

Recipes and Stories to Whet Your Appetite

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Hankerin' for Good Eats?

The mmm MAHALI[™]

Resource page caters to food lovers who thirst for adventure and hunger for knowledge.

About the Author

Ms. Horn is a caterer with flair. Her adventure inspires any food lover to visit ethnic neighborhoods both near and far.

For Jill's prize-winning "Sweeney Todd Meat Pie" visit:

www.ardentheatre.org/2005/sweeneytodd_meatpies.html.

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MY SESAME BUN

Jill Horn



Some foods find a special place in one's heart, soul and tummy; I found one in New York City by accident. My sister joined me on the Chinatown bus from Philadelphia to New York. The heart of NY Chinatown is bustling and colorful. Many of the shops spill into the street offering strange looking produce, brightly wrapped condiments, colorful toys or silk jackets.

Sesame buns were stacked high, wrapped in plastic film and filled with wilted greens. I am reasonably adventurous when it comes to food, but in this day and age street food does give one pause to reflect and doubt. My sister and I decided that because the buns were wrapped, it was noon so they must be fresh, and safety in numbers – there were so many of them – that we were safe to try them. We asked for one. One dollar!!!! We unwrapped our treasure and shared it. Never have I been so sorry to have to share.

The bun, totally encrusted with shiny sesame seeds, is fresh and tender. It's split and filled with greens. The greens are a variety unknown to me, but reminiscent of broccoli rabe, bok choy, escarole and spinach all together. They are steamed and very lightly flavored with sesame oil and soy sauce, yet still a wonderful bright green. They still have some crunch to them, but easily give to the tooth. The combination of the two – buns and greens – is perfect. The bun absorbs some of the moisture from the greens and creates a creaminess that almost seems as if it is a secret sauce. Honestly, I wish I had one right now.

Sometimes I drive to NY – sometimes I take the train – but my favorite trips to NY are on the bus and I can once again have a sesame bun with greens.