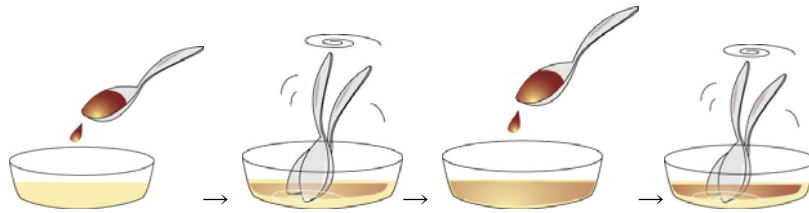


The knack of using Tahini in your cooking

Tahini is the best way to absorb Sesame's nutrition into our bodies.

However, it often gives you difficulties as it has very thick texture when you use for cooking or cleaning. Here, I give you some suggestions of using Tahini in your cooking

- Tahini is easily mixed with oil or oily ingredients (e.g. oil, cream, eggs). Even so better to add little by little.
- When you mix Tahini with liquid (e.g. water, vinegar, soy sauce, lemon juice, milk), add a little amount of the liquid first. For example, add 1 teaspoon or tablespoon first, and mix until blended well. Put little by little till Tahini goes into liquid state then add rest of the ingredient.



- It is easier to mix if you use a small whisk when you only need small portion (e.g. sauce or dressing).
- Always use dry and clean spoons and stir the bottom of the jar before you scoop Tahini. It would be convenient if you use a long fork or spoon to stir.



- Wipe Tahini stuck to the mouth of the jar every time after use.



- To wash off Tahini clung to plates or cooking utensils, wipe them with the used plastic-wrap or the kitchen paper before you wash them.

