

Sesame Oil:

Sesame (*Sesamum indicum*) is a flowering plant widely naturalized in tropical regions around the world and is cultivated for its edible seeds, which grow in pods. The flowers are white to purple, tubular, with a four-lobed mouth. Despite the fact that the majority of the wild species of the genus *Sesamum* are native to sub-saharan Africa, it was demonstrated that sesame was first domesticated in India.



Sesame is grown primarily for its oil-rich seeds, which come in a variety of colours, from cream-white to charcoal-black. In general, the paler varieties of sesame seem to be more valued in the West and Middle East, while the black varieties are prized in the Far East. The sesame seeds are protected by a capsule, which does not burst open until the seeds are completely ripe. The small sesame seed is used whole in cooking for its rich nutty flavour, although such heating damages their healthful polyunsaturated fats, and also yields sesame oil.

Sesame seeds are sometimes added to bread, such as on tops of hamburger buns. Sesame seeds may be baked into crackers, often in the form of sticks. Sesame seeds are also sprinkled onto some sushi style foods. Whole seeds are found in many salads and baked snacks as well in Japan. Ground and processed, the seeds can also be used in sweet confections. Sesame seeds can be made into a paste called tahini. East Asian cuisines, like Chinese cuisine use sesame seeds and oil in some dishes. Sesame flavour (through oil and roasted or raw seeds) is also very popular in Korean cuisine, used to marinade meat and vegetables. The seeds are exceptionally rich in iron, magnesium, manganese, copper, and calcium, and contain vitamin B1 and vitamin E.



They also contain lignans, including unique content of sesamin, which are phytoestrogens with antioxidant and anti-cancer properties. Among edible oils from six plants, sesame oil had the highest antioxidant content. Sesame seeds also contain phytosterols associated with reduced levels of blood cholesterol. The nutrients of sesame seeds are better absorbed if they are ground or pulverised before consumption, as in tahini. Sesame seeds contain a high amount of the anti-nutrient phytic acid.



Sesame oil (also known as gingelly oil or til oil) is an edible vegetable oil derived from sesame seeds. Besides being used as a cooking oil in South India, it is often used as a flavour enhancer in Chinese, Korean, and to a lesser extent Southeast Asian cuisine. The oil from the nutrient rich seed is popular in alternative medicine – from traditional massages and treatments to modern day fads. Ancient Indian medical system perceived sesame oil to pacify stress related symptoms and on-going research indicates that the rich presence of antioxidants and polyunsaturated fats in sesame oil could help in controlling blood pressure. It could be used in cooking in place of other edible oils and to help reduce high blood pressure and lower the amount of medication needed to control hypertension. Despite sesame oil's high proportion (41%) of polyunsaturated fatty acids (Omega-6), it is least prone, among cooking oils with high smoke points, to turn rancid when kept in the open. This is due to the natural antioxidants present in the oil. Light sesame oil has a high smoke point and is suitable for deep-frying, while dark sesame oil (from roasted sesame seeds) has a

slightly lower smoke point and is unsuitable for deep-frying. Instead, it can be used for the stir-frying of meats or vegetables, or for the making of an omelette. East Asian cuisines often use roasted sesame oil for seasoning. Sesame oil is a source of vitamin E, an antioxidant that has been correlated with lowering cholesterol levels. As with most plant based condiments, sesame oil contains magnesium, copper, calcium, iron, zinc, and vitamin B6. Copper provides relief for rheumatoid arthritis. Magnesium supports vascular and respiratory health. Calcium helps prevent colon cancer, osteoporosis, migraine, and PMS. Zinc promotes bone health.

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Green Tosca Sesame Oil is the natural oil for stir frying and Asian style cooking, and will boost the flavour of your favourite recipes. It contains two unique natural chemicals called sesamol and sesamin. They are very powerful antioxidants and known to help reduce blood pressure.

Green Tosca Sesame Oil is best used for frying; finishing on dishes; marinades; soups and flavouring.

Our oil comes in 375ml & 500ml in glass bottle; and 10L bag in box.

Note: Changes in temperatures may cause some natural waxes/gums to solidify and settle. This does happen at times and found only with *genuine natural cold pressed oils*. A refined and deodorized oil have these "impurities" removed.