

GOMAZIO
Serving 4

INGREDIENTS:

1 cup raw sesame seeds

1 tablespoon salt

PREPARATIONS:

1. *Place sesame seeds in a cast iron skillet over medium heat.*
2. *Roast 10 minutes, stirring constantly until seeds turn golden brown.*
3. *Place sesame seeds and salt in a suribachi or mortar and pestle; grind into a coarse meal.*
4. *Transfer to a glass container.*
5. *Sprinkle over kale, broccoli, or other greens.*