

Basil Pesto

Fresh from the garden: basil, garlic

Recipe Source: *Kitchen Garden Cooking with Kids*,

Season: Summer **Type:** Big Dishes **Difficulty:** Easy

Serves: 32 tastes in the classroom

Stephanie Alexander, (Penguin Lantern 2006)

COOKS NOTES: Pesto is a wonderful sauce and it keeps extremely 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. Scrumptious when stirred through fresh or dried cooked pasta or spread on French stick and baked. Also good spread on pizza base before toppings put on instead of tomato sauce.

Equipment:

chopping board
small knife
clean tea towels
kitchen scales
grater
food processor
medium bowl
metric measuring spoons and cups
non-stick frying pan
garlic crusher
spatula

Ingredients:

180 g Parmesan cheese
3/4 cup pepitas (or pine nuts)
3 bunches basil (about 3 cup of well-packed leaves)
6 cloves garlic
1 ½ cup olive oil
salt, to taste

What to do:

1. Set out the chopping board and knife.
2. Cut the parmesan to the right weight and grate it.
3. Place half the Parmesan in the bowl of the food processor and set the other half aside in the medium bowl.
4. Place pepitas in the frying pan and dry-fry over a medium heat until golden.
5. 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.
6. Peel the garlic, crush in the garlic crusher and add to the food processor, along with the pepitas.
7. Process the mix until you have a rough paste. With the motor running, slowly add the oil. You should have a paste that is the same consistency as mayonnaise. You may need to add more or less oil.
8. Using the spatula, scrape the pesto into a bowl with the rest of the parmesan. Put a small amount of the pesto into 3 small bowls for serving and spoon the rest into jars. Push the pesto down into the jar until nearly at the top. Make sure there are no air bubbles in the pesto. Top pesto with a thin layer of oil and put lid on and refrigerate.