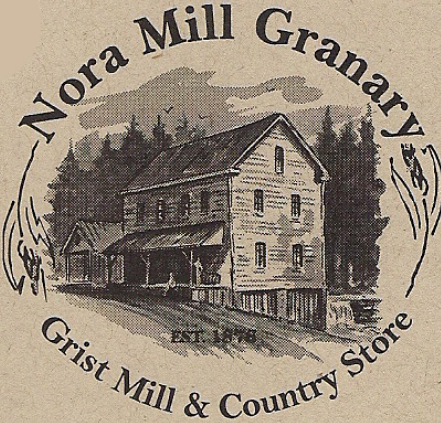




Nora Mill Granary
7107 South Main Street
Helen, GA 30545

706-878-2375
noramill.com

Nora Mill Whole Sesame Seeds



**Whole
Sesame Seeds**

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Helen, Georgia 30545
706-878-2375

Shop online @ www.noramill.com

Broiled Sesame Chicken Wings

3 dozen small chicken wings
2 cloves garlic
1 onion, quartered
1 tsp. red pepper flakes
2 tsp. salt
2 tsp. ground coriander
3 T. soy sauce
3 T. lemon juice
3 T. sesame oil
2 T. sugar, or brown sugar
1/2 C. Nora Mill Sesame Seeds

Wash the chicken pieces and pat dry. Place in a large bowl. Combine remaining ingredients (except the sesame seeds) in a blender and puree. Pour the mixture over the chicken and stir to coat all the pieces well. Cover and refrigerate at least 2 hours.

Remove the chicken from the marinade and sprinkle with Nora Mill Sesame Seeds. Place under the broiler for 5 to 6 minutes on each side. Serve hot.





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Nora Mill Whole Sesame Seeds (continued)

Broccoli Sesame Salad

- 1 head fresh broccoli
- 1 T. olive oil
- 1/4 C. rice wine vinegar
- 1/4 C. soy sauce
- 2 T. sesame oil
- 4 T. Nora Mill Sesame Seeds, toasted

Wash broccoli, discarding leaves and the tough part of the stem. Blanch entire head in boiling water for one minute. Rinse under cold water. Break off florets and cut remaining stem into small pieces. Preheat oven to 450°. Pour olive oil onto a baking sheet. Spread broccoli pieces in one layer, turning to coat with olive oil. Roast in oven for 5 minutes, turn broccoli over and continue to roast until broccoli begins to brown, about 5 minutes more. Put broccoli in medium bowl. Whisk together soy sauce, vinegar and sesame oil. Stir in 3 tablespoons Nora Mill Sesame Seeds. Pour dressing over broccoli, stirring gently to coat. Sprinkle with remaining seeds. Serve warm or at room temperature.



To toast sesame seeds, spread the seeds evenly on a skillet and place them over medium heat, stirring several times until they turn golden brown, 6 to 8 minutes.

Tiny, pearly white seeds from a tropical herb plant, sesame seeds have a mildly sweet, nutty flavor that is enhanced by toasting. These nutritious, protein rich seeds are an excellent addition to stir-fries and salads, as well as sprinkled on breads, pastries, cookies and cakes.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

