

Benne Wafers



The word benne comes from the Bantu African language meaning sesame seed. Benne is also used in the Arabic language as well and was probably acquired through sea trade routes.

Benne wafers are a sweet little sesame seed cookie which keeps very well in a closed tin. They are easy to make and you can freeze them as well. Just remember to freeze them in a tin and not in a freezer bag.

Ingredients:

- **1 ½ cups of sesame seeds, toasted**
- **2 cups of all-purpose flour**
- **1 tsp of baking powder**
- **¼ teaspoon salt**
- **1 ½ cups or 3 sticks of butter**
- **1 pound of light brown sugar**
- **2 eggs**
- **2 tsp of vanilla extract**

Line some baking sheets with parchment paper. Preheat the oven to 350 degrees. To toast the sesame seeds, spread them into a shallow baking pan. Bake for about 5 minutes, watching them carefully. They burn really easily. The seeds should just begin to brown and then pull them out of the oven. The moment you pull them from the oven tip them into a dish or plate so that they stop cooking. Reduce the oven temperature to 300 degrees.

Sift together the flour, baking powder, and salt. In a mixing bowl, cream together the butter and sugar. Beat in the eggs and stir in the flour mixture until everything is combined, then add the vanilla.



Stir in the sesame seeds. Drop by ½ teaspoons on the baking sheets.



Bake until brown, 14 to 16 minutes. The cookies should be very brown but not burnt around the edges. Let the cookies cool completely on the cookie sheet before you lift them off. Store the benne wafers in an air tight container.

