

'Creami Tahini' Dressing

This is my all time favourite creamy dressing and one that everyone asks me the recipe for!

Equipment:

Food processor or blender

Ingredients:

3 tbsp white sesame seeds
¾ cup sunflower oil
Juice of 1 lemon
1 tbsp tamari
1 tbsp bragg
2 tbsps tahini
2 tbsps fresh parsley
1 tsp ground mustard
1 clove garlic
1/8 tsp cayenne pepper
1/8 tsp black pepper
½ cup water



Serves: 2 cups
Prep time: 10 minutes

Method:

1. Dry roast the sesame seeds on medium heat and stir constantly for about 5 minutes or until the seeds turn brown. Remove and let them cool.
2. Add all of the remaining ingredients into a blender or food processor, add the cooled seeds and blend until smooth
3. Serve or refrigerate until ready to use. It can be stored for up to a week in the fridge. I find the taste improves once it sits for a little while.

Top Tips: Try it with roasted potatoes and veg too!

Adapted from a recipe in Kripalu cookbook.