

Apple-Sesame Custard

Served chilled, Apple-Sesame Custard is a refreshing and satisfying summer dessert.

Place apple juice, kanten flakes, lemon peel, and salt in a medium saucepan, and let soak for 10-15 minutes. Bring juice mixture to a boil, lower heat, and simmer 3-5 minutes, stirring constantly until kanten flakes have completely dissolved. Remove from heat. Place tahini in a small bowl. Gradually add 1/3 cup of hot juice, stirring after each addition. When tahini reaches a thin, creamy consistency, add it to the pot along with vanilla. Stir.

Rinse a shallow bowl or casserole dish in water, then pour in the hot liquid. Leave to cool until firm. Place mixture in a blender and purée until smooth. Return to serving bowl, chill, and serve either on its own or as a topping for other desserts.

*Recipe from Peter and Montse Bradford, authors of *Cooking With Sea Vegetables*.

Preparation List:

Serves 6-8

- 6 cups apple juice
- 1 cup kanten flakes
- 3 tablespoons finely grated lemon peel
- Pinch sea salt
- 5 tablespoons sesame tahini
- 2 teaspoons vanilla