

Benne Seed Wafer Recipe

Unique to the Lowcountry since Colonial times, Benne (the Bantu-word for sesame) was brought from East Africa (Madagascar), through West Africa, and brought over to the southern United States by ... Nov 22, 2025 · Benne isn't just a seed—it's a living artifact of resilience. Enslaved communities grew it alongside okra and black-eyed peas in subsistence gardens across the Sea Islands, using every part ... Benne Seeds are a high oil content seed and may be kept in the freezer to prolong freshness. Includes a recipe for traditional Benne Wafers along with a short history on the Benne in America. When heated for cooking, the seeds acquire a characteristic nuttiness and deep burnt-honey notes unknown to modern sesame seeds. Anson Mills benne seeds assert their culinary presence by ... Dec

18, 2025 · They're ultra-thin and crunchy sesame wafers originating in Charleston, South Carolina, where they've been a symbol of good fortune for generations. Benne wafers are traditionally made ... Nov 27, 2023 · Made with benne (or sesame seeds), these crisp benne wafers have the rich caramel-y notes of lace cookies and deep toasty flavor thanks to the seeds. They're also incredibly easy to ... Sesame, a plant with a long history of cultivation, was probably first grown in Africa; enslaved West Africans in the 17th and 18th centuries called sesame "benne" and legend had it that eating sesame ... Feb 22, 2023 · Benne is an ancient plant with a recorded history of at least 4,000 years. The seeds were highly valued during colonial times, but in spite of their nutritional benefits, benne hasn't gained a ... Apr 30, 2024 · "Benne" is a West African

name for these potent seeds. Benne seeds came to colonial America with enslaved Black people from Africa and the Caribbean, marking the beginning of ... Oct 10, 2016 · “Benne” is the word African slaves used for the seeds, which were brought on slave ships from West Africa—along with many other crops, including red peas and Carolina Gold rice—to the ...

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Benne: An Heirloom Sesame Seed and Pride of the American Lowcountry - TASTE
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Charleston's Own Benne Seeds with History and Recipe

Benne Wafers Recipe - Southern Living

Benne Seed Wafer Recipe

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