

Tahini Paste (1)

- 4 cups sesame seeds
- 1/4 to 1/2 cup olive or vegetable oil

Directions

1. Preheat the oven to 350°F.
2. Spread the sesame seeds on a shallow baking tray and bake, shaking frequently, until fragrant, 8 to 10 minutes. Do not brown. Cool.
3. Put the sesame seeds in a blender or food processor fitted with the metal blade.
4. Add the vegetable oil.
5. Process to a smooth paste, about 5 minutes.
6. Add more oil if necessary, to bring the paste to a thick pouring consistency.
7. Tahini will keep stored in a tightly covered jar in the refrigerator for several months.

Tahini Paste (2)

- 8 ounces (about 1 cup) sesame seeds
- 1/4 cup olive oil, more if needed
- Salt, to taste

Directions

1. Preheat oven to 350°F. Spread sesame seeds on a parchment-paper-lined cookie sheet, and bake for 6 minutes. Mix and respread sesame seeds, and return to oven for approximately 6, or until sesame seeds are fragrant. Immediately transfer toasted seeds to a separate bowl to prevent carryover cooking.
2. Add sesame seeds to the bowl of a food processor and grind for 1 minute, or until seeds have broken down. While processor is on, drizzle in olive oil, and continue to grind for 1 or 2 minutes more, or until a smooth paste forms. If mixture is too dry, then add more olive oil, 1 teaspoon at a time. Season to taste. Transfer tahini to a sealable container, and store in the fridge for up to one month.

Tahini Paste (3)

- sesame seeds
- olive oil (not extra-virgin)

Directions

1. For every cup of sesame seeds start with 2-3 tablespoons olive oil and add more as needed. Make a little or a lot. Toast sesame seeds gently over low heat stirring often, about ten minutes, they don't need to take on a lot of color. Remove from heat and cool.
2. Add the sesame seeds to the bowl of a food processor along with 1/4 cup of olive oil for every cup of seeds, pulse until a thick paste forms, scrape down the sides, and add more olive oil if needed until it reaches a consistency you like. Store in glass jar tightly covered in refrigerator.

Tahini Paste (4)

- 2 C sesame seeds
- 1/3 C olive oil

Directions

1. Heat a heavy, wide-bottomed sauté pan over medium-high heat.
2. Add the sesame seeds and toast lightly - about 2 minutes, shaking the pan so they toast evenly. Keep a careful eye on the sesame seeds as they go from toasted to burnt really quickly. As soon as they start to brown, they are done. Transfer to a bowl and let cool completely.
3. Put the toasted sesame seeds in a food processor and drizzle in the olive oil. Pulse for 3-5 minutes, or until it's as smooth as you can get it. Add olive oil if necessary.

Tahini Paste (5)

- 5 cups sesame seeds
- 1 1/2 cups olive oil or vegetable oil

Directions

1. Preheat oven to 350. Toast sesame seeds for 5-10 minutes, tossing the seeds frequently with a spatula. Do not allow to brown. Cool for 20 minutes.
2. Pour sesame seeds into food processor and add oil. Blend for 2 minutes. Check for consistency. The goal is a thick, yet pourable texture. Add more oil and blend until desired consistency.

Yield: 4 cups

Easy Hummus

- One 15-ounce can of chickpeas, drained, 1 tablespoon of the liquid reserved
- 1 small garlic clove, smashed
- 1 tablespoon fresh lemon juice
- 1/4 cup tahini
- Extra-virgin olive oil
- Pinch of sweet smoked paprika
- Kosher salt
- Pita chips or crudités, for serving

Directions

In a food processor, combine the chickpeas with the liquid, garlic, lemon juice and tahini and puree to a chunky paste. Scrape down the side of the bowl. Add 2 tablespoons of olive oil and the paprika and puree until smooth. Season the hummus with salt, drizzle with olive oil and serve with pita chips or crudités.

Hummus can be refrigerated for up to 5 days.

Hummus bi Tahini

- 1 cup dried chickpeas (7 ounces), picked over and rinsed
- 1/2 teaspoon baking soda
- 1/2 cup tahini (see Note)
- 3/4 cup fresh lemon juice
- 2 garlic cloves, coarsely chopped
- 1 teaspoon salt
- 1 tablespoon finely chopped flat-leaf parsley
- 1 1/2 tablespoons extra-virgin olive oil

Directions

1. In a medium-sized bowl, cover the chickpeas with 1 inch of water and stir in the baking soda. Let soak overnight.
2. Drain and rinse the chickpeas. In a medium saucepan, cover the chickpeas with 1 inch of water and bring to a boil, skimming as necessary. Cook the chickpeas over low heat until very tender, about 40 minutes. Drain the chickpeas, reserving 1 cup of the cooking liquid.
3. In a food processor, puree all but 1/4 cup of the chickpeas until smooth; add some of the reserved cooking liquid if the puree is dry. Add the tahini and lemon juice and process until satiny. Add more of the reserved cooking liquid until the consistency is that of sour cream. Transfer the hummus to a bowl.
4. Remove the skins from the reserved chickpeas. Mash the garlic with the salt until smooth. Stir the garlic into the hummus and transfer to a shallow bowl. Add the parsley to the olive oil and drizzle it over the hummus. Garnish with the whole peeled chickpeas and serve.
5. **MAKE AHEAD** The chickpeas can be cooked 1 day ahead and refrigerated. **NOTES** Good tahini (sesame paste) has a sweet, nutty flavor without a trace of bitterness. Be sure to stir any separated oil back into the tahini before measuring.