



**Sharsheret in the Kitchen -
Tahini Two Ways with Amy Kritzer Becker
@whatjewwannaeat
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September 27, 2023**

- Click [here](#) for Sharsheret in the Kitchen webinar – Tahini Two Ways with Amy Kritzer Becker
- Recipes from this webinar: <https://sharsheret.org/wp-content/uploads/2023/09/SITK-September-2023-Amy-Kritzer-Becker-Recipes.pdf>

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AMY'S TIPS:

Tahini Chocolate Avocado Mousse with Cardamom Whipped Cream

- The avocados for this recipe should be mushier than the salad. It's okay if the avocado has some brown bits because they'll be turned brown by the chocolate.
- Higher quality chocolate is best in this recipe. She uses semisweet.
- This will keep in the fridge for 2-3 days. She does recommend making it slightly ahead of time so it has time to set. If you don't have time to chill, you can just call it pudding!
- Amy uses oat milk, but any milk will work.
- When you measure honey or date syrup, coat your measuring cup in oil so the sticky substance will slide out easier and you get a more accurate measurement.
- Date syrup is also great in savory recipes such as in a salad dressing or with chicken or fish.
- Amy recommends using a pinch of salt added to almost every dessert.
- You can definitely double this recipe.
- Amy recommends keeping your whipping cream cold before you whip it. She often makes it in the sink because it can splatter. Any heavy whipping cream will work.
- Cardamom is used in chai tea. A little goes a long way. It can be used as a substitute for or along with cinnamon – in oatmeal or fruit crisps for example.



- If you're dairy free, someone recommended So Delicious Brand's CocoWhip as a non-dairy whipped cream option!

Tahini Sweet Potato Farro Salad with Chickpea Dressing

- It's okay to measure all of these with your heart! Amy used 2 cloves of garlic. She finds it's best to take out the little white line in your garlic to make it less bitter.
- Good quality olive oil makes a big difference in this recipe. Amy recommends California Olive Ranch oil. If you like the taste of it, it's good enough!
- Any acid can work in this or any dressing. It helps to roll the lemon along the countertop to get it juicier.
- Cold water helps it come together more than warm water
- Amy uses kosher salt for this recipe
- It isn't necessary to get the skins off the chickpeas. Amy has done that to make hummus before. She also recommended using baking soda if you want your chickpeas to get smoother.
- Taste it to decide if it needs more salt, pepper, or lemon!
- Amy cuts the sweet potato in half, then like a grid. Don't stress about getting them diced in exactly uniform pieces. You want them similar so they cook at roughly the same speed.
- You could air fry the sweet potato instead of baking.
- For the sweet potato marinade, she uses chili flake, but if you don't want spice, she recommends black pepper.
- Farro is a nutty, high fiber grain. It's more sturdy than quinoa, which can get mushy. You want it to be a little tender/al dente. It can take about 30 minutes to cook.
- If you don't like arugula, you can use spinach, kale, or any green.
- If you make ahead, wait to toss in the dressing til right before serving.
- For soft boiled eggs, Amy boiled for 7 minutes and then dunked them in an ice bath. They're just a little jammy in the middle.

Miscellaneous

- Tahini can be used instead of peanut butter and can be used in both sweet and savory dishes. It is used to make hummus and halva as well.
- Seed + Mill brand comes in a squeeze bottle, which is so helpful! They also sell a spicy version. It's available online and at Sprouts
- Whole Foods 365 brand, Trader Joes, most grocery stores, Amazon all sell Tahini these days
- Amy's Food Processor is Hamilton Beach and is cheap but might be her most used kitchen tool!

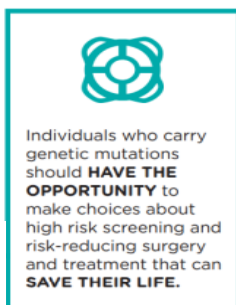
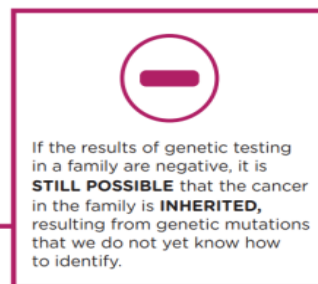
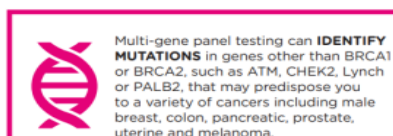


- Make sure your knife is sharp! The duller it is, the more likely you are to cut yourself. She sharpens them herself on a stone. If you don't, you can often find free knife sharpening or low-cost sharpening near you.
- If you use a wooden cutting board, you can put a damp towel under it to keep it a little more stationary on the countertop.
- Avocados- you want it to be a little soft, not mushy. If you want slices, it should be a little on the harder side. If you take off the knob at the end, you want what you see under it to be green. She lets them ripen on the counter and then puts them in the fridge when they reach the right ripeness for the recipe you have in mind.
- Amy recommends adding in some color whenever she can like the orange sweet potato, red tomatoes, green lettuce, etc.
- Date syrup can be subbed for honey anywhere and vice versa. It's great on top of yogurt or ice cream, can be used in challah recipes. It just adds a bit of sweetness.
- When baking, it's important to measure exactly. But in these recipes and many others, Amy recommends measuring from your heart!



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