

Homemade Tahini

Tahini is a staple in Middle Eastern cooking. It's added to mashed garbanzo beans to make hummus, mixed with date paste, or drizzled with pekmez in Turkey for breakfast. It tastes great in sandwiches or baked into cookies. Really, there are many many uses for this tasty dip. Start with the freshest sesame seeds you can find.

Recipe by [Brooke Stevens](#) | Created on **Mar 13, 2022**

Ingredients

- 5 ½ cups sesame seeds
- 2 ½ cups olive oil, or to taste

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Spread sesame seeds on a rimmed baking sheet.
- Bake in the preheated oven, shaking the baking sheet frequently, until seeds are lightly toasted, 5 to 10 minutes. Let cool, about 10 minutes.
- Pour cooled seeds and 1 1/2 cups olive oil into a food processor. Blend until smooth, 1 to 2 minutes. Add more oil and blend until a thick yet pourable consistency is reached.

Nutrition Facts

Serving: **6 cups** | Calories: **194 kcal** | Carbohydrates: **3.9 g** | Protein: **2.9 g** | Saturated fat: **2.7 g** | Sodium: **2 mg** | Fiber: **1.9 g** |

Categories

Side Dish

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