Basil Pesto

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.

Season: Summer/Autumn
Type: Big Dishes
Difficulty: Easy
Serves: 30 tastes in the classroom or 4 at home

Equipment:
metric measuring scales, cups and spoons
2 clean tea towels
chopping board
small knife
grater
food processor
medium bowl
non-stick frying pan
garlic crusher
spatula
colander
small ladle
serving bowl

Ingredients:
120 g parmesan cheese
½ cup pine nuts (or substitute)
2 large handfuls basil (about 2 cups well-packed leaves)
4 garlic cloves
½ cup olive oil
4 tablespoons extra virgin olive oil
salt

What to do:
- Weigh the parmesan and grate it.
- Place half the parmesan in the bowl of the food processor and set the other half aside in the medium bowl.
- Place 2 tablespoons of the pine nuts (or substitute) in the frying pan and dry-fry over a medium heat until golden. Set aside to use as garnish.
- Gently pull the basil leaves from their stems. Rinse the leaves and dry by rolling in a tea towel. Place the leaves in the bowl of the food processor and the stems in the compost bucket.
- Peel the garlic, crush in the garlic crusher and add to the food processor, along with the remaining pine nuts.
- Process the mix until you have a rough paste. With the motor running, slowly add the two types of oil. You should have a paste that is the same consistency as mayonnaise.
- Using the spatula, scrape the pesto into the serving bowl with the remainder of the parmesan and stir to combine. Taste for salt and season if necessary, and garnish with toasted pine nuts.