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Benne seeds are an ingredient first brought to the New World in the early 1700s. Like, Okra, Benne is known for its ability to thicken soups and sauces. Slaves would grow Benne alongside Rice and Red Peas and it was an ingredient that could produce nutrient rich soil.

Benne was also a great substitute for animal protein when it was unavailable to Slaves. The Seeds were also a main ingredient in the famous Charleston Benne Seed Wafer. Now Benne Seeds and Benne Seed Oil are being produced in both South Carolina and Georgia.

~Chef Kevin Mitchell
CEC, CFSE, MA

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