

Recipes



Sesame - *Sesamum indicum*

Tips for Use:

- For best flavor, toast 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.
- 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 the main ingredient in humus.
- 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.
- Refrigerate sesame oil to prevent it from turning rancid.

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

⅓ cup unseasoned rice vinegar

1 tablespoon finely grated peeled ginger

1 tablespoon fresh lime juice

1 tablespoon tahini

Kosher salt, freshly ground pepper

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
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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

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.

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

Katherine K. Schlosser, HSA North Carolina Unit
The Herb Society of America’s Essential Guide to [Growing and Cooking with Herbs](#)

**Do you have a recipe using sesame seeds or oil to share?
Please send it to Educator@herbsociety.org**