

Basil Pesto

Source – SAKGF

Harvest – basil, garlic

Vocab Words – dry-fry, substitute

Skills – dry-fry, chop, grate, food processor



Equipment:

- Metric measuring cups and spoons
- Metric measuring scales
- Chopping boards and grips
- Compost bowls
- Knives
- Small frying pan
- Wooden spoon
- Food processor
- Spatula
- Serving Items – bowls and spoons

Ingredients:

- ½ cup **pine nuts** (substitute with ½ cup **pumpkin seeds** or **sunflower seeds**)
- 4 **garlic** cloves, peeled and chopped
- 2 large handfuls of **basil** or 1 bunch, leaves only
- 120gm **parmesan**, grated
- ¾ cup **olive oil**
- **Salt**, to taste

What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
2. Dry-fry the **nuts** or seeds over a medium heat until golden.
3. Add the garlic to the food processor along with the nuts or seeds and process the mix until you have a rough paste.
4. Add the basil leaves and the parmesan to the bowl of the food processor.
5. With the motor running, slowly add the oil. Use the spatula to scrape down the sides of the bowl if necessary.
6. Taste for salt and season if necessary.
7. Serve.

Notes: there are many different types of pesto, though traditionally nuts are an ingredient. While the texture of the pesto with seeds is a little bit grainy the taste is lovely. It is also great to mix in a small amount with some sour cream or mascarpone as a side dish.