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## Sesame Seed— An Important Food

By ROYAL LEE, D.D.S.

Sesame seed has a composition much like the almond, but at a much lower price. It is mainly protein and oil, with very little carbohydrate. The protein is high in Methionine, an important essential amino acid not easily obtained from most proteins. Methionine-deficient victims develop liver cirrhosis, a common disease of alcoholics, once considered incurable, but today treated with methionine very successfully.

Sesame seed ground into a butter like peanut butter is used in some countries.—Turkey in particular—like our dairy butter is here, and is used in almost every food in some degree. It makes first-class salad dressing when mixed with vinegar and prepared mustard. With honey and milk powder a very tasty cream candy can be made. (It can be put into a pan and hardened by drying it out in the ice box for a few days.) As such it can be used as the base for a nut candy, nuts put in, in any proportion. Such a candy is a true health food, it contains all the food protein factors in good proportions—fats, protein and carbohydrate. In Roman times the emergency ration for soldiers was candy made from sesame seed and honey.

A very tasty and nutritious ice cream can be made from sesame butter, honey and milk powder.

The sesame seed can be used for these purposes instead of the sesame butter if the seed is liquefied with the honey in a blender or Osterizer.

Sesame butter is an ideal shorten-

ing for bread and cookies. In bread it can be used as 10 per cent of the flour, in place of dairy butter or other fat. Since the sesame butter is one-half oil, twice as much should be used as other fats.

In pie crust it adds a nutty flavor. In waffles and pancakes 10 per cent again adds flavor and health-building protein. Doughnuts too, are much improved by the 10 per cent addition. The tops, of course, in pancakes, waffles, muffins or doughnuts is freshly ground Deaf Smith County, Texas, Wheat Flour with 10 per cent sesame.

When we use an unrefined fat like sesame butter we get very important vitamins and phospholipids (lecithin is one phospholipid) that have been lost in processing of all refined oils and hydrogenated fats. These factors are necessary to metabolize cholesterol. High blood pressure is considered one consequence of such deficiency, and it is known that cholesterol in excess predisposes to cancer (in test animals at least).

Our sense of taste is our basic guide to good food, so why not experiment a little with sesame seed. You will enjoy its flavor, and its continued use may protect you against unsuspected hazards. Most of us tend to overdo on carbohydrates. Sesame is one high protein source that adds greatly to the flavor of all common high carbohydrate foods, as well as balancing the carbohydrate with its protein and unrefined fat.