

# Gomasio

**Freshness is vital so prepare small amounts and keep tightly sealed.**

4 Cups Sesame Seeds  
2 tsp. Salt

Using the dry cast iron skillet heated over medium flame, toast seeds and salt until brown, **stirring constantly**.

~or~

Mix salt and seeds and bake in the oven in a large pan at 350° for about 10 minutes or until they begin to smell nutty. Shake the pan once or twice while they are cooking.

Cool them and then grind in a blender a little bit at a time.

Keep pulsing the blender rather than running continuously. Stop blending while the sesame seeds are still coarse.