

Recipe No. 30/2016

# Tahini

Something very useful as a stand-by ingredient and so simple in the Thermomix, is tahini. Made from sesame seeds and oil, it is used as a base for many middle eastern dishes or get creative and add other ingredients and use as a dip. We have given you a very simple tahini paste as a base to give you the option to dress up or use as is.

NB: Suitable for both TM5 and TM31

## Ingredients

150 g sesame seeds  
15 g oil, may increase this  
Salt to taste, (optional)



## Method

1. Place sesame seeds into TM bowl and dry-roast **8-10 min/100°C/speed 1**. Allow to cool slightly.
2. Add oil and purée **25 sec/speed 10**. Using TM spatula, scrape down sides of the bowl. Check consistency. Should a runnier paste be required, add more oil and blend a further **10 sec/speed 9**. This may be repeated until preferred consistency has been achieved.
3. Bottle in a sterilised jar and store in the refrigerator. Use as required.

## Cooks's notes

- Don't toast the seeds, use raw.
- May use natural, hulled, unhulled or black sesame seeds which will affect the finished taste and colour.
- Use a mild oil such as light olive oil, canola, sesame or grape seed.
- Milling the seeds first, **25 sec/speed 10**, then adding the oil will give a smoother texture.

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