

CREAMY JAPANESE SESAME SEED SALAD DRESSING

4-5 servings

INGREDIENTS

- * $\frac{1}{3}$ Cup Roasted white sesame seeds, ground
- $\frac{1}{4}$ Cup Rice vinegar (Mizkan preferred)
- $\frac{1}{4}$ Cup Sugar
- $\frac{1}{4}$ Cup Neutral oil, like avocado oil
- 1 $\frac{1}{2}$ Tsp Soy sauce or tamari sauce
- ~1-2 Tbsp Grated yellow or white onion (to taste)
- $\frac{1}{8}$ Cup Mayonnaise (optional) or use Veganaise to keep the dressing vegan!
- Salt and pepper, sprinkle to taste
- *Grinding sesame seeds can be done in a number of ways. There are handheld sesame seed grinders, a suribachi (Japanese grinding bowl) and surikogi (Japanese wood pestle) or placing the sesame seeds in a Ziploc bag and rolling with a rolling pin will work too! (Be sure to press out all the air from the Ziploc and seal securely before rolling!)

DIRECTIONS

Crush or grind the sesame seeds

Using any of the above methods, crush or grind $\frac{1}{3}$ cup roasted sesame seeds and place in a small mixing bowl.

Add remaining ingredients to bowl

Now add the vinegar, sugar, oil, soy sauce/tamari sauce to the bowl and stir thoroughly.

Grate yellow or white onion

Peel and finely grate 1-2 Tbsp yellow or white onion. It is always best to start conservatively and add more to taste. The onion can quickly overpower the flavor if not careful.

Add the grated onion and sprinkle in some salt and pepper. Taste and adjust the amount of onion.

For a creamier dressing, add $\frac{1}{8}$ cup mayonnaise. (optional)

Storage

Store in a glass container to avoid the grated onion from ruining any plastic containers. Place the dressing in the refrigerator for later use. Be sure to mix again prior to using!

Enjoy!