KitchenBooQ

Black Sesame Latte

Serves: 2 | Cooking Time 15 minutes | Level: Easy



INGREDIENTS

2 tbsp (30 g) roasted black sesame seeds
1 cup (240 ml) hot water
1–2 tsp honey or maple syrup
1/2 cup (120 ml) warm milk of choice
1 pinch fine sea salt

Notes
For best flavor, use freshly roasted black sesame seeds. The concentrated sesame paste can be stored in an airtight jar in the refrigerator for up to 2 weeks; just bring to room temperature before mixing. This drink is naturally dairy-free when made with plant-based milk and contains no refined sugars if using maple syrup or stevia. Always refrigerate leftover prepared latte within 2 hours as it contains dairy or perishable alternatives. Never store at room temperature.

PREPARATION

1. If your black sesame seeds are not already toasted, dry-toast them in a small skillet over medium heat for 3–4 minutes until fragrant and slightly darkened. Let cool completely.

2. Grind the cooled seeds in a mortar and pestle or small spice grinder until they release their natural oils and form a thick, paste-like consistency.

3. Transfer the sesame paste to a mixing bowl or large mug. Add the honey (or maple syrup) and fine sea salt, then gradually whisk in the hot water until you achieve a smooth, slightly creamy base.

4. Slowly pour in the warm milk while stirring vigorously to fully incorporate it without clumping. Taste and adjust sweetness if desired.

5. Pour into serving mugs and enjoy immediately while warm.