

Basil Pesto

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 4 at home

Fresh from the garden: basil, garlic

Recipe source: Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin Lantern 2006)

Pesto is a wonderful sauce and it keeps very well if packed into very clean glass jars with a film of olive oil on top to keep out any air. Cap the jars tightly and your pesto can be enjoyed for months. You can serve pesto with fresh pasta.

Equipment:

metric measuring scales, cups
and spoons
grater
food processor
non-stick frying pan
garlic crusher
spatula
serving bowl

Ingredients:

120 g parmesan cheese, grated
2 large handfuls of basil
(about 2 cups well-packed leaves)
½ cup pine nuts (or substitute pepitas or
sunflower kernels, or half a 400 g can of
chickpeas)
4 garlic cloves, crushed
¾ cup olive oil
salt, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the parmesan in the bowl of the food processor.
3. Gently pull the basil leaves from their stems and place them in the bowl of the food processor.
4. Dry-fry the pine nuts (or substitute as suggested in the Ingredients list) in the frying pan over a medium heat until golden.
5. Add the garlic to the food processor along with the toasted pine nuts.
6. Process the mix until you have a rough paste. With the motor running, slowly add the olive oil.
7. Taste for salt and season if necessary.
8. Using the spatula, scrape the pesto into the serving bowl.

