

Newsletter - September 2016

Products

Soom Tahini

Soom tahini is a yummy tahini. Recommended by many chefs, it is made in Israel from Ethiopian White Humera sesame seeds without added salt or oil. Soom Foods is a Philadelphia-based, tahini company started by three sisters. It is not widely available at stores in the USA but you can order it online at soomfoods.com and at amazon.com



Sesame Tahini - 11 oz. 2-pack for \$16.50 with free shipping from soomfoods.com

Recipe of the Month

Low Amine/Benzoate, can be made to be low in Salicylates if you delete the black pepper and the dill

Tahini Ranch Dressing

Yield: 2 cups

Ingredients:

- 1 cup smooth liquid tahini (like Soom)

- ½ cup lime juice
- ½ cup water
- ½ teaspoon garlic powder
- 2 tablespoons maple syrup
- 1 tablespoon olive oil
- Salt and freshly ground black pepper to taste
- 1/3 cup finely chopped dill
- 1/3 cup finely chopped chives
- 1/3 cup finely chopped parsley

Preparation:

In a medium bowl, use a spatula to mix the tahini with the lime juice. The mixture will thicken. Gradually add water, and keep mixing; the tahini will soon become creamy. Add the garlic powder, maple syrup and olive oil. Season with salt and pepper (the dressing may need up to 1 teaspoon of salt). Finally, add the herbs. The dressing can be use immediately although it will taste even better the next day and will keep in the fridge for up to a week.

You can use it as a salad dressing for green salads or cold noodle salads or as a sauce on roasted potatoes and meat/poultry/fish.

Adapted from the New York Times Magazine 8/28/16 and Julia Goldberg

Thoughts

In the United States tahini is often only used to make hummus. Around the world it is eaten many different ways. It can be a spread on bread either alone or topped with something sweet. It is great as part of a cooking sauce for meat and fish. In East Asia, sesame paste is a major condiment used in dry noodles (hot or cold). You can also add it to your smoothies and protein shakes.

Tahini is a paste made from ground sesame seeds. It is also called sesame paste or sesame butter. Tahini made from unhulled sesame seeds (sesame butter) is more nutrient-rich than tahini made from hulled seeds, but it is also more bitter. Raw (non-roasted) tahini is higher in nutrient content than tahini from roasted sesame seeds but it also can be more bitter. Because of tahini's high oil content refrigeration is

recommended. To avoid having to stir tahini before using, try storing it upside down in the refrigerator.

Sesame seeds provide many nutrients including more phytosterols (in the form of lignans) than all other nuts and seeds. Lignans have been shown to have a cholesterol-lowering effect in humans, and to prevent high blood pressure and increase vitamin E supplies in animals.

It is difficult for the body to absorb the nutrients from sesame seeds due to their hard outer layer. So eating them in the paste form allows the body to better absorb the nutrients.

You can be sensitive to sesame seeds. If you have a tree nut allergy you are more likely to be sensitive.

Because of the fat content, tahini is very high in calories. As with other nut and seed butters moderation is key, a couple of tablespoons is a good serving size.

Nutrition Information

2 tablespoon serving of tahini from roasted sesame seeds

178 calories

16 grams fat

6 grams carbohydrates (3 grams of fiber and 0 grams of sugar)

5 grams protein

Sesame seeds are an excellent source of copper, a very good source of manganese, and a good source of calcium, phosphorus, magnesium, iron, zinc, molybdenum, vitamin B1 and selenium.
