

A tahini loaf has come to be the Passover bread in many Israeli households— as one of this holiday’s rituals is to refrain from eating grains. This loaf is an excellent example showing that grain is not a necessary ingredient in bread making, and seeds can be a good alternative. Do not confuse this with banana or zucchini bread, or any other cake-like bread, as this loaf has a neutral flavor, is dense, and can be nicely sliced just like any bread for a sandwich (minus the crust). Toast it if you wish, and pair it with any sweet or savory spread.

Tahini Loaf

Makes 1 loaf

Ingredients

- 4 large eggs
- 1/2 cup (120gr) tahini paste
- 1/2 tsp salt
- 1/2 Tbsp baking soda
- 2 Tbsp date molasses/honey/pure maple
- 3 Tbsp ground flaxseeds
- 3 Tbsp sesame seeds

Preparation

- Preheat oven for 360°F, line 9” loaf pan with baking paper.
- Mix all dry ingredients: baking soda, salt, ground flaxseeds and sesame seeds (leave some seeds to sprinkle atop the bread). Set aside.
- Whisk the eggs in a stand mixer bowl, for 4-5 min., until it becomes pale and fluffy.
- Add the tahini and the date molasses (or any other natural sweeteners) to the bowl and mix until just incorporated.
- Fold in the dry ingredient mixture, and blend until well incorporate.

- Pour the batter into the prepared baking pan, and top with the reserved sesame seeds.
- Bake for 35 mins, until toothpick inserted into the center comes out dry. You may need to bake for extra 3-5 mins if you prefer a darker and dryer loaf.
- When fully baked, transfer to a cooling rack.
- Enjoy within 5 days at room temperature or freeze.

Notes

- If you are using a larger than 9" pan, expect a flatter bread. However, if you still want to get a large, surfaced slice, place the bread on a cutting board with its side facing up, and instead of making vertical slices like you normally do, turn the knife to 45 degrees, and make diagonal cuts.
- You can improvise with the added seeds, and instead of ground flaxseeds and sesame seeds, add 3 Tablespoons of whole flax seeds and sunflower seeds.
- If you wish to add nuts, or other heavy stuff like raisin or dates –you will need to finely chop or ground it, otherwise it will sink during baking and will gather at the bottom of your loaf.
- Dry herb and spices, such as oregano and garlic, will work great here.