

## Cook the Book: Sesame Coins

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



1867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 3 tablespoons sesame seeds black
- ☐ 1 large egg yolk
- ☐ 3 ounces flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.7 cup sesame seed unsalted pure ( ground roasted sesame seeds)
- ☐ 4 tablespoons butter unsalted melted

- ☐ 0.5 teaspoon vanilla extract pure

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ wax paper

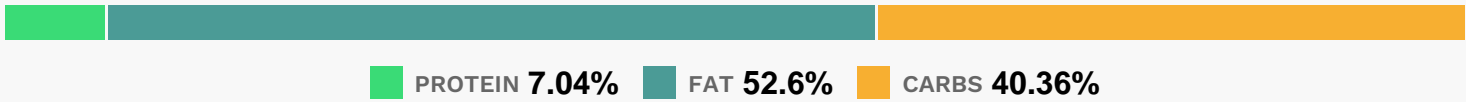
## Directions

- ☐ Whisk the flour and baking soda in a small bowl until thoroughly blended. Set aside.
- ☐ In a medium bowl mix the tahini, butter, sugar, egg yolk, vanilla, and salt until smooth.
- ☐ Add the flour mixture and work with your hands until blended. The dough will be slightly crumbly, and you will have to push or squeeze it together.
- ☐ Divide the dough in half—form it into 2 patties, and wrap the patties in plastic wrap. Chill for at least 2 hours, or, preferably, overnight.
- ☐ Position the racks in the lower and upper thirds of the oven and preheat the oven to 325°F. Line the baking sheets with parchment paper.
- ☐ Remove one piece of dough from the refrigerator and allow it to soften slightly.
- ☐ Roll it between two pieces of wax paper or plastic wrap to a thickness of 1/4 inch. If the dough is crumbly, just push it together.
- ☐ Sprinkle the dough with half of the sesame seeds and roll over them gently to secure them to the dough.
- ☐ Cut as many rounds as possible, trying to minimize dough scraps, and transfer to the lined pans, spacing the cookies 1 inch apart. Repeat with the second dough patty. Press all of the scraps together, without overworking the dough, roll out, and cut additional cookies.
- ☐ Bake until the edges of the cookies are golden brown, 10 to 12 minutes, rotating the sheets from back to front and top to bottom halfway through baking. Set the baking sheets on racks to cool completely.

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Storing: The cookies will keep in an airtight container for at least 1 month.

# Nutrition Facts



## Properties

Glycemic Index:215.09, Glycemic Load:121.82, Inflammation Score:-10, Nutrition Score:55.106521585713%

## Nutrients (% of daily need)

Calories: 1867.12kcal (93.36%), Fat: 112.67g (173.34%), Saturated Fat: 39.15g (244.68%), Carbohydrates: 194.48g (64.83%), Net Carbohydrates: 177.55g (64.56%), Sugar: 100.78g (111.98%), Cholesterol: 304mg (101.33%), Sodium: 1467.18mg (63.79%), Alcohol: 0.69g (100%), Alcohol %: 0.22% (100%), Protein: 33.95g (67.9%), Copper: 5.22mg (260.78%), Manganese: 3.65mg (182.68%), Calcium: 1259.07mg (125.91%), Iron: 22.53mg (125.14%), Selenium: 82.17µg (117.39%), Magnesium: 456.19mg (114.05%), Vitamin B1: 1.68mg (112.09%), Phosphorus: 951.67mg (95.17%), Folate: 302.42µg (75.6%), Zinc: 10.66mg (71.08%), Fiber: 16.93g (67.71%), Vitamin B6: 1.08mg (53.94%), Vitamin B3: 10.66mg (53.28%), Vitamin B2: 0.86mg (50.36%), Vitamin A: 1655.74IU (33.11%), Potassium: 708.49mg (20.24%), Vitamin E: 2.1mg (13.99%), Vitamin D: 1.76µg (11.72%), Vitamin B5: 1.01mg (10.05%), Vitamin B12: 0.43µg (7.11%), Vitamin K: 4.29µg (4.09%)