

Seeds

# Organic Black Sesame Seeds

left coast  
ORGANICS

Country of Origin: Mexico/Bolivia/Central Am

Certified Organic

Pro-Cert

## Nutrition Facts

### Valeur nutritive

Per 1/4 cup (30 g) / par 1/4 tasse (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 170	
<b>Fat / Lipides</b> 15 g	<b>23 %</b>
Saturated / saturés 2 g + Trans / trans 0 g	<b>10 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 200 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 7 g	<b>2 %</b>
Fibre / Fibres 4 g	<b>14 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	25 %
Iron / Fer	30 %

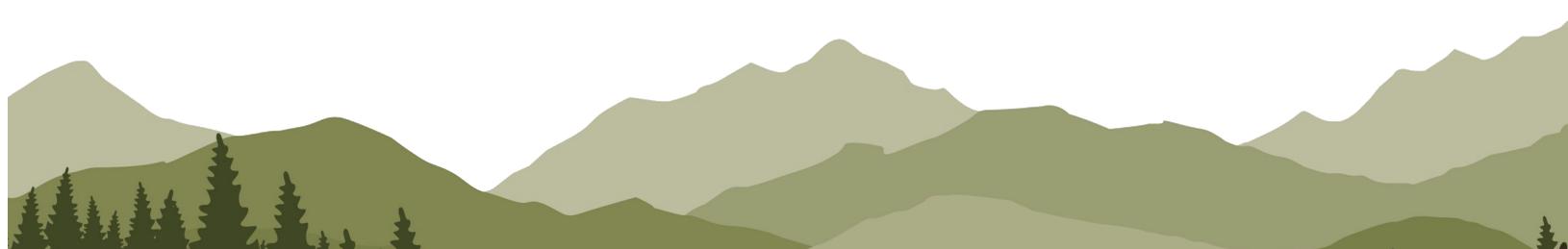
## Factoid:

Sesame seeds are grown in tropical climates and come in a variety of colors, including white, black red and yellow.

Sesame seeds are a good source of copper, magnesium and calcium. Sesame seeds were one of the first crops to be used for oil.

## Ingredients:

Organic black sesame seeds



## Recipe:

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# Black Sesame Tea Cake

### Ingredients:

1/2 C unsalted butter, room temperature,  
plus more

1 1/2 C plus 2 tablespoons all-purpose flour

1 C almond flour or almond meal

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp kosher salt

2 tsp plus

1/2 cup black sesame seeds

1 1/3 C plus 2 tablespoons sugar

1 large egg

1 large egg yolk

3/4 C buttermilk

1 medium firm but ripe Bosc pear, peeled,  
cored, cut into 1/4-inch cubes

### Instructions:

1. Preheat oven to 325F. Butter one 9 x 5 x 3-inch loaf pan or six 4 x 2 x 2-inch paper or metal loaf pans. Whisk 1 1/2 cups flour, next 4 ingredients, and 2 tablespoons of sesame seeds in a medium bowl. Grind remaining 1/2 cup sesame seeds in spice mill to form a thick paste, about 2 minutes.
2. Using an electric mixer, beat 1/2 cup butter and 1 1/3 cups sugar in a large bowl until well combined, 2-3 minutes. Add sesame paste and beat, occasionally scraping down sides of bowl, until blended, 1-2 minutes. Add egg and egg yolk. Beat until pale and fluffy, 3-4 minutes. On low speed, beat in flour mixture in 3 additions, alternating with buttermilk in 2 additions, beginning and ending with dry ingredients. Toss pear with remaining 2 tablespoons of flour in a small bowl; fold into batter.
3. Spoon batter into prepared pan; smooth top. Sprinkle with remaining 2 tablespoons of sugar.
4. Bake until a tester comes out clean when inserted into center, about 1 hour and 40 minutes for large loaf and 45-55 minutes for small loaves. Let cool in pans on a wire rack.