

Sesame Seed (Sesamum indicum)

Use 2-4 tbs for 4 servings

Description

Sesame is the nutty flavoured, normally cream coloured, oval seed of the fruit pod of a tropical tree.

Sesame Seeds complement - chicken, stir-fries, dips, bread rolls, biscuits, pastry, salads.

Did you know?

The password 'Open Sesame' from the tale of Ali Baba was probably inspired by the sharp popping sound and spring-like action of a ripe Sesame pod opening. Sesame Seed is often cultivated for its oil which is excellent in cooking. The Babylonians made cakes, wine and brandy from Sesame Seeds and used the oil for cooking and toiletries. Sesame Seeds are believed to be slightly laxative.

Quality

Sesame Seeds should be pearly white and even sized with a fresh nutty flavour.

Usage

To increase the nutty flavour of Sesame Seeds, toast or dry fry them gently until they turn a light golden brown colour. In the West we use Sesame Seeds mainly as a garnish for bread and cakes. Tahini is a paste of ground Sesame Seeds . Mixed with Garlic and lemon juice it makes a mouth-watering dip for chunks of bread and fresh vegetables.

Sprinkle Sesame Seeds into stir-fries for texture and flavour.

In Tunisia, almond and sesame pastry or samsa is a very sweet dessert made with Sesame Seeds, almonds, sugar, rosewater and lemon.

In the Middle East, samakah harah is a fish dish prepared with a sauce made from crushed Sesame Seeds, Garlic and lemon juice.



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