Al Arz Tahini
طحينة الأرز

Tahini

Why Should You Eat Tahini?

Tahini is a particularly healthy ingredient, thanks to the unique nutrients it contains. It is rich in protein, low in carbohydrates and is an excellent source of antioxidants, vitamins and essential minerals. It is particularly rich in iron and also contains a substantial amount of calcium and omega-6 fatty acids. It is believed that tahini's properties may have a slew of added benefits - from lowering cholesterol to promoting brain activity, from nourishing skin and hair, to supporting digestion and metabolism.

Making basic tahini is simple: Pour tahini into a mixing bowl. Add freshly squeezed lemon juice, a bit of chopped parsley, a crushed clove of garlic and salt to taste. Add cold water while mixing, until the tahini reaches the desired texture. Tahini is extremely versatile and can be prepared with a variety of flavors and colors. Try blending it together with some beet juice (or a ground beet) for a gorgeous pink version. Tahini blended with turmeric makes a lively yellow dip with added health benefits and an earthy flavor. Tahini made with chopped fresh herbs such as basil or coriander is a green delight.

In addition to a savory dip, tahini can also be used in many of different recipes. For example, tahini is a main ingredient in hummus along with chickpeas. It can be used as a base for salad dressings or added to roasted eggplant. It is used on both sweet and savory pastries and can become a creamy, flavorful ingredient in many desserts.

Tahini's rich flavor and ease of preparation have made it popular worldwide. AL ARZ Tahini is made by grinding Ethiopian Humera-type sesame seeds and is produced in a traditional 14-step process. 100% sesame seeds only, with no additional ingredients. Whether you choose classic AL ARZ Tahini or whole sesame AL ARZ Tahini, you are guaranteed a velvety texture and rich flavor experience. AL ARZ Tahini is produced in compliance with strict production standards, yielding high-quality, delicious and ready-to-use tahini.

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