JAPANESE · SAUCE

Japanese Sesame Dressing (Goma Dressing)

10 min · Makes 2 × 2 tbsp · 180 kcal a portion

Video 3:51 · Sudachi | Japanese Recipes | Yuto Omura

Vegetarian · Dairy-free · Nut-free

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Freshly toasted, ground sesame seeds carry the nutty flavour; the fat is mostly unsaturated (under 3 g saturated a portion) and the added sugar is about 3 g a portion.

Diet notes: Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

Ingredients

6 · MAKES 2 × 2 TBSP

- [ ] 2 tbsp **white sesame seeds**
- [ ] 1 tsp **soy sauce**
- [ ] 1 tsp **rice vinegar**
- [ ] 1½ tsp **sugar**
- [ ] 1 tsp **sesame oil**
- [ ] 2 tbsp **Japanese mayonnaise** (such as Kewpie)

Contains: Gluten, Egg, Sesame, Soy. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Toast the sesame seeds in a dry frying pan over medium-high heat, shaking the pan constantly, until lightly golden and fragrant (do this even if they are pre-toasted). 0:38
2. Grind the warm seeds to a fine powder in a mortar and pestle (a Japanese suribachi works best) or a spice grinder. 1:21
3. In a small bowl, mix the ground sesame with the soy sauce, rice vinegar, sugar, sesame oil and Japanese mayonnaise until creamy. 2:20
4. Spoon over a green salad, cold noodles or blanched vegetables, or use it as a dipping sauce. 2:54

> **Tip** This batch dresses one medium salad. The cook's 16-serve batch: 115 g sesame seeds, 190 g Japanese mayonnaise, 35 g sugar and 40 ml each of rice vinegar, soy sauce and sesame oil.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
180 kcal	1.9 g	5.3 g	1.1 g	17 g	240 mg
750 kJ	4% of a day	4.3 g net · 3.1 g sugars	4% of a day	2.6 g saturated	10% of a day
		2% of a day		22% of a day	

Energy from net carbs 10% · protein 4% · fat 86% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 64%

Source of (10–19%) Vitamin K 19%

Recipe and video: Sudachi | Japanese Recipes | Yuto Omura (@SudachiRecipes) on YouTube — youtube.com/watch?v=4QRlu4WrDzE, published 6 July 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/japanese-sesame-goma-dressing