



TAHINI TWIST. Tahini has a nutty, buttery flavor that both complements and offsets chocolate and balances its sweetness. Whisking in a couple tablespoons of butter and tahini to this Creamy Chocolate Pudding with Whipped Sesame Topping recipe gives the pudding a lustrous sheen and nutty sesame notes. (Milk Street via AP)

Mideast twist jazzes up chocolate dessert

By Christopher Kimball
Christopher Kimball's Milk Street

Chocolates can sometimes be an easy, last-minute homemade dessert. This pudding, with a sophisticated twist from the Middle East, only takes 25 minutes to make.

Cooks in the Middle East frequently pair sweet ingredients with contrasting flavors, often something savory or bitter to add interest to what otherwise would be a one-note sweet dessert. Nuts and seeds are common choices, and we were drawn to their common use of the sesame seed paste tahini. In the U.S., tahini most often is used in hummus, but its nutty, buttery flavor both complements and offsets chocolate and balances its sweetness.

We applied that lesson in this stovetop preparation in our book *Milk Street*

Tuesday Nights, which limits recipes to 45 minutes or less. For a creamy, luxurious texture, we use half-and-half as the base, enrich it with egg yolks, and thicken it with cornstarch. We found the most complex chocolate flavor uses a combination of Dutch-processed cocoa and semisweet chocolate.

Whisking in a couple tablespoons each of butter and tahini at the end gives the pudding a lustrous sheen and nutty sesame notes. An easy whipped cream laced with more tahini balances the sweetness in the pudding.

Be sure to stir the tahini well. The oil in tahini separates and must be mixed in before use, or the topping will have an unappealing consistency.

Editor's note: To view additional recipes, visit 177milkstreet.com/ap.

Creamy Chocolate Pudding with Whipped Sesame Topping

Start to finish: 25 minutes
Servings: 4

1/4 cup plus 1 1/2 teaspoons white sugar, divided
3 tablespoons Dutch-processed cocoa
5 teaspoons cornstarch
1/2 teaspoon kosher salt
2 cups half-and-half, divided
2 large egg yolks
3 ounces semisweet chocolate, chopped
2 tablespoons salted butter, cut into 4 pieces
1/2 cup heavy cream
2 tablespoons plus 2 teaspoons tahini, plus more to serve
Cocoa nibs or toasted black or white sesame seeds, to serve

In a medium saucepan, whisk the 1/4 cup sugar, cocoa, cornstarch, and salt, breaking up any large clumps of cocoa; it's fine if some small lumps remain. Add 1/4 cup of half-and-half and whisk until smooth. Whisk in the yolks. Gradually whisk in the remaining half-and-half.

Bring the mixture to a simmer over medium-high heat while whisking continuously. Once it reaches a simmer, cook for 1 minute, whisking constantly; the pudding will be thick and glossy. Off heat, whisk in the chocolate until smooth, then whisk in the butter and 2 tablespoons tahini.

Set a fine mesh strainer over a medium bowl. Scrape the pudding into the strainer and push it through with a silicone spatula; scrape the bottom of the strainer to collect all of the pudding. Divide the pudding evenly among 4 serving dishes and set aside until barely warm, about 15 minutes.

In a medium bowl, combine the cream, 2 teaspoons tahini, and remaining 1 1/2 teaspoons sugar. Beat until it holds stiff peaks. Dollop the whipped cream onto the puddings. Drizzle each with additional tahini and sprinkle with cocoa nibs or sesame seeds.

The Asian Reporter is published on the first Monday each month.

News page advertising deadlines for our next three issues are:

April 4, 2022 edition:

Space reservations due: Wednesday, March 30 at 1:00pm

Artwork due: Thursday, March 31 at 1:00pm

May 2, 2022 edition:

Space reservations due: Wednesday, April 27 at 1:00pm

Artwork due: Thursday, April 28 at 1:00pm

June 6, 2022 edition:

Space reservations due: Wednesday, June 1 at 1:00pm

Artwork due: Thursday, June 2 at 1:00pm

The Nisei Student Relocation Commemorative Fund Scholarship

22 Scholarships available at \$2,000 each!

To be eligible, you must:

- Be of Southeast Asian descent (Burmese, Cambodian/Khmer, Hmong, Lao, Lu Mien, or Vietnamese) whose countries experienced war and conflict.
- Must be a resident of Oregon or SW Washington
- Must be a current high school senior
- Must have earned a minimum 2.0 GPA upon submitting application

All you need:

- Completed application
- Copy of official (or unofficial) high school transcript
- Letter of recommendation (optional)

Due April 1, 2022 by 11:59 pm

How to apply

Complete the online application at:
<https://forms.office.com/r/cLJnA3H0v3>

Organized by your local Oregon and SW Washington Asian & Pacific Islander Community members

Questions? Please email: NSRCScholarship2022@gmail.com

The Portland Water Bureau and regional water providers detected elevated levels of lead in water in some homes in Portland.



Lead is most commonly found in the **plumbing of homes built between 1970–1985.**



Portland's water can be **corrosive to lead**, allowing lead to get in drinking water when it sits for several hours.



What you can do:

- 1 **Test your water** for lead. **Free kits at leadline.org.**
- 2 **Run cold water** for **30 seconds to 2 minutes** to flush out lead.
- 3 **Use cold, fresh water** for **cooking** and for **preparing baby formula**.
- 4 Consider **using a filter**. Check whether it **reduces lead**—not all filters do.

We're taking further steps to reduce lead in water:

- ✓ By April, we'll begin operations at the **Improved Corrosion Control Treatment** facility, which will make our water **less corrosive to lead** and other metals found in home plumbing. Learn more at portland.gov/water/lead.

Portland Water Bureau (波特兰水务局) 在某些家居或建筑物中发现饮用水中的铅含量水平上升。欲了解更多信: portland.gov/water/lead.

Cục Nước Portland đã phát hiện thấy mức chì cao trong nước uống ở một số ngôi nhà/tòa nhà. Thêm thông tin: portland.gov/water/lead.

Brought to you by: Portland Water Bureau and Burlington, Lorna, Palatine Hill, Pleasant Home, Raleigh, Valley View, and West Slope Water Districts

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