

Gomasio

A simple alternative to salt, a great addition to sprinkle on salads, grains, baked potatoes, soups and stews, etc.

- 1 cup sesame seeds
- 6-8 Nori seaweed sheets or wild Nori
- Pink Himalayan or Ocean Salt to taste

Optional:

- 1 tsp cumin seed
- 1 tsp fennel seed
- 1 tsp coriander seed

- Soak sesame seeds 6-8 hours to overnight, drain water and rinse (optional). Toast sesame seeds in the oven or on the stove top on medium heat in a pan, until sesame seeds begin to brown and pop. Let cool. If you choose to soak the seeds first, the toasting time will be longer. The purpose of soaking the seeds first, is to aid in the body's ability to digest them and assimilate the minerals.
- Tear up the Nori sheets and put them in a small coffee grinder, blender or magic bullet, and grind them up by pulsing the machine to get them into small pieces.
- If using wild crafted dried Nori, toast in a hot oven for 2-5 minutes, continually checking and turning it. It is done if it begins to change colors, and when it is crispy and brittle.
- Grind spices together either in a mortar and pestle or in a blender, to break them up.
- Mix the sesame seeds, seaweed, salt, and spices in a bowl, taste and adjust seasoning. Place in a jar with a tight fitting lid and store in a cool dry place.
- Sprinkle in place of salt on salads, cooked grains, baked potatoes, soups, stews, or any other time a little savory salty flavor is desired.

➤ **Therapeutic Qualities ~ Nutrition Notes**

Sesame Seeds

A major protein source in many cultures, specifically in Africa and the Middle East, The seeds are 18% protein, not a complete protein, but if mixed with whole grains, dairy, or beans, a high quality protein can be obtained. Sesame seeds contain B complex vitamins, phosphorus, iron, potassium, sodium and Vitamin A. There are black and tan sesame seeds. The black seeds have stronger overall qualities than the tan ones, considered more medicinal.

According to Chinese medicine the seeds are neutral thermal flavor, and are generally tonicifying. It is important to chew sesame seeds well, so that they digest and assimilate.

The seeds also contain calcium, yet it is bound by an organic acid called oxalic acid. By soaking the seeds overnight, the seed begins to sprout, and the calcium becomes unbound to the oxalic acid. This process makes it easier for the body to digest the seeds. This is true with many seeds, that by soaking them, more of the minerals become available to the body for assimilation.

*Sesame seeds should be avoided if someone has diarrhea or watery stools.

Nori Seaweed – *Porphyra tenera*

A high protein content (48%), it is an easily digested sea vegetable that is rich in vitamins and minerals, including iodine. According to Chinese Medicine, Nori has a cooling thermal nature, increases yin fluids, and is an aid to digestion.

Cumin Coriander and Fennel

Three spices whose flavor kindles the digestive fire. They are cooling in nature, and are good for all types of constitutions.