not touching), flipping halfway through.
4. As the sweet potatoes are roasting, combine the Greek yogurt, tahini and garlic in a bowl. Stir to combine. Add water to thin and the splash of lemon juice. Sprinkle with salt and pepper and drizzle with olive oil. Stir to combine.



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 tablespoons brown sugar
- 1/2 tablespoon rice vinegar
- 1 tablespoon fresh grated ginger
- 2 cloves garlic, minced
- 1-2 tablespoons hot chili paste (such as sambal oelek)
- 2-4 tablespoons water, to thin the sauce

For the broccoli:

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

For the noodles:

- 10 ounce rice noodles (substitute spaghetti or linguine)

For serving:

- Red pepper flakes, if you want it extra spicy
- Toasted sesame seeds



INSTRUCTIONS

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 tablespoon 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.

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



INSTRUCTIONS

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)

INSTRUCTIONS

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

INSTRUCTIONS

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.

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.

Sesame Brittle

https://www.simplyrecipes.com/recipes/sesame_brittle/

Total Time 15 Mins Servings 10

INGREDIENTS

- 3/4 cup sugar
- 1/4 cup honey
- Pinch salt
- 1/4 teaspoon ground nutmeg
- 1 tablespoon water
- 1 cup raw sesame seeds
- 1 teaspoon vanilla extract
- 2 teaspoons unsalted butter
- 1/4 teaspoon baking soda



DIRECTIONS

1. Put the sugar, honey, salt, nutmeg, and water into a small (1 1/2 quart), thick-bottomed saucepan. Heat on medium heat and stir until a smooth slurry is formed.
2. Stir in the raw sesame seeds
3. Cook the sesame mixture, stirring often, until the mixture turns an amber caramel color, about 5 to 10 minutes.
4. If you have a candy thermometer, the temp should be 300°F. At this point, remove the pan from the heat. Stir in the vanilla extract and the butter.
5. Once the butter has completely melted into the mixture, stir in the baking soda. The mixture will foam up a bit after you stir in the baking soda, as the baking soda reacts with the acid from the caramelization of the sugar.
6. Pour the mixture out onto a Silpat-lined baking sheet or buttered baking sheet
7. Once completely cooled and hardened (about 15-20 minutes), break into pieces

Sesame Tahini Crispy Cookies

Debra's Natural Gourmet

Makes 12 cookies

INGREDIENTS

- ¼ c tahini
- 4 T maple syrup
- 1 T water
- 1 c sesame flour (substitute almond flour)
- ¼ t good salt
- 1 t vanilla extract
- 3 T each brown and black sesame seeds (or all brown)

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 if you really like this flavor)
- 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



INSTRUCTIONS

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.

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://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://bromabakery.com/liquid-gold-tahini-hot-chocolate/>
<https://www.dimitrasdishes.com/tahini-halva/>

SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) @maynardpubliclibrary using #maynardspiceclub.

We'll have a potluck buffet and discussion on Saturday, January 21 @ 12 pm.

To see other food resources and register to receive email updates about kits and meetings, visit <https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.