

# Sesame Shapes

*The Essential Appetizers Cookbook (1999)*

*Whitecap Books*

## **Yield: 30 appetizers**

*1 1/2 cups self-rising flour*  
*pinch salt*  
*4 tablespoons sesame seeds, toasted*  
*2 teaspoons orange rind, finely grated*  
*2 eggs*  
*2 teaspoons sesame oil*  
*1 cup milk*  
*4 tablespoons orange juice*  
*4 ounces sun-dried tomatoes, finely chopped*  
**FILLING**  
*6 1/2 ounces cream cheese, softened*  
*2 tablespoons fresh coriander, chopped*

## **Preparation Time: 35 minutes**

### **Cook Time: 20 minutes**

In a bowl, combine the egg, sesame oil, milk and orange juice.

In a bowl, sift the flour and a pinch of salt. Stir in the sesame seeds and orange rind. Make a well in the center. With a fork, gradually whisk in the egg mixture to make a smooth lump-free batter. Set aside for 15 minutes.

Heat a frying pan and brush lightly with melted butter or oil. Pour 1/3 cup of the batter into the pan and cook over medium heat for 3 to 4 minutes or until bubbles appear on the surface. Turn over and cook the other side. Transfer to a plate and cover with a towel while cooking the remaining batter.

Use biscuit cutters to cut out various shapes (you will be sandwiching three of each shape together so make sure that you have the correct number of each).

To make the filling: In a bowl, mix the cream cheese and coriander. Use as a filling to sandwich together three of the shapes. Garnish with sun-dried tomato.

*Pikelets can be joined and cut into shapes one day ahead. Store in an airtight container in the refrigerator.*

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Per Serving (excluding unknown items): 2216 Calories; 115g Fat (45.3% calories from fat); 76g Protein; 235g Carbohydrate; 25g Dietary Fiber; 659mg Cholesterol; 5566mg Sodium. Exchanges: 14 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Non-Fat Milk; 19 1/2 Fat.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	2216	<b>Vitamin B6 (mg):</b>	1.1mg
<b>% Calories from Fat:</b>	45.3%	<b>Vitamin B12 (mcg):</b>	2.9mcg
<b>% Calories from Carbohydrates:</b>	41.4%	<b>Thiamin B1 (mg):</b>	2.4mg
<b>% Calories from Protein:</b>	13.3%	<b>Riboflavin B2 (mg):</b>	2.6mg
<b>Total Fat (g):</b>	115g	<b>Folacin (mcg):</b>	311mcg
<b>Saturated Fat (g):</b>	53g	<b>Niacin (mg):</b>	24mg
<b>Monounsaturated Fat (g):</b>	35g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	18g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	659mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	235g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	25g	<b>Grain (Starch):</b>	14
<b>Protein (g):</b>	76g	<b>Lean Meat:</b>	4 1/2
<b>Sodium (mg):</b>	5566mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	5154mg	<b>Fruit:</b>	1/2
<b>Calcium (mg):</b>	1615mg	<b>Non-Fat Milk:</b>	1
<b>Iron (mg):</b>	29mg	<b>Fat:</b>	19 1/2
<b>Zinc (mg):</b>	9mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	83mg		
<b>Vitamin A (i.u.):</b>	4616IU		
<b>Vitamin A (r.e.):</b>	1162 1/2RE		

**Nutrition Facts**

Amount Per Serving

**Calories** 2216                      **Calories from Fat:** 1004

**% Daily Values\***

<b>Total Fat</b> 115g	176%
Saturated Fat 53g	266%
<b>Cholesterol</b> 659mg	220%
<b>Sodium</b> 5566mg	232%
<b>Total Carbohydrates</b> 235g	78%
Dietary Fiber 25g	99%
<b>Protein</b> 76g	
<b>Vitamin A</b>	92%
<b>Vitamin C</b>	139%
<b>Calcium</b>	162%
<b>Iron</b>	159%

\* Percent Daily Values are based on a 2000 calorie diet.