

# Sesame



Leaflet #11



Sesame



## Sesame

Sesame seeds are often used on burger buns, in seeded bread, and in other pastries. The seeds can be ground into a paste, called Tahini, and is a key ingredient in hummus.

The oil is used widely in oriental cuisine for frying and in salad dressings. The seeds are often sprinkled over dishes.

There are white sesame seeds and black sesame seeds; both have the potential to cause allergic reactions.

The seeds are very small and can be transferred easily, giving a high risk of contamination.

## Ask your doctor

We do not give medical advice.

Please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.

## Other names to look for:

Sesame seeds  
Sesame oil  
Sesame paste  
Tahini