

Yoghurt & Sesame Sauce

Season: All

Serves: 30 tastes in the classroom or 6 at home

Equipment:

metric measuring cups and spoons
clean tea towel
chopping board
cook's knife
small frying pan
wooden spoon
mortar and pestle
medium bowl
mixing spoon
serving bowls

Ingredients:

1 tsp cumin seeds
½ cup sesame seeds
1 tsp salt
2 cups plain yoghurt
1 small handful of mint, finely chopped

What to do:

1. Dry roast the cumin seeds in the small frying pan until aromatic.
2. Add the seeds to the mortar and pestle, and grind until fine.
3. Dry roast the sesame seeds in the same pan until golden, then add them to the mortar and pestle with the cumin.
4. Add the salt and pound the sesame seeds until they are broken and the oils have been released.
5. Allow the seed mixture to cool, then add to the yoghurt and mint leaves in the medium bowl.
6. Serve in small bowls with warm bread, or with salads or raw, chopped vegetables.

