



### **AFRICAN BENNE WAFERS – AFRICA**

3/4 cup unsalted butter  
1-1/4 cups firmly packed brown sugar  
2 Tablespoons milk  
1 Tablespoon vanilla  
1 egg  
1-3/4 cup all-purpose flour  
1 teaspoon salt  
3/4 teaspoon baking soda  
3/4 cup natural light tan unhulled sesame seeds, divided  
2 Tablespoons water  
1 cup confectioners' sugar

Preheat oven to 375 F degrees. Place sheet on aluminum foil on the counter top for cooling the cookies.

In a large bowl, combine butter, brown sugar, milk, and vanilla; beat with mixer on medium speed until well-blended. Beat egg into creamed mixture.

In a separate bowl, combine flour, salt, baking soda, and 1/2 cup sesame seeds. Mix into creamed mixture until just blended.

Drop scant tablespoon of dough 3 inches apart onto ungreased baking sheets. Bake 1 baking sheet at a time for about 8 minutes. Do not over bake. Cool wafers 2 minutes on baking sheet. Remove cookies to prepared foil to cool completely.

Combine the water and confectioners' sugar; stir well. Spread on cooled cookies. Sprinkle remaining sesame seeds over wet icing. Allow icing to harden before storing cookies. Yield: about 52 cookies

Adapted from FOODday from the Oregonian - 2001

About this recipe: Sesame seeds and brown sugar flavor are the stars in this recipe. It has a rich nutty flavor that provides one of the highest oil contents of any seed. Since it grows wild in Africa, India, or other Far Eastern regions, these are delicious dessert snacks to serve with those cuisines.