

Bob's Tahini

Ingredients

- 1 Cup Sesame Seeds
- 2 Tablespoons or more of Mild Light Oil like grapeseed, sesame seed, almond or a very light (not extra virgin) olive oil (optional)

About the seeds: Make sure they are fresh or not gone rancid. Although there are extended dates on sesame seeds, they actually don't last that long. You should always store your sesame seeds in the freezer to help keep their freshness. Take a few out and give them a taste, give them a chew. They should not taste or smell rancid nor be bitter.

Now about the oil: As Tahini takes the flavor of the seeds and the oil; you don't want to detract from the taste of the seeds. Some of the heavier oils would not only change the taste, but can also add a bitter tinge that you may not like. The way to know before you mix is to taste the oil straight. Just put a little on a spoon and flop it on your tongue. Give it a taste and make sure there's no 'hotness' to it or bitter after taste. If you like its taste and lightness, you have chosen well.

Process

Toast the sesame seeds to a light toast if they are not already toasted using a dry sauté pan. You want just a light brown toast on some of the seeds. Be careful not to burn any of the seeds or you will have to start over as the burned flavor will detract from your tahini. Let them be completely cooled before proceeding.

It's easiest to use a bladed food processor, but a mortar and pestle will certainly work. It's just lots of work. Place the Sesame Seeds in the processor and process for 2 to 3 minutes until you have a crumbly paste. Now add your oil a bit at a time and process in pulses. Continue adding oil until the desired consistency is obtained.

Transfer to an air tight glass container and store in the refrigerator for up to a month or two. When you are ready to use your tahini if it has separated, just give it a little stir until the oil is re-absorbed.