

Sesame Oil (Fats and Oils)

Interesting facts: Sesame oil is commonly used as a food ingredient and condiment, as well as for medicinal uses. There are two types of sesame oil: light sesame oil, made from raw sesame seeds and has a light nutty flavor, and dark sesame oil, made from toasted sesame seeds and has a stronger flavor and aroma. Sesame oil has been used for centuries in Asian cuisine. It also has medicinal purposes, especially in Ayurvedic medicine, where it is used as a base oil for about 90 percent of the herbal oils.

How to store: Does not need refrigeration but keep cool.

How to use: Due to its high temperature tolerance, it is used in wok cooking, sautéing as well as salad dressings and sauces.

Recipe idea: Heat 1 tablespoon toasted sesame oil in a sauté pan. Add 1 tablespoon sesame seeds, 2 cloves of minced garlic, 2 teaspoons freshly grated ginger and sauté for 1 minute. Then add 10 ounces of spinach leaves and cook 2-3 minutes (just until wilted). Remove from heat and stir in 2 teaspoons rice vinegar and 1 teaspoon Tamari (wheat free soy sauce). Serve.