



In the Kitchen

with Barb Agee ~ September 2018

Tahini Tango



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Tahini Carrot Soup with Pistachios

2 tablespoons olive oil
1 large yellow onion, chopped
Kosher salt
½ teaspoon smoked paprika
½ teaspoon ground turmeric
3 large garlic cloves, chopped
1 pound carrots, peeled and thinly sliced

½ large sweet pepper, diced
4 cups unsalted chicken stock, divided
3 tablespoons tahini
½ cup heavy cream
6 tablespoons salted pistachios, coarsely chopped
2 teaspoons fresh oregano leaves, coarsely chopped

Heat oil in a large Dutch oven or soup pot over medium-high heat. Add onion; sauté 5 minutes. Stir in 1 teaspoon salt, smoked paprika, turmeric and garlic; cook 1 minute. Add carrots and sweet pepper; cook 1 minute. Stir in 2 cups stock. Reduce heat to medium-low; cover and simmer for 10 to 15 minutes or until carrots are very tender.

Combine carrot mixture and tahini in a blender or food processor. Remove center piece from blender lid. Place a clean kitchen towel over opening in lid. Process mixture until smooth. Return soup to soup pot and heat over low heat. Add remaining 2 cups of chicken stock and cream; simmer until warmed through. Adjust seasonings to taste. Ladle soup into 8 bowls. Top each serving with a blend of pistachios and oregano leaves. *Makes 8 servings*

Tahini Chicken with Bok Choy and Mango Salad

2 tablespoons tahini
4 teaspoons honey, divided
8 chicken fillets
1 tablespoon canola oil + 1 teaspoon
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 tablespoon toasted sesame oil
2 tablespoons unseasoned rice vinegar
1 tablespoon reduced-sodium soy sauce
4 cups thinly sliced baby bok choy
2 cups red cabbage, thinly sliced
1½ cups mango, peeled and cubed
Fresh cilantro leaves, for garnish

Combine tahini, 2 tablespoons warm water, 3 teaspoons of honey and 1 teaspoon canola oil in a small bowl; whisk together. Heat a non-stick sauce pan over medium-high. Rub both sides of the chicken pieces with canola oil; sprinkle both sides with salt and pepper. Add chicken to pan; cook 3 minutes on each side or until done. Pour the tahini mixture over the chicken and cook 2 more minutes; turning chicken once to glaze both sides. Remove chicken from the pan; cut into 1-inch pieces. Combine remaining 1 teaspoon honey, sesame oil, vinegar and soy sauce in the sauce pan with any remaining drippings; stir to combine. Place the bok choy, cabbage and mango in a bowl; toss gently to combine. Drizzle the cooled dressing over the salad; toss to coat. Divide salad evenly on 4 plates; top with chicken. Garnish with cilantro leaves. *Makes 4 servings*

Brussels Sprouts with Tahini Sauce

4 pounds Brussels Sprouts, trimmed, outer leaves removed, cut in half

Vegetable oil, for frying

2 tablespoons extra-virgin olive oil

¼ cup tahini

1 teaspoon garlic, finely chopped

¼ cup vegetable broth

1 cup panko

1 cup low-fat plain yogurt

Sea salt

2 tablespoons pomegranate molasses

Pour ¼ to ½-inch of vegetable oil in a large skillet and place over medium-high heat until hot.

Working in batches, fry the Brussels Sprouts halves, turning occasionally, until brown on all sides, 3 to 4 minutes. Using a slotted spoon, transfer to paper towel-lined plate to drain. When all of the Brussels Sprouts are fried. Drain oil from pan and return Brussels Sprouts to the warm pan; cover and set aside.

In a medium bowl, whisk together tahini and vegetable oil until a smooth consistency. Add in yogurt and pomegranate molasses and whisk together. May need to thin with water or vegetable broth. Set aside.

In a small skillet, heat the olive oil over medium-high heat until hot. Add the garlic and sauté until fragrant, about 1 minute. Add the panko and stir constantly until the crumbs are golden. Stir in ½ teaspoon salt.

Place the Brussels Sprouts in a warm serving dish, drizzle with the sauce and top with the panko crumbs. Serve immediately. *Makes 8 servings*

Roasted Sweet Potato Medallions with Tahini-Mushroom Sauce

2 pounds red sweet potatoes, scrubbed, dried and sliced diagonally into 3-inch medallions.

18 ounces white button mushrooms, cleaned and sliced

3 tablespoon olive oil, divided

3 tablespoons tahini

½ teaspoon kosher salt

½ cup vegetable broth

2 tablespoon soy sauce

½ cup whipping cream

3 tablespoons maple syrup

One 14½ ounce can garbanzo beans, drained and rinsed

2 garlic cloves, finely chopped

3 green onions, cut thinly on the diagonal

½ teaspoon dried rosemary

Heat oven to 400°F.

Place sliced sweet potatoes in a large bowl. Drizzle 1½ tablespoons olive oil over the potatoes. Sprinkle with salt and toss to coat the slices. Lay the potatoes in a single layer on a baking sheet. Bake for 15 minutes or until the potatoes are done, turning slices over half way during the baking time. Remove pan from oven and cover loosely with foil while making the sauce.

In a medium bowl, mix the soy sauce, maple syrup, rosemary, tahini, vegetable broth and cream together.

In a large skillet, heat the remaining 1½ tablespoon oil over medium-high heat until hot. Sauté mushrooms until the mushrooms are golden brown and have released their water. Turn heat down to low; gradually stir in the tahini mixture. Simmer sauce for 3 minutes; add garbanzo beans and heat through.

Place the roasted sweet potatoes on a large warm serving platter. Spoon the mushroom tahini sauce over the sweet potatoes. Sprinkle with the green onions and serve immediately. *Makes 6 to 8 servings*