



# Black Sesame Paste Dessert

NIBBLEDISH CONTRIBUTOR

## Ingredients

### **Black Sesame Paste Dessert**

#### *Ingredients*

200g black sesame seeds

1500ml water

150g rock sugar

2 tbsp corn flour

50gm lotus seeds

50gm ginkgo nuts

## Instructions

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## *Methods*

1. Combine dried lotus seeds and ginkgo nuts in a small pot. Sprinkle a little sugar over them and boil for 20 minutes, set aside.
2. Wash black sesame seeds and drip dry before dry roasting them in a wok till fragrant.
3. Put sesame seeds in a blender and add water (1500ml) before blending to achieve a paste consistency.
4. Pour the paste into a pot and add rock sugar before cooking.
5. Bring to a simmer and stir well.
6. Meanwhile, mix the corn flour with a little water to get cornstarch which will thicken the black sesame paste.
7. Once the rock sugar dissolved, add in the cornstarch, keep stirring for another 3mins
8. Trahhh done, dish out the dessert, top up with boiled lotus seeds and ginkgo nuts just before serving
9. Serve hot / warm especially in winter