



Lynn demonstrates how to make Homemade Tahini. This is a sesame paste that is used in hummus. It is super easy to make at home.

Ingredients:

Makes ½ -1 cup, depending on the amount of oil used

- 1 cup sesame seeds
- 2 tablespoons or more mild olive oil, a neutral oil, such as grapeseed and/or a small amount of sesame oil
- Salt (optional)

Toast the sesame seeds by placing them in a preheated 350° oven on a rimmed baking sheet. Stir them once or twice and roast until they are lightly colored (not brown) and fragrant, about 5 minutes. Transfer them to a large plate or tray to cool completely.

Place the sesame seeds in a food processor. Process for 2-3 minutes until the sesame seeds form a crumbly paste.

Add 2 Tablespoons of the oil to the processor and process for 1-2 minutes, scraping down the sides of the bowl, as necessary, until the mixture forms a thick and fairly smooth paste.

For a thinner Tahini, add more oil, 1-2 Tablespoons at a time and process until you reach your desired consistency.

Add salt, if using.

Homemade Tahini by Lynn's Recipes

Store the Tahini in a jar or other airtight container in the refrigerator for a month or longer. If the mixture separates, give it a stir to redistribute the oil.

[Link to Hummus Recipe](#)

[Link to Homemade Pita Chips](#)

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