

REMEMBER – MOST COMMERCIAL COOKING OILS ARE EXTRACTED USING HEAT AND CHEMICALS WHICH RESULTS IN THE DESTRUCTION OF ALL THEIR NATURAL GOODNESS AS WELL AS THEIR NATURAL SMELL AND TASTE.
ROASTED SESAME OIL IS A TOTALLY NATURAL AND UNADULTURATED OIL EXTRACTED FROM ROASTED SESAME SEEDS.

Because SESAME OIL is a natural, unrefined oil it should be stored in an airtight bottle away from heat and direct sunlight.

PURE NATURE PRODUCTS
High Quality Cold Pressed and Unrefined Oils

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**PURE NATURE
PRODUCTS LTD**

**PURE COLD PRESSED AND
UNREFINED ROASTED SESAME
OIL**

RECIPIE IDEAS



GRILLED GOATS CHEESE

Brush grilled goats cheese with **mild or dark roasted sesame oil** and season with freshly ground black pepper before serving on bed of salad leaves.

GRIDDLED PRAWNS AND MUSHROOMS

Griddled prawns & mushrooms work well together in a warm salad dressed with **mild roasted sesame seed oil**. Cook whole large peeled prawns & wiped and sliced mushrooms on a heated oiled griddle until charred. Remove from heat & place in a bowl with some finely sliced spring onions. Make a dressing with 2 tbsp **mild roasted sesame oil**, the juice of a lemon, 1 clove garlic, peeled and crushed, and 1 red chilli, deseeded & finely sliced. Season & pour over prawns & mushrooms, then stir through 1 tbsp finely chopped fresh flat-leaf parsley before serving.

BEEF OR CHICKEN IN BLACK BEAN SAUCE

Oriental-style Chinese leaves make a delicious accompaniment to beef or chicken in black bean sauce. Just shred the leaves and fry in a little oil with 1 clove garlic, peeled and chopped, over a high heat for 1 min. Add 1 tbsp oyster sauce & 1 tbsp **dark roasted sesame oil**. Toss & season with salt and black pepper to serve.

STIR FRIED TOFU, PEPPERS AND BEAN SPROUTS

Stir-fried tofu, peppers and bean sprouts flavoured with **mild or dark roasted sesame oil** is a great dish for vegetarians and meat lovers alike. For 4, heat 2 tbsp

pure peanut or pure sesame oil in a pan and add 1 small red pepper and 1 small green pepper, both deseeded and cut into thin strips, 1 clove garlic, peeled & sliced, 4 spring onions, trimmed and cut in strips, 1 tsp chopped root ginger & 1 red chilli, deseeded and chopped. Cook over a high heat for 1 min. Add 175g tofu, cubed, & 75g bean sprouts. Toss around until tofu is hot then add a dash of soy sauce, 1 tbsp roughly torn fresh coriander and 2 tsp **mild or dark roasted sesame oil**. Toss through, season & serve.

STEAMED BROCCOLI

Give freshly steamed broccoli a distinctive flavour with a drizzle of **mild or dark roasted sesame oil** and toasted sesame seeds sprinkled over. Season and serve with grilled fish.

SALAD DRESSING

Dress strong salad leaves like rocket, watercress and curly endive with **mild roasted sesame** and lime vinaigrette. Pour 2 tbsp **mild roasted sesame oil** into a bowl with 2 tbsp **pure sesame or peanut oil** and the juice and zest of a lime. Mix with a fork and season. Drizzle over leaves and toss before serving.

MARINATED SWORDFISH

Swordfish is excellent marinated in **dark roasted sesame oil**, soy and chilli sauce. Add a squeeze of lime or lemon juice and brush over swordfish steaks or kebabs. Leave to marinate for 30 mins before barbecuing.

PURE NATURE PRODUCTS LTD

Pure cold pressed and unrefined ROASTED SESAME OIL recipes

Avoid using the **roasted** sesame oils for general cooking because they burn at low temperatures, spoiling the delicious taste.

Instead use the **pure sesame or pure peanut oil**. Roasted sesame is at its best when used as flavouring for modern salad dressings, marinades and, added at the last minute, stir fries.

PURE SESAME OIL is a rich, golden oil while **ROASTED SESAME OIL** has a glowing, walnut colour with a burnished, intoxicating, nutty scent and flavour.

Mild Roasted Sesame Oil has a mild nutty roasted flavour. It is a rich golden oil. **Dark Roasted Sesame Oil** has a much stronger flavour and needs to be used in very small quantities. It is a dark brown oil.

Both oils add a unique personality, fragrance and flavour to traditional Indian and Oriental dishes, but are also a great ingredient of modern salad dressings, marinades and, added at the last minute, stir fries.

ROASTED SESAME STIR FRY

When adding **Mild or Dark Roasted Sesame Oil** to a stir-fry at the end of the cooking time, toss it through the ingredients then allow the heat to bring out the oil's nuttiness for a few seconds before serving.